

March – April 2020

The Gazette

Virginia Marie Granados Adult and Senior Center
500 Freiling, San Antonio, Texas 78213 (210) 207-3285
www.saparksandrec.com



Be Fit and Be Cool Fest

Friday, May 8, 9 - 11 a.m.

Celebrate Older Americans Month with this year's theme of "Make Your Mark." You can do this during the Be Fit Fest. "Make Your Mark" by being active and involved. Enjoy a morning of fun games, fitness class demonstrations, and winning prizes. A light lunch will be provided by **Gonzaba Medical Group**.

Spring into Action Clothing Drive

Tuesday, March 31, 1:30 - 3 p.m.

Enjoy an afternoon of music, snacks, and helping the community. Learn how **Dress for Success** empowers both women and men. Donate new or gently used men's and women's professional attire and receive a prize.

Earth Day

Wednesday, April 22, 12 - 1 p.m.

Help take care of Mother Earth when we clean the garden area and plant plants.

Spring Gardening

Friday, March 20, 10 - 11 a.m.

Are you ready to plant your garden? Tera Marshall, Master Gardener, will talk about what to plant during the spring. Space is available in the raised beds at Granados. Talk with staff to get your spot.

Fiesta Potluck

Friday, April 17, 11:30 a.m. - 1 p.m.

Viva Fiesta! Celebrate Fiesta Granados' style. Put on your Fiesta clothes and bring a dish to share for the crispy taco potluck. Music and dancing afterward.

Bingo

Bingo is back at the Adult and Senior Centers. Adults 18+ can play at Granados on Tuesday at 6:30 p.m. Bring a small item as a prize to join the game. Seniors 60+ can play on Monday at 1 p.m. with a small fee. See staff for more details.

Evening Chair Volleyball

Wednesday, 6:30 - 7:30 p.m.

By request, an additional time is added to the schedule. Invite your neighbors and friends to join this fun game. Get a great workout even while seated.

Holiday Closure: Friday, April 24 for Fiesta San Jacinto Day

Hours of Operation

Monday through Thursday 8 a.m. - 8 p.m.
Friday 8 a.m. - 5 p.m.

Annual Membership Fee

18-59 Years of Age: \$15
60+ Years of Age: \$7



Staff: Nancy Durham, Stephanie Mercado, Michael Sandoval

PARKS & RECREATION
SAN ANTONIO



Computer & Technology Classes

Basic Computer

Monday, March 9, 23
11 a.m. - 12 p.m.

Class covers the basics of the computer, keyboard, terminology, and gives you time to practice typing skills.

Microsoft Word

Monday, April 13, 27
11 a.m. - 12 p.m.

Learn the basics so you can write letters, create documents, and use templates.

Social Media

Monday, March 2, 16, April 6, 20
10 - 11 a.m.

Learn how to use Snapchat, Instagram, Facebook, and other social media.

Computer Lab Monitor

Tuesday, 2 - 3 p.m.

Drop in for one-on-one computer support with volunteer Sylvia Guerra.

Beginning Email

Thursday, March 19, April 16
1:30 - 2:30 p.m.

Learn the basics of email and set up your own account.

Tablet Computers

Thursday, March 26, April 23
1:30 - 2:30 p.m.

Learn the basics of the tablet, organizing files and pictures, and using apps.

One-on-One Computer Assistance

Is the computer giving you trouble? Let Jim Long help you one-on-one. See staff for details.

Smart Phone Clinic

Friday, March 27, April 3
9 - 11 a.m.

Schedule a one-on-one appointment for help with your smart phone.

Educational Programs

Plantar Fasciitis

Tuesday, April 14 1:30 - 2:30 p.m.

Do you have heel pain or been diagnosed with Plantar Fasciitis? Learn relief options with ***Liberty Rehab***.

Write from Your Heart

Friday, 10 - 11:30 a.m.

First three Fridays of the Month
Join this group to share, create, and write what is still in your heart and anxious to get out. Lainie Flores leads this creative group.

Scrabble Tournament

Thursday, April 16, 10 a.m. - 12 p.m.

Join this fun, non-competitive tournament using the Granados house rules. Free.



Memory Health

Wednesday, March 25, 10 - 11 a.m.

Keeping your mind active is important. Grace Gonzales, ***Cooperative Extension Program***, will share tips, tricks, and games on how to keep your memory sharp.

