The Gazette

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

Talent Show
Wednesday, September 19, 5:00 - 6:30 p.m.
Celebrate National Senior Center month at Granados and see the amazing talent. Better yet, dust off your instrument, warm up your voice or put on your dancing shoes and enter the annual Talent Show. Registration forms are at the desk and due by

A Matter of Balance - Fall Prevention
Tuesdays, October 2 - November 20, 1:45 - 3:45 p.m.
Celebrate National Senior Center Month by attending this fall prevention class. It’s a 8-week class to learn tips at home and away to avoid falling, do simples exercises to strengthen your lower body and share your success stories. Pre-registration is required for this free class.

The Boo Bash Dance
Monday, October 29, 11 a.m. - 3 p.m.
Join Commander’s House, Granados, Lions Field and Virginia Gill Adult and Senior Centers for dancing, a costume contest and lunch at the SA Garden Center. Space is limited to this free event and registration is required. Thanks to United Healthcare.

Flu Shots
Walgreens will give Flu Shots at Granados Wednesday, September 26, 9 - 11 a.m.

Trunk or Treat
Wednesday, October 31, 11 a.m. - 12 p.m.
Put on a costume and join the Trunk or Treating in the lower parking lot. Agencies will hand out goodies and United Healthcare will provide a light lunch.

Muffins for Grandparents
Friday, September 7, 8:30 - 9:30 a.m.
Happy Grandparents Day. Celebrate with muffins and juice provided by Brookdale Patriot Heights and share stories about your grandchildren.

Holiday Closure: Wednesday, September 3 for Labor Day

Hours of Operation
Monday & Wednesday 8 a.m. - 7 p.m.
Tuesday & Thursday 8 a.m. - 8 p.m.
Friday 8 a.m. - 6 p.m.

Annual Membership Fee
18-59 Years of Age: $15
60+ Years of Age: $7

Staff: Nancy Durham, Stephanie Mercado, Michael Sandoval
Computer & Technology Classes

**Basic Computer**  
Monday, September 10, 17 & 24  
11 a.m. - 12 p.m.  
This 3-week class covers the basics of the computer, keyboard, terminology and gives you time to practice typing skills.

**Microsoft Word**  
Monday, October 8, 15, & 22  
11 a.m. - 12 p.m.  
Learn the basics to write letters, create documents, and use tables and templates in this 3-week class.

**Social Media**  
Monday, September 10, 24, Oct. 8, 22  
1:30 - 2:30 p.m.  
Attend any of these dates to learn about Snapchat, Instagram, Facebook or other social media.

**Computer Lab Monitor**  
Tuesday, 2 - 3 p.m.  
One-on-one computer support is offered on a drop-in basis with volunteer Sylvia Guerra.

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

**Beginning Email**  
Thursday, 1:30 - 2:30 p.m.  
September 13 or October 11  
Learn the basics of email and set up your own account.

**Internet Safety**  
Thursday, 1:30 - 2:30 p.m.  
September 27 or October 25  
Staying safe on the internet is important. Learn valuable tips in class.

Educational Programs

**Smart Devices Clinic**  
George Sohocki, *A to Z Helpers*  
Friday, September 14, October 26  
9:30 a.m. - 12:30 p.m.  
Schedule a one-on-one appointment for help with smart phones, iPads and more.

**Colorful Writing Class in Pencil**  
Friday, 10 - 11:30 a.m.  
This creative, thoughtful writing class is presented by Lainie Flores to encourage heartfelt expression with your pencil. Meets the first three Fridays of the month.

**Preserving Family Treasures**  
Tuesday, September 11, 10 a.m.  
Learn to properly care and maintain your family heirlooms so they can be enjoyed by future generations. Matt Dewaelsche from the Central Library will lead this workshop.

**Blood Pressure Checks**  
3rd Wednesday, 8 - 9 a.m.  
September 19, October 17  
Keep track of your numbers during this free monthly check.

**Gardening Club**  
Friday, September 7 & October 5  
10 - 11 a.m.  
This member-led group shares gardening related information on the first Friday. Share with the group what works for you or borrow a gardening book.

