

LION'S ROAR

March / April 2020

LIONS FIELD ADULT AND SENIOR COMMUNITY CENTER

2809 BROADWAY, SAN ANTONIO, TEXAS 78209 • 210-207-5380

www.saparksandrec.com

The Brackenridge Challenge

Wednesday, March 18, at 11 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.

Contemporary Art Month Events at Lions Field!

We're putting our creative side on display!

See page 8 for special events to celebrate Contemporary Art Month.

St. Patrick's Potato Bake

Tuesday, March 17, at 12 p.m. Fee: \$6

Enjoy a baked potato, toppings, salad, dessert and tea. Sign up and pay in advance. Sponsored by the Lions Field Association.

Bargains on Broadway

Saturday, April 4, from 8 a.m. to 2 p.m.

Shop for incredible and inexpensive finds at our rummage sale! Spaces available for only \$20 for those wanting to declutter.

Fiesta

Tuesday, April 14, at 12 p.m. Fee: \$7

Celebrate Fiesta while enjoying a Mexican theme lunch, Fiesta games, and more! Sign up and pay in advance. Sponsored by the Lions Field Association.

Egg Hunt

Friday, April 10, at 11 a.m.

Hunt for treat-filled eggs hidden in the center, enjoy refreshments, Spring crafts and activities.

Movie Day: A Dog's Journey

Friday, March 13, at 2 p.m.

Bailey, a dog, is asked to look after a young girl, CJ, as he passes away from old age. Bailey reincarnates through several dog lives, following CJ as she grows into adulthood. Free event by United Healthcare. Popcorn and drinks provided.

Bingo for 60+ **NEW**

Monday at 1 p.m.

Play up to 10 games of bingo for only \$2.50. Money collected will be the prizes. See flyer for more info.

We appreciate you signing up at the information table for special events so we can plan accordingly.



PARKS & RECREATION
SAN ANTONIO

Hours of Operation:

Monday-Thursday: 8 a.m. - 9 p.m.

Friday: 8 a.m. - 5 p.m.

Staff: Mary Runner, Jacque Odom

Annual Membership Fee

Ages 18 - 59: \$15

Ages 60+: \$7

Paid Membership also good at Commander's House and Granados. Registration required at Virginia Gill Community Center.

Holiday Closures: Friday, April 24, 2020

Play a Game at Lions Field

Bridge

Monday 1 - 4 p.m.

Friday 1 - 4 p.m.

Wright Patterson Style

Mah Jongg

Tuesday 10 a.m. - 1 p.m.

National League Mah Jongg

Tuesday 12:30 - 5 p.m.

Lessons Available.

Bunco and Potluck

2nd Wednesday 6 - 8:45 p.m.

Scrabble

Thursday 6 - 8:45 p.m.

Texas 42 Dominoes

Thursday 10 a.m. - 5 p.m.

S.A. Chess Club

Thursday 5:30 - 8:45 p.m.

Bingo

Friday 11 a.m.

Bring a small item as a prize to join the game.

Mexican Train Dominoes

Friday from 12:30 - 4:30 p.m.

Mah Jongg Lessons

Four 2-hour sessions for \$100

Learn all the ins and outs of National League Mah Jongg. Book is included in cost of lesson. Days and times to be determined by instructor and staff based on room availability at Lions Field.

Upcoming Events at Lions Field

Mother's Day Celebration

Friday, May 8, at 1 p.m.

Enjoy light refreshments and activities.

All invited.

Father's Day Brunch

Monday, June 22, at 9:30 a.m.

Enjoy breakfast casserole and activities.

All invited.

Clay Art Show Reception

Beauty from Mud

Tuesday, May 19, at 1:30 p.m.

Mingle with the artists and see new, exciting art.

Light refreshments.

Ice Cream Soda Day

Thursday, June 17, at 1 p.m.

Free ice cream soda from the Lions Field Association.

Code of Conduct

In an effort to provide a welcoming environment for all participants and 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.

Accommodation requests must be submitted to Mary Runner, Recreation Supervisor, at 210-207-5380 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 207-7245 for Voice/TTY assistance.