Eating on a Budget

Wednesday, April 8, 10 - 11 a.m.

On a limited income but still want to eat healthy? Grace Gonzales, ***Cooperative Extension Program***, will help you manage money and shop smarter on a budget.

Blood Pressure Checks

Wednesday, March 18, April 15, 8 - 9 a.m.

Keep track of your blood pressure numbers during this free monthly check.

National "Let's Laugh Day"

Thursday, March 19

Have some laughs before class. Share a funny joke and make your friends laugh.



More Special Events

National "Take a Walk in the Park Day"

Monday, March 30, 11 a.m. - 1 p.m.
Meet at Dellview Park and bring a sack lunch to enjoy afterward.

National Superhero Day

Tuesday, April 28
Dress as your favorite superhero. What's your supernatural power?

Pre-Need 101

Wednesday, March 11, 10 - 11 a.m.
Mary Guedea from **Family 1** will share ways to plan your final wishes to ease the financial and emotional burden for your family.

Movie at Granados - A Dog's Journey

Tuesday, March 24, 1:30 - 3:30 p.m.
Sequel to *A Dog's Purpose*. Thank you to Honore Ligarde of **United Healthcare** for the movie and snacks.

Over the Counter & Dental Benefits

Wednesday, March 18, 10 - 11 a.m.
New rules are in effect. Learn which OTC meds and dental procedures may be covered by your insurance plans. Continental breakfast. FREE. Thanks to **Allwell from Superior Health Plan**.

Ballroom Dance 101

Thursday, April 23, 12 - 12:30 p.m.
Learn some of the most popular ballroom dances with Victoria Rodriguez from **Gonzaba**. No need to have a partner.

Chat with Staff

Thurs., March 19, 11:30 a.m. - 12:30 p.m.
Enjoy hot coffee while you chat with the staff. Share ideas on classes, trips, or presentations you'd like offered.

AARP Smart Driver Class

Tuesday, March 17
12:30 - 4:30 p.m.
Jim Long teaches this class. \$15 for AARP members, \$20 for non members, payable to instructor the day of class. This is not a ticket dismissal class. A \$5 fee increase will go into effect on July 1.

Book Club

Wednesday, March 11, 25, 5 - 6 p.m.
Wednesday, April 8, 22, 5 - 6 p.m.
March-*The Guardians* by John Grisham
April-*Thorn Birds* by Colleen McCullough

Kickboxing with Gonzaba

Tuesday, April 28, 1:30 - 2:30 p.m.
Give kickboxing a try and see how it works different muscles. Join Victoria Rodriguez with **Gonzaba** when she teaches a class for seniors.

Bingo with Prizes by Clover

Monday, March 9, 23, 12:30 - 1:30 p.m.
Clover will call Bingo and provide the prizes. Free.

"Blingo"

Monday, April 27, 1:30 - 2:30 p.m.
Play fun games of Bingo with **Gonzaba** and win jewelry. Free.

Free Bunco with Clover

Monday, April 6, 20, 12:30 - 1:30 p.m.
Bring a friend and play fun games of Bunco, courtesy of **Clover**. Free.

Huddle Time

Monday, Wednesday, Friday, 8 - 9 a.m.
Men are invited to join Huddle Time in the Library for a cup of coffee and to chat. This is an informal group for men.



Cards and Games



New players are welcome to join these recreational games and basic knowledge of the games is helpful.

Mah Jongg

National Style

Monday
11:30 a.m.-2:30 p.m.

Bingo for Seniors



Open to adults 60+.
Monday
1-2:30pm
Small fee to play.

Canasta

Tuesday
9 a.m. - 12 p.m.

Contract (Party) Bridge

Tuesday, Thursday
12:30 - 4:30 p.m.

Bingo for Adults

Tues., 6:30-7:30p.m.
Bring a small item as a prize.

Card Games

Play a variety of card games.
Wed., 5 - 8 p.m.

Scrabble

Thursday
10 a.m. - 12 p.m.

Dominoes

Friday
12:30 - 2 p.m.

Friday Games

Play Farkle, Yahtzee or other games.
Friday, 2 - 5 p.m.