**Fall Gardening**  
Friday, September 7, 8:30 a.m.  
Bring your plants and get ready to get dirt under your nails. The new raised beds will be assigned along with the other garden containers. Dirt and shovels are provided.
Music Classes

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

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.

**September Outing**
San Antonio Shoe Factory
Tuesday, September 18, 8:30 - 11:30 a.m.
Free Tour. Learn how much work goes into making SAS shoes.

**September Gourmets on the Go**
Paula Deen’s Family Kitchen
Thursday, Sept. 27, 10:30 a.m. - 1 p.m.
Southern-style home cooking served family style. Dessert included.

**October Gourmets on the Go**
Burgerteca
Thursday, October 18, 10:30 a.m. - 1 p.m.
American burgers inspired by the cooking traditions and regional flavors of Mexico

**October Outing**
San Antonio Police Academy
Wednesday, Oct 24, 9:30 a.m. - 12:30 p.m.
Find out what our SAPD goes through during their rigorous training process.

D.A.N.A.

Dellview Area Neighborhood Association holds meetings at Granados so neighbors can learn what’s happening. Next meeting is Thursday, September 13 at 6:30 p.m. Visit www.dellviewareana.org for information.

Music Classes

New players are welcome to join these recreational games at any time.

**Mah Jongg**
Monday
11:30 a.m.-2:30 p.m.

**Blitz**
Thursday
8:15 - 10 a.m.

**“No Frills” Bunco**
Monday
1 - 2:30 p.m.

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

**Bingo**
Monday
2:45 - 3:45 p.m.

**Contract (Party)**
**Bridge**
Tuesday, 1:30 p.m.

**Texas Hold ‘Em**
Friday
12:30 - 3:30 p.m.

**Jembe Jams Hand Percussion is now offered as a Fitness in the Park program.**

**Singing Troubles Away**
Thursday, 10 - 11 a.m.
Do you like to sing along with the radio? A singing group is forming at Granados and no musical talent is needed. Sing along with the oldies but goodies and learn new songs in this fun non-judgmental group.

**Music Classes**

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

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D.A.N.A.

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More Special Events

AARP Smart Driver Class
Tuesday, Sept. 18, 12:30 - 4:30 p.m.
Jim Long teaches this class which is not a ticket dismissal class. Cost is $15 for AARP members/$20 for non-members, payable to instructor the day of class. Call 210-207-3285 to pre-register.

Birthday Bash & Karaoke
Tuesday, September 25 & Friday October 19
1:30 - 2:30 p.m.
United Healthcare celebrates birthdays and you are invited to join the fun even if your birthday’s in a different month.

Bingo
Friday, September 21, 10 a.m.
Try your luck with during this free bingo with Medicare Health Benefits. Prizes will be awarded.

National Night Out
Tuesday, October 2, 6 - 8 p.m.
Join your neighbors at Dellview Park for food, fun and meeting police officers and firemen.

Mindfulness for Stress Reduction
Wednesday, September 12, 10 a.m.
Learn practices to help reduce stress and letting go by making heartfelt connections. Presented by Cynthia Hazel, Heartsong Healing Place. Class includes meditation, discussion and simple exercises.

Hula Hoop Exercise
Friday, October 12, 11 a.m.
Try a new form of exercise when Maribel Norwood of Medicare Health Benefits teaches this new exercise. You can do more exercises with a hula hoop than just rocking back and forth.

Chat with Staff
Monday, October 22, 10:30 - 11:30 a.m.
Come for hot coffee and chat with the staff. Share ideas on what classes, trips or presentations you’d like at Granados. Your suggestions and ideas are always welcome.

Nutrition Programs

Nutrition FYI with the Food Bank
Tuesday, September 25: Sodium
Tuesday, October 2: Eating on a Budget
10 - 11 a.m.
Melissa Rodriguez, Nutrition Education Coordinator for the San Antonio Food Bank, will share tips, recipes, samples, and help improve your meals.

Spice Up Your (Boring) Chicken
Monday, September 17, 10 a.m.
Monday, October 15, 10 a.m.
Learn a new way to prepare and add zing to that same old chicken recipe. Grace Guerra–Gonzalez from the Cooperative Extension Program will bring recipes, samples and answer questions.