Workshops to Spark Your Imagination

Sign up for classes at Lions Field or by calling 210-207-5380.

Paper Crafts

Monday, 1 - 3 p.m.

Focus on making beautiful items using paper.
Spring and Fiesta theme paper crafts.

Arts & Crafts Class

Tuesday from 9:30 a.m. - 2:30 p.m.

Supply List on sign-up sheet

Sign up in advance to make the group project.

March: Shamrock Garland

April: Fiesta Floral Wreath

Quick Craft

Last Tuesday from 9:30 - 11:30 a.m.

Supply List on sign-up sheet

Detailed instruction for the beginning crafter!

Please sign up in advance.

March 31: Easter Egg Garland

April 28: Cinco De Mayo Floral Headpiece

Advanced Clay

Tuesday, 10 a.m. - 2:30 p.m.

Must bring your own supplies and tools.

For those experienced in hand building and basic glazing. Must work independently.

Ceramics

Tuesday, 1 - 3 p.m.

Must bring your own supplies.

Must work independently, but center fires work.

Fabric Fun

Wednesday from 9 a.m. - 11 a.m.

Must bring some of your own supplies.

Projects to celebrate the holidays and home.

Wire Jewelry Class

Thursday from 1:00 - 2:00 p.m.

Wire wrapping and beaded jewelry techniques.
Sign-up. Limit 6 participants. Free.

Glass Fusing

Wednesday, Apr. 1 and 15 from 6:30 - 8:30 p.m.

Supply Fee: \$15

Limit 6 participants. Fused Glass Dish.

Porcelain Art

Wednesday from 10 a.m. - 3 p.m.

Fee: \$20 for seniors and \$25 for adults

Learn the delicate art of painting on porcelain.

Painting

Thursday from 9:00 - 11:30 a.m.

Must bring your own supplies.

March: Monochromatic painting

April: Artist's Choice

Artist are always welcome to work independently.

Watercolor Basics

Thursday at 1:30 p.m.

\$20 Monthly Fee

Learn watercolor from Ralph Quintana. Get a supply list from the front desk.

Open Painting

Friday, from 9 - 12 p.m.

The art studio is available for any 2D artists to work on their own projects during this time.

Fly a Kite!

Friday, March 27, at 1 p.m.

Build your own kite and then join us on the field to fly your kite. Materials provided. Kite making only in bad weather. Please sign-up.

Visual Arts Open Studio

Friday, from 1 - 4:30 p.m.

Artists and crafters can work on their own in the Art Studio. Space is limited so please share.

Class/Activity Sign-Up Policy: Please be on time for classes so you don't miss anything. Staff led classes/activities must have at least 5 participants. Exceptions are for classes that do not require sign-up, for example, Easy Movement.

Meet and Make at Makerspace

Wednesday, April 1, at 1 p.m.

Lions Field and Makerspace Member, Don, will teach you how to use the equipment at Makerspace. Free. Meet and Make at 130 W Lachapelle, San Antonio, TX 78204. Go home with a special item.

ReDiscover SA: Outings around Town

Limited to 10 participants on the van, so sign up to reserve your spot!

Guenther House Museum and Store

Monday, March 30, leaving at 11a.m. and returning around 2 p.m.

Visit the museum and store before settling into their beautiful dining room for lunch. Stroll the grounds and along the Riverwalk after lunch .

Ventura Hills Senior Living Tour

Monday, April 20, leaving at 10:30 a.m. and returning around 2:00 p.m.

Take a tour of Ventura Hills located on Jackson Keller Road. While this is primarily an assisted living and memory care center, they do offer apartments to independent seniors. Lunch provided by their on-site chef with an activity and tour afterward.

Evening Groups at Lions Field

Learn something new with one of our monthly evenings groups.
Additional membership may apply for continued participation.

Native Prairie

First Tuesday from 7 - 8:30 p.m.

A local chapter of the Native Prairie Assoc. of Texas. They are dedicated to the conservation and restoration of native prairies, savannas and grasslands of Texas.

Trinity Art League

Second Tuesday from 5 - 7 p.m.