Music Classes



Fee per Session:

\$30 Adults 60+; \$60 Adults 18-59

- * Beginning Guitar..... 10 a.m. - 11 a.m.
- * Intermediate Guitar..... 11 a.m. - 12 p.m.
- * Keyboard..... 12 p.m. - 1 p.m.

Thursday through March 5

Next Session: March 19 - May 14

Instructor: Javier Garcia

Students provide their own guitars.

Keyboards are provided.

Music Jam

Tuesday, 1:30 - 3 p.m.



Bring your instrument and jam with other musicians. All ability levels welcome.

Singing Troubles Away

Thursday, 10 - 11 a.m.

Join this singing group at Granados where musical talent is not needed. Sing some oldies and learn some new songs in this non-judgmental group.

Trips and Tours

Prior to registering for trips, please check your schedule to ensure your availability.

Members pay their own entrance fees and meals on these trips & tours.

Sign up at the front desk.

March Outing

SA Botanical Garden

Tuesday, March 17, 10 a.m. - 1 p.m.

\$15 entry fee

Enjoy 33-acres of beautiful gardens.

March Gourmets on the Go

Kona Grill - La Cantera

Thursday, March 12, 5 - 7:30 p.m.

Due to your request, an evening meal is planned. This global menu features contemporary American favorites.

Senior Games Fun Walk

Thursday, March 26, 8:30 a.m. - 12 p.m.

Enjoy a 1 or 2 mile walk in OP Schnabel Park.

April Outing

Market Square

Monday, April 20, 9 a.m. - 1 p.m.

Viva Fiesta. Enjoy the sights, flavors, and sounds of Old Mexico.

April Gourmets on the Go

Smashin Crab Stone Oak

Tuesday, April 7, 11 a.m. - 2 p.m.

Serving fresh crab, shrimp & oysters



Arts and Crafts

Easy Painting- Fiesta Theme

Tuesday, April 21, 1:30 - 3:30 p.m.

Come paint an easy Fiesta picture with our sister centers Commander's House, Virginia Gill, and Lions Field. **Gonzaba** and **Texas Medicare Solutions** will provide all the supplies. Free

Drawing

Tuesday, 4:30 - 6:30 p.m.

Artist Rebecca Garibay teaches drawing and all levels of ability are invited. Fee is \$20 per month, payable the first day of class. Bring your own supplies.

DIY Artistry

Monday, 2 - 4 p.m.

Tuesday, 10:30 a.m. - 12:30 p.m.

Friday, 12 - 2 p.m.

Use the time and space to finish projects.

Crochet Group

Wednesday, 3:30 - 5 p.m.

This member-led group makes items for local charities and will teach you how to crochet blankets, hats, and scarves.

Rock Garden Painting

Friday, March 13, 27, April 10

10 a.m. to 12 p.m.

Paint rocks with acrylics and markers. Keep them for yourself, use as a gift or add to the Granados Rock Garden. All supplies provided. Many thanks to Tera Marshall.

Acrylic Painting

Friday, 1:30-3:30 p.m.

Class is open to all ability levels. Bring your own painting supplies and learn to paint with artist Lillie Baltazar. Cost is \$15 per month, payable at the first class.



Simple Embroidered Picture

Tuesday, April 7, 14, 21, 28

9:30 to 11 a.m.

Make a simple embroidered picture to put in your own frame; Other materials are provided by the volunteer instructor Letty Gonzales. Class size is limited. See the sample at the front desk. Free.

Fiesta Craft

Wednesday, April 10, 10 - 11 a.m.

Come make a colorful Fiesta craft with **Amerigroup**. Pre-registration required and space is limited. All supplies are provided. Free.

Program Ideas

Do you want to learn a new activity or visit a special place or restaurant within city limits? Let staff know what you would like offered.

Crafting with Stephanie

Wednesday, 2:30 - 3:30 p.m.

Samples are on display at the front desk.

March

- 4 - Leprechaun Hat Treats
- 11 - St. Patty's Head Band
- 18 - Button Easter Egg
- 25 - Easter Origami Corner Bookmarks

April

- 1 - Toilet Paper Bunny
- 8 - Easter Pom Pom Chick
- 15 - Tin Can Bee
- 22 - Spring Food Tray
- 29 - Drink Felt Coaster





Health and Wellness Programs

Please be courteous and wait for classes to finish before entering the room.