Pasta Potluck
Tuesday, September 25, 1:30 - 2:30 p.m.
Bring your favorite pasta dish to share whether it’s a cold pasta salad or a hot meat and pasta dish. September and October birthdays will be celebrated with Karaoke and cake provided by United Healthcare. All are invited to enjoy this event even if your birthday is in a different month.
Arts and Crafts

**Acrylic Painting**
Monday, 2 - 4 p.m.
Lillie Baltazar is back. Class is open to all ability levels. Bring your own painting supplies and paint with Lillie. Cost is $15 per month, payable at the first class.

**Recycled Crafts with Susana Castilla**
Make crafts out of every day recyclable materials. See samples at the front desk.
Monday, September 10 – Soap Flowers
Monday, October 8 – Soap Flowers
10 a.m. - 12 p.m.

**Drawing**
Tuesday, 1 - 3 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**
Tuesday, 10:30 a.m. - 12:30 p.m.
Friday, 1 - 4 p.m.
Use the time and space to finish projects.

**Crochet Group**
Wednesday, 3:30 p.m.
This member-led group makes items for local charities and will teach you how to crochet blankets, hats and scarves.

**Felt Necklace**
Tuesday, 3 - 5 p.m.
September 25, October 9
Learn to make jewelry using felt. Bring your desired color or use our supply.

**Scrapbooking**
Wednesday, 5:30 - 6:30 p.m.
Join this class and share ideas with other Scrap Bookers. Bring your photos and get started on making some family treasures.

**Crafting**
Wednesday, 2:30 p.m.
Samples are on display at the front desk. Please pre-register.

**September**
5 - Recycled Tin Can Planters
12 - Wooden Picture Mod Podge
19 - Epson Salt Bottle
26 - Fall Book Mark

**October**
3 - Balloon Pumpkin Decor
10 - Ghost Windsock
17 - Day of the Dead Calavera Mask
24 - Terracotta Pumpkin Coaster
31 - Halloween Treat Buckets

**Jewelry with Thelma Long**
Thursday, 1 - 3 p.m.
$5 fee payable day of class
September 13 - Day of the Dead
October 11 - Fall Necklace and Earrings

**Jewelry Open Studio**
Thursday, 1 - 3 p.m.
September 20, October 18
Bring your unfinished jewelry projects and let Thelma help you complete them.

**Evening Crafts**
Tuesday, 6 - 7 p.m.
Explore your creative side. Samples at the front desk. Please pre-register.

**September**
4 - Clay Characters
11 - Art Tree
18 - Popsicle Hexagon Shelf
25 - Halloween Lanterns

**October**
2 - Trash Bag Witch
9 - Paper Bats
16 - Scarecrow Center Piece
23 - TP Rolls Native Americans/Pilgrim
30 - Turkey wreath
## Health and Wellness Programs

**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 9 - 9:30 a.m.

**Cardio Fun**
Moderate intensity workout to get your heart rate up while having fun.
Monday, Wednesday, Friday 9:30 - 10 a.m.
*(Monday class held in Sept. only)*

**Chair Volleyball**
Work up a sweat and stretch your muscles during this fun game played while seated.
Wednesday, Sept. 26 & Oct. 24 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 these two areas. Low to moderate intensity.
Tuesday, 9 - 9:45 a.m.

**Chair Cardio**
Seated fitness class that will raise your heart rate. Low to moderate intensity
Friday, 11 a.m. - 12 p.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

**Total Body Toning**
(Similar to Step Aerobics)
Moderate to high intensity using steps. Bring a mat & hand-weights.
Tuesday & Thursday 5:30 - 6:30 p.m.
Volunteer Instructors:
Blanca Espinosa, Yoli Perez, Nati Rodriguez

**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

**Fitness Room**
Available during regular center hours. When using equipment for the first time, ask staff for assistance & sign the clipboard each use.
- Multi-Station Gym
- 3 Treadmills
- Elliptical
- Dumbbells
- Seated Stepper
- Semi-recumbent bike

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<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Days</th>
<th>Times</th>
<th>Volunteer Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates-Whole Body Fitness</td>
<td>Focus on increased range of motion, core strength and flexibility. Adaptable to many fitness levels. Bring a mat.</td>
<td>Wednesday, 11 a.m. - 12 p.m.</td>
<td>Joe Rivera