Network with other artists while watching a demonstration from a guest artist.

March - Mary Campos Lopez, pastel

April - Cliff Cavin, landscapes in oil

Native Plant Society

Fourth Tuesday

Seed exchange at 6:30 p.m.

Meeting and Presentation at 7 p.m.

The local chapter of NPSOT promotes native plants and plant habitats throughout the area.

Bonsai Society Workshop

Fourth Wednesday from 7 - 8:45 p.m.

Learn about the art of bonsai with the Bonsai Society. Learn about the materials and trees to help you get started or as workshop time for those already practicing bonsai.

Camera Club

First and Third Thursday from 6 - 8:45 p.m.

Photography club focused on exchanging ideas and improving skills of its members. The first Thursday is a program or workshop and the third Thursday is a competition night.

Bonsai Society

Second Thursday from 6 - 8:45 p.m.

For those interested in the art of bonsai. Meetings consist of a workshop or lecture. All experience levels welcome.

Lions Field Association—Thank you for all you do for Lions Field

Michael Parker, President; Sylvia White, Vice President;

Butch Hayes, Treasurer; Diane French, Secretary

Board Members: Mary Atkerson, Harriet Last, Sunnee Rakowitz, Martha Wills

March 2020

Lions Field Adult & Senior Center
2809 Broadway ♦ **210-207-5380**

Monday 8am—9pm	Tuesday 8am—9pm	Wednesday 8am—9pm	Thursday 8am—9pm	Friday 8am—5pm
<p>2 9am Exercise 10am Easy Movement 11am Keyboard* 11am Chair Boxing 12pm Bowling 1pm Bingo* 1-3pm Paper Crafts* 1-4pm Bridge 6-7:30pm Yoga* <i>6:30-8 pm Invest. Club</i></p>	<p>3 9am Exercise 9:30am-2:30pm Crafts* 10am-2:30pm Adv Clay* 10am Intro/Beg Guitar* 10am-1pm Mah Jongg 11am Ensemble* 12:30-5pm Mah Jongg 1-3pm Ceramics* 1:30pm Cardio Drumming 5:30pm Stability Ball 6-8:30pm Blue Grass 6:30pm Flashlight Walk <i>7-8:30pm Native Prairie</i></p>	<p>4 9am Exercise 9:30 Cycling* 9:30-11:30am Dance Fitness 10am Easy Movement 10am-1pm Fabric Fun 10am-3pm Porcelain Art* 11am Cardio Drumming 5-8pm Halau Kui 6:30pm Zumba</p>	<p>5 9am Exercise 9am Painting/Drawing 9:30am-12:30pm Line Dancing 10am-5pm "42" Dominoes 1pm Jewelry* 1:30pm Watercolor* 5:30-8:45pm Chess Club 6-8:45pm Scrabble 6-8:45pm Camera Club</p>	<p>6 9am Exercise 9am-12pm Open Painting 9:30 Cycling* <i>10-12pm Artistic Endeavor Opening Reception</i> 10am Easy Movement 10-12pm Music Open Studio 11am Bingo 12:30pm Mexican Train 1-4pm Bridge 1-4:30pm Open Studio</p>
<p>9 9am Exercise 10am Easy Movement 11am Chair Boxing 12pm Bowling 1pm Bingo* 1-3pm Paper Crafts* 1-4pm Bridge 6-7:30pm Yoga*</p>	<p>10 9am Exercise 9:30 Cycling* 9:30am-2:30pm Crafts* 10am-2:30pm Adv Clay* 10am-1pm Mah Jongg 12:30-5pm Mah Jongg 1-3pm Ceramics* 1:30pm Cardio Drumming <i>4-6pm Art League</i> 5:30pm Stability Ball 6-8:30pm Blue Grass 6:30pm Flashlight Walk</p>	<p>11 9am Exercise 10am Easy Movement 10am-1pm Fabric Fun 10am-3pm Porcelain Art* 11am Cardio Drumming <i>1pm Speaker's Bureau</i> 5-8pm Halau Kui 6-8:45pm Bunco <i>6:30pm Invest. Club</i> 6:30pm Zumba</p>	<p>12 9am Exercise 9am Painting/Drawing 9:30am-12:30pm Line Dancing 10am-5pm "42" Dominoes 1pm Jewelry* 1:30pm Watercolor* 5:30-8:45pm Chess Club 6-8:45pm Scrabble <i>6-8:45pm Bonsai Society</i></p>	<p>13 9am Exercise 9am-12pm Open Painting 9:30 Cycling* 10am Easy Movement 10-12pm Music Open Studio 11am Bingo 12:30pm Mexican Train 1-4pm Bridge 1-4:30pm Open Studio <i>2pm Movie Day: A Dog's Journey</i></p>
<p>16 9am Exercise 10am Easy Movement 11am Keyboard* 11am Chair Boxing 12pm Bowling 1pm Bingo* 1-3pm Paper Crafts* 1-4pm Bridge 6-7:30pm Yoga*</p>	<p>17 9am Exercise 9:30am-2:30pm Crafts* 10am-2:30pm Adv Clay 10am Intro/Beg Guitar* 10am-1pm Mah Jongg 11am Ensemble* <i>12pm St Patrick's Day Potato Bake*</i> 12:30-5pm Mah Jongg 1-3pm Ceramics* 1:30pm Cardio Drumming 5:30pm Stability Ball 6-8:30pm Blue Grass 6:30pm Flashlight Walk</p>	<p>18 9am Exercise 9:30-11:30am Dance Fitness 10am Easy Movement 10am-1pm Fabric Fun <i>10am AARP Safe Driving</i> 10am-3pm Porcelain Art* <i>11am Brackenridge Challenge*</i> <i>1pm Literary Circle</i> <i>1-4pm AARP TEK</i> 5-8pm Halau Kui 6:30pm Zumba</p>	<p>19 9am Exercise 9am Painting/Drawing 9:30am-12:30pm Line Dancing 10am-5pm "42" Dominoes 1pm Jewelry* 1:30pm Watercolor* 5:30-8:45pm Chess Club 6-8:45pm Scrabble <i>6-8pm River Road N.A</i> 6-8:45pm Camera Club</p>	<p>20 9am Exercise 9am-12pm Open Painting 9:30 Cycling* 10am Easy Movement 10-12pm Music Open Studio 11am Bingo <i>12pm Meet and Eat W.D. Deli</i> 12:30pm Mexican Train 1-4pm Bridge 1-4:30pm Open Studio</p>
<p>23/30 9am Exercise 10am Easy Movement 11am Keyboard* <i>11am Healthy Cooking (23)</i> 11am Chair Boxing <i>11am ReDiscoverSA: Guenther House(30)</i> 12pm Bowling 1pm Bingo* 1-3pm Paper Crafts* 1-4pm Bridge 6-7:30pm Yoga*</p>	<p>24/31 9am Exercise 9:30 Cycling*(31) 9:30am-2:30pm Crafts* <i>9:30am Quick Crafts* (31)</i> 10am-2:30pm Adv Clay 10am Intro/Beg Guitar* 10am-1pm Mah Jongg 11am Ensemble* 12:30-5pm Mah Jongg 1-3pm Ceramics* 1:30pm Cardio Drumming 5:30pm Stability Ball 6-8:30pm Blue Grass 6:30pm Flashlight Walk <i>6:30pm Native Plant(24) 6pm Creekways(24)</i></p>	<p>25 9am Exercise 9:30-11:30am Dance Fitness 10am Easy Movement 10am-1pm Fabric Fun 10am-3pm Porcelain Art* 11am Cardio Drumming <i>12pm Birthday Potluck</i> 5-8pm Halau Kui <i>6-8pm Artistic Endeavor Closing Reception</i> <i>6-8:45pm Bonsai Workshop</i> 6:30pm Zumba</p>	<p>26 9am Exercise 9am Painting/Drawing 9:30am-12:30pm Line Dancing 10am-5pm "42" Dominoes 1pm Jewelry* 1:30pm Watercolor* 5:30-8:45pm Chess Club 6-8:45pm Scrabble <i>6:30pm Artist Talk Cindy Morawski</i></p>	<p>27 9am Exercise 9am-12pm Open Painting 9:30 Cycling* 10am Easy Movement 10-12pm Music Open Studio 11am Bingo 12:30pm Mexican Train <i>1pm Fly a Kite</i> 1-4pm Bridge 1-4:30pm Open Studio</p>

*registration, instructor approval and/or fee. Many art and craft classes require you to purchase your own supplies. Call for more information.