Get Fit at Granados

Mix and match during the week for a total body workout. *Check with your physician before starting a new exercise program.*

Stretch & Flexibility

Increase flexibility, energy level, and tone muscles. Low to moderate intensity. Monday, Wednesday, Friday

8:20 - 8:50 a.m.
9 - 9:30 a.m.

Additional Time

Chair Volleyball

Work up a sweat and stretch your muscles during this fun game played while seated. Monday, 9:30 - 10:15 a.m. Wednesday, 6:30 - 7:30 p.m.

Cardio Fun

Moderate intensity workout to get your heart rate up while having fun. Wednesday, Friday 9:30 - 10 a.m.



Fitness Dance

(Similar to Zumba) Incorporate dance moves to music and burn calories. Monday, 5 - 6 p.m. Wednesday, 5:30 - 6:30 p.m. Volunteer Instructor: Rosie Diaz

Arms & Abs

Workout for these specific areas. Low to moderate intensity. Tuesday, 9 - 9:45 a.m.

Tai Chi Chuan

Slow-motion and meditative exercises help with balance, relaxation, and health.

Intermediate Tai Chi:
Tuesday, 10 - 11 a.m.

Beginning Tai Chi:
Thursday, 9 - 10 a.m.
Volunteer Instructor: Cathy Pedraza

Beginning Line Dance

Learn simple line dances in a fun relaxed atmosphere. Partners are not needed. Tuesday, 11 a.m. - 12 p.m. Volunteer Instructor: Sylvia Braye

Yoga for All Levels

Lower your blood pressure and stress level. You don't have to lie on the floor. Bring a mat and towel. Wednesday, 10 - 11 a.m. Volunteer Instructor: Roger Montalvo

Pilates

Focus on increased range of motion, core strength, and flexibility. Adaptable to many fitness levels. Bring a mat. Low to moderate intensity. Wednesday, 11 - 11:45 a.m. Volunteer Instructor: Joe Rivera

Fitness Drumming

Get a great workout with this exercise using body balls and sticks. Moderate intensity. Wed., 12:15 - 1:15 p.m. Friday, 10 - 11 a.m.

Advanced Line Dancing

Practice a variety of dances with little to no instruction. Advanced level. Thursday, 2 - 4 p.m. Volunteer Instructor: Letty Gonzales



Line Dance Workshop

Dances for intermediate and advanced line dancers. Friday, 12:30 - 3:30 p.m. Volunteer Instructor: Letty Gonzales

Fitness Room

Available during regular center hours. When using equipment for the first time, ask staff for assistance. Please sign the clipboard and clean the machine after each use.

- Multi-Station Gym
- 3 Treadmills
- Elliptical
- Dumbbells
- Seated Stepper
- Semi-recumbent bike



FIP Classes - Free and Open to the Public

These Fitness in the Park (FIP) classes at Granados are open to adults 18+ years of age, require no registration or membership fees, and are held indoors. Call Granados at (210) 207-3285 for more information.

FIP Pickleball

Learn to play this paddle sport indoors on a modified court. Learn the rules and how to hold the racquet. Equipment provided.
Monday, 10:30 -11:30 a.m.

FIP Evening Line Dancing

Work on your overall fitness.
Beginning to intermediate level.
Monday, 6 - 7 p.m.
Volunteer Instructor: Cathy Hoy

FIP Fitness Drumming

Get a great workout in this class with lively music, body balls and sticks.
Moderate intensity.
Wednesday, 12:15 - 1:15 p.m.

FIP Belly Dance Exercise

Relax your mind as well as your body and work seldom used muscles. Class is low to moderate intensity.
Wednesday through March 4
Next Session: March 18 - May 13
1:15 - 2 p.m.
FIP Instructor: Yirla Ayala

FIP Low Impact

Mixed interval training with seated and standing exercises. Increases balance and flexibility.
Moderate intensity.
Tuesday & Thursday
12:30 - 1:30 p.m.

FIP Total Body Toning

Moderate to high intensity class using medicine balls, bars, and weights. Bring a mat, hand weights, and water.
Tuesday & Thursday
5:30 - 6:30 p.m.
Volunteer Instructors: Blanca Espinosa, Yoli Perez, Nati Rodriguez

FIP Folklorico Dance

Introduction to Mexican Folklorico.
Dance Shoes and skirt not required.
Moderate intensity.
Wednesday through March 4
Next Session: March 18 - May 13
2 - 2:45 p.m.
FIP Instructor: Yirla Ayala

D.A.N.A.

Dellview Area Neighborhood Association holds meetings at Granados so neighbors can learn what's happening. Their next Board meeting is Thursday, March 12 at 6:30 p.m. with a general member meeting Saturday, April 11 at 9 a.m. Information at www.dellviewareana.org.

Save the Dates

May 11 - Mother's Day Celebration
May 13 - Doc Talk
June 19 - Father's Day BBQ

Electronic Newsletter Distribution List

Receive the Granados newsletter and special event information electronically. Please give staff your email address and don't miss out of the fun.



A Round of Applause to these businesses...

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| <ul style="list-style-type: none"> • Allwell from Superior Health Plan • Amerigroup • Cigna Healthspring • Clover Health • Cooperative Extension Program • Gonzaba Medical Group • Harper's Embrace Lifesaver • Hearing Life | | <ul style="list-style-type: none"> • Liberty Rehab • Master Gardeners • Morningside Ministries • Specialized Telecommunications Assistance Program • Texas Medicare Solutions • United Healthcare |
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And to our wonderful instructors. THANK YOU !!!

Yirla Ayala	Blanca Espinosa	Lydia Hernandez	Roger Montalvo
Lillie Baltazar	Lainie Flores	Cathy Hoy	Cathy Pedraza
Al Boutin	Javi Garcia	Barbara Humlicek	Yoli Perez
Sylvia Braye	Rebecca Garibay	Jim Long	Joe Rivera
Gloria Castillo	Letty Gonzales	Thelma Long	Nati Rodriguez
Rosie Diaz	Sylvia Guerra	Vernice Miller	Karen Smiley

Code of Conduct

In an effort to provide a welcoming environment for all participants and to establish more consistent practices throughout the department, a code of conduct has been implemented. If you missed the opportunity to review the code of conduct, please contact our facility staff.

Registration Information

Members may register themselves and spouse for events. Sign-up sheets and flyers are posted on the first business day of the month. Payment for classes with a fee should be made to the instructor on the first day of class. As a courtesy to instructors and other students, please be prompt for class to avoid disruption. Call the front desk at 210-207-3285 for information.

Programs and times are subject to change.

Remember: Your paid membership is good for one year from date of purchase and is good at *Lions Field Adult and Senior Center* at 2809 Broadway, (210) 207-5380 and the *Commander's House Adult and Senior Center* at 622 S. Flores, (210) 207-3010. Registration is required at Virginia Gill Community Center at 7902 Westshire, (210) 207-3237.

Accommodation requests must be submitted to Nancy Durham, Recreation Supervisor, at 210-207-3285 at least 14 days prior to program.



City of San Antonio facilities are accessible. Requests for interpreter services must be made 48 hours prior to meetings. Call 207-8570 for Voice/TTY assistance.





WEEKLY SCHEDULE

March - April 2020

Programs and times are subject to change. Call (210) 207-3285 for information. * Pre-registration or Fee Required

Monday 8 a.m.-8 p.m.	Tuesday 8 a.m.-8 p.m.	Wednesday 8 a.m.-8 p.m.	Thursday 8 a.m.-8 p.m.	Friday 8 a.m.-5 p.m.
8am Huddle Time 8:20 Stretch & Flex 9am Stretch & Flex 9:30am Chair Volleyball 10am Social Media * (March 2, 16, April 6, 20) 10:30am FIP Pickleball 11am Computer Classes * (March 9, 23, and April 13, 27) 11:30am Mah Jongg 1pm Bingo for Seniors * 2pm DIY Artistry 5pm Fitness Dance 6pm FIP Line Dancing	9am Arms & Abs 9am Canasta 9:30am Embroidery-April only 10am Intermediate Tai Chi 10:30am DIY Artistry - March 11am Beginning Line Dance 12:30pm FIP Low Impact 12:30pm Contract Bridge 1:30pm Music Jam 2pm Computer Lab Monitor 4:30pm Drawing Class * 5:30pm FIP Total Body Toning 6:30pm Bingo for Adults	8am Huddle Time 8:20 Stretch & Flex 9am Stretch & Flex 9:30am Cardio Fun 10am Yoga 11am Pilates 12:15pm FIP Fit. Drumming 1:15pm FIP Belly Dance Ex 2pm FIP Folklorico Dance 2:30pm Arts & Crafts * 3:30pm Crochet Group 5pm Card Games 5:30pm Fitness Dance 5pm Book Club (March 11, 25, April 8, 22) 6:30pm Chair Volleyball	9am Beginning Tai Chi 10am Singing Group 10am Scrabble 10am Beginning Guitar * 11am Intermediate Guitar * 12pm Keyboard * 12:30pm FIP Low Impact 12:30pm Contract Bridge 1:30pm Computer Classes * (March 19, 26, April 16, 23) 2pm Advanced Line Dance 5:30pm FIP Total Body Toning March 12, 6:30pm DANA Mtg	8am Huddle Time 8:20 Stretch & Flex 9am Stretch & Flex 9am Smart Phone * (March 27, April 3) 9:30am Cardio Fun 10am Rock Garden Painting (March 13, 27, April 10) 10am Fitness Drumming 10am Write from Heart (1st, 2nd, 3rd Fridays) 12pm DIY Artistry 12:30pm Dominoes 12:30pm Int./Adv. Line Dance Workshop 2pm Acrylic Painting * 2pm Friday Games