April 2020

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2809 Broadway ♦ **210-207-5380**

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<p>13 9am Exercise 10am Easy Movement 11am Keyboard* 11am Chair Boxing 12pm Bowling 1pm Bingo* 1-3pm Paper Crafts* 1-4pm Bridge 6-7:30pm Yoga*</p>	<p>14 9am Exercise 9:30am-2:30pm Crafts* 10am-2:30pm Adv Clay* 10am Intro/Beg Guitar* 10am-1pm Mah Jongg 11am Ensemble* <i>12pm Fiesta Luncheon*</i> 12:30-5pm Mah Jongg 1-3pm Ceramics* 1:30pm Cardio Drumming <i>4-6pm Art League</i> 5:30pm Stability Ball 6-8:30pm Blue Grass 6:30pm Flashlight Walk</p>	<p>15 9am Exercise 9:30-11:30am Dance Fitness 10am Easy Movement 10am-1pm Fabric Fun 10am-3pm Porcelain Art* 11am Cardio Drumming <i>1pm Literary Circle</i> 5-8pm Halau Kui <i>6:30-8:30pm Invest. Club</i> 6:30pm Zumba</p>	<p>16 9am Exercise 9am Painting/Drawing 9:30am- 2:30pm Line Dancing 10am-5pm "42" Dominoes 1pm Jewelry* 1:30pm Watercolor* 5:30-8:45pm Chess Club 6-8:45pm Scrabble 6-8:45pm Camera Club <i>6-8pm River Road N.A.</i></p>	<p>17 9am Exercise 9-12pm Open Painting 9:30 Cycling* 10am Easy Movement 10-12pm Music Open Studio 11am Bingo <i>12pm Meet and Eat: Main Street Pizza & Pasta</i> 12:30pm Mexican Train 1-4pm Bridge 1-4:30pm Open Studio</p>
<p>20 9am Exercise 10am Easy Movement <i>10:30am ReDiscoverSA: Ventura Hills Senior Living</i> 11am Keyboard* 11am Chair Boxing 12pm Bowling 1pm Bingo* 1-3pm Paper Crafts* 1-4pm Bridge 6-7:30pm Yoga*</p>	<p>21 9am Exercise 9:30am-2:30pm Crafts* 10am-2:30pm Adv Clay* 10am Intro/Beg Guitar* 10am-1pm Mah Jongg 11am Ensemble* 12:30-5pm Mah Jongg 1-3pm Ceramics* 1:30pm Cardio Drumming 5:30pm Stability Ball 6-8:30pm Blue Grass 6:30pm Flashlight Walk</p>	<p>22 9am Exercise 9:30-11:30am Dance Fitness 10am Easy Movement 10am-1pm Fabric Fun 11am Cardio Drumming 5-8pm Halau Kui <i>6-8:45pm Bonsai Workshop</i> 6:30pm Fused Glass* 6:30pm Zumba</p>	<p>23 9am Exercise 9am Painting/Drawing 9:30am-12:30pm Line Dancing 10am-5pm "42" Dominoes 1pm Jewelry* 1:30pm Watercolor* 5:30-8:45pm Chess Club 6-8:45pm Scrabble</p>	<p>24</p> <p><i>Holiday</i> Center Closed</p>
<p>27 9am Exercise 10am Easy Movement 11am Keyboard* <i>11am Healthy Cooking</i> 11am Chair Boxing 12pm Bowling 1pm Bingo* 1-3pm Paper Crafts* 1-4pm Bridge 6-7:30pm Yoga*</p>	<p>28 9am Exercise 9:30am-2:30pm Crafts* <i>9:30am Quick Crafts*</i> 10am Intro/Beg Guitar* 10am-1pm Mah Jongg 11am Ensemble* 12:30-5pm Mah Jongg 1-3pm Ceramics* 1:30pm Cardio Drumming 5:30pm Stability Ball 6-8:30pm Blue Grass 6:30pm Flashlight Walk <i>6:30pm Native Plant</i> <i>6pm Creekways</i></p>	<p>29 9am Exercise 9:30-11:30am Dance Fitness 10am Easy Movement 10am-1pm Fabric Fun 11am Cardio Drumming <i>12pm Birthday Potluck</i> 5-8pm Halau Kui 6:30pm Zumba</p>	<p>30 9am Exercise 9am Painting/Drawing 9:30am-12:30pm Line Dancing 10am-5pm "42" Dominoes 1pm Jewelry* 1:30pm Watercolor* 5:30-8:45pm Chess Club 6-8:45pm Scrabble</p>	

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Explore our 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

**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 at (210) 207-3237.

**GRANADOS ADULT AND SENIOR COMMUNITY CENTER
500 FREILING, SAN ANTONIO, TEXAS 78201 (210) 207-3285**

**Be Fit and Be Cool Fest
Friday, May 8, 9:00 a.m. - 11 a.m.**

Celebrate Older Americans Month with this year's theme of "Make Your Mark." You can do this at Granados 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*.

Go to saparksandrec.com to see the complete newsletters for these centers.

Contemporary Art Month Events at Lions Field!

We're putting our creative side on display!

Check out other events listed in contemporaryartmonth.org

12x12 Artistic Endeavor

Daytime Opening Reception on Friday, March 6, from 10 a.m. - 12 p.m.

Evening Closing Reception on Wednesday, March 25 from 6 - 8 p.m.

Sign up and pick up your board at the office. Create your artwork and return the finished piece by Friday, February 28, for display from March 6 - 27. Join us at the opening and closing receptions. Limited to 30 members. Public invited to the closing reception.

Trinity Art League

Tuesday, March 10, at 5 p.m.

See a demo from Mary Campos Lopez, a founding member of the Texas Pastel Society. Each month, you can network with other artists while watching a demonstration from a guest artist.

Artist Talk: Cindy Morawski

Thursday, March 26, at 6:30 p.m.

Meet pastel artist Cindy Morawski, one of our Art on Broadway artists, as she discusses her work and inspirations. She will have new work on display leading up to the talk. Refreshments served and the adult public invited. See more of her work at www.cindymorawski.com.

Social and Educational Activities at Lions Field

Monthly Potluck and Game

Last Wednesday of the month at 12 p.m.

All members invited. Bring any dish you want or challenge yourself to make a dish from our monthly theme.

March 25: Five or Less—Bring a dish made with 5 ingredients or less.

April 29: Southern BBQ—your favorite southern bbq dish.

Healthy Cooking

Monday, March 23 and April 27, at 11 a.m.

Learn about quick and easy foods that are good for you. Cooking demonstration and nutritional information from the nutritionists at SA Food Bank the last Monday of the month.

AARP Safety Driving

Next Class: Wednesday, March 18, at 9 a.m.

Fee: \$15 for AARP Members/\$20 for non-members

This course teaches proven techniques to help drivers to stay independent, safe and confident when driving. Learn about effects of medication on driving, age-related physical changes and how to adjust to compensate, and more. Must attend all four hours for certificate.

Meet and Eat

Friday, Mar. 20 , at W.D. Deli

Scratch-made soups, sandwiches and desserts.

Located at 3123 Broadway St., 78209

Fri, Apr. 17, at Noon: Main St. Pizza & Pasta

Pizza, pasta, subs and more.

Located at 1906 N. Main, 78212

AARP Smart Driver TEK

Wednesday, March 18, from 2 - 3:30 p.m.

Smart Driver TEK is a brand new, 90 minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today at www.aarp/findaworkshop10 or 1-877-805-4115. Bring a friend—it's free!

Third Wednesday Literary Circle

March 18 at 1 pm: *The Library Book* by Susan Orlean

Orlean chronicles the Los Angeles Public Library fire and it's aftermath to showcase the larger, crucial role that libraries play in our lives. She shows the evolution of libraries across the country and around the world.