Special Dates - March

- 2 - Social Media
- 4 - Evening Chair Volleyball begins
- 9 - Basic Computer; Bingo with Clover
- 11 - Pre-Need 101; Book Club
- 12 - Outing to Kona Grill; DANA Board Mtg
- 13 - Rock Painting
- 16 - Social Media
- 17 - Outing to Botanical Garden
- 17 - AARP Smart Driver
- 18 - Blood Pressure Check
- 18 - OTC & Dental Benefits Presentation
- 19 - National Laugh Day; Chat with Staff
- 19 - Beginning Email
- 20 - Spring Gardening Presentation
- 23 - Basic Computer; Clover Bingo
- 24 - Movie: *A Dog's Journey*
- 25 - Memory Health; Book Club
- 26 - Outing to Fun Walk; Tablet
- 27 - Rock Painting; Smart Phone
- 30 - Take a Walk in the Park Outing
- 31 - Spring into Action Clothing Drive

Special Dates - April

- 3 - Smart Phone
- 6 - Bunco with Clover; Social Media
- 7 - Embroidery Class Begins
- 7 - Outing to Smashin Crab
- 8 - Eating on a Budget; Book Club
- 10 - Rock Painting
- 11 - DANA Annual Member Meeting
- 13 - Microsoft Word
- 14 - Plantar Fasciitis Seminar
- 15 - Blood Pressure Check
- 16 - Scrabble Tournament
- 16 - Beginning Email
- 17 - Fiesta Potluck
- 20 - Bunco with Clover
- 20 - Social Media; Outing to Market Square
- 21 - Easy Painting
- 22 - Earth Day Clean Up; Book Club
- 23 - Ballroom Dance 101; Tablet
- 27 - Microsoft Word; Bling with Gonzaba
- 28 - Kickboxing with Gonzaba
- 28 - Superhero Day

Class Cancellation: March 17 - Low Impact

Explore other Adult and Senior Centers

Commander's House Adult and Senior Community Center
622 S. Flores, San Antonio, Texas 78204 (210) 207-3010

Commander's House Chili Chowdown
Friday, March 13
11:00 p.m. - 1:00 p.m.



All ages welcome to this event ! A new take on an old event!
This will be a good old fashioned get together with
Games, Music, and Karaoke!

Lions Field Adult and Senior Community Center
2809 Broadway, San Antonio, Texas 78209 (210) 207-5380

The Brackenridge Challenge
Wednesday, March 18, at 11:00 a.m.

You and a partner will take a short stroll through Brackenridge Park, facing several challenges along the way. Free lunch of chicken salad croissants, chips and fruit following the walk sponsored by San Pedro Manor. Prize sponsored by the Lions Field Association. Please sign-up.

Virginia Gill Community Center
7902 Westshire Dr. San Antonio, Texas 78227 (210) 207-3237

Senior Committee Rummage Sale
Friday, March 6, 9:00 a.m. to 3:00 p.m.

The senior center committee will be holding their annual Rummage Sale. Come find a treasure to take home. Tables are \$15 indoor and \$10 outdoor, For more Information contact Gill staff at (210) 207-3237.