April 15 at 1 pm: *A Better Man* by Louise Penny

As floodwaters rise, a father pleads with Inspector Gamache for help finding his daughter. With one crisis after another, mistakes are made when a body is discovered.

Speakers Bureau

Second Wednesday at 1 p.m.

Mar. 11: De-Cluttering Tips

Jacque Odom

Learn tips to de-clutter different rooms in your home.

Apr. 8: Texas Home Health on COPD.

Stephanie Hubbard

Learn about the symptoms and care of COPD.

Explore Your Love of Music and Dance

Beginning Keyboard

Monday, Mar. 16 - May 11, at 11 a.m.

60+ is \$30 and 18-59 is \$60

Learn to play the keyboard.

Intrm Ensemble

Tuesday, Mar. 17 to May 12, at 11 a.m.

60+ is \$30 and 18-59 is \$60

Ensemble technique class. Instructor approval required.

Intro/Beginning Guitar Lessons

Tuesday, Mar. 17 to May 12, at 10 a.m.

60+ is \$30 and 18-59 is \$60

Learn how to play guitar.

Blue Grass Jam

Tuesday Evenings, 6-8:30 p.m.

Bring your instruments and join in with other blue grass players.

Halau Kui

Wednesday, 5 - 8 p.m.

Free Advanced Hula Dance. Volunteer Instructor Tina Negrete runs this performing dance class. Instructor approval required.

Music Open Studio

Friday, 10 a.m. - 12 p.m.

Sign up one week in advance for a one hour slot to practice your music in the Community Room.

Are you interested in percussion, singing, music theory or saxophone class? Let staff know!

Health and Fitness

Morning Group Exercise

Monday thru Friday, 9 - 10 a.m.

Focus on flexibility and core strengthening. Bring a mat for floor exercises.

Easy Movement Exercise

Monday, Wednesday and Friday at 10 a.m.

Seated and standing exercises for balance and flexibility.

Cardio Drumming

New Day and Time! Wednesday at 11 a.m.

Raise your heart rate, improve coordination and strengthen muscle groups in this stress busting, fun work out! No class on 3/18.

Chair Boxing

New Day and Time! Monday at 11 a.m.

Strengthen your upper body in this seated workout. Leg exercises will be included in between chair boxing intervals.

Bowling at the Center

New Time! Monday at 12 p.m.

Chat and socialize while getting in some light exercise. Great way to improve coordination, flexibility and balance.

Yoga for the Life Experienced

Monday, 6 - 7:30 p.m.

4 classes for \$48/drop-ins at \$15 per class

Let Cheryl guide you to better health. First class by appointment and will focus on individual goals for \$20. For more info call 210-883-8234.

Work Out in the Fitness Room

Available any time we are open!

Work out independently on treadmill, recumbent bike, elliptical and universal weight machine.

Cycling with Ghisallo

Fridays at 9:30 a.m. but check flyer for updated info on dates and times!

Go exploring on the nearby paths! Ghisallo will provide adult trikes and helmets. New riders always welcome!

Fitness in the Park

Free and open to members and non-members 18 years and older

Flashlight Walk

Tuesday Evenings at 6:30 p.m.

Grab a flashlight and walk with a staff member along the trails around the center. Get in some exercise while having fun.

Stability Ball Exercises

Tuesday Evenings at 5:30 p.m.

Increase upper body muscle activation and improve posture with standing exercises while holding a stability ball. All fitness levels welcome.

Zumba

Wednesday at 6:30 p.m.

A great cardio and muscle toning workout combining fast and slow rhythms. This class will tone and sculpt your muscles.

Free Line Dancing

Thursday Beginners at 9:30 a.m. Improved at 10:30 a.m. Intermediate at 11:30 a.m.

Follow along with volunteer instructors Jon and Carol to some old favorites and new dances.

Dance Fitness

Wednesday, March 18—May 13, Intro Folkloric at 9:30 a.m. Intro Flamenco at 10:30 a.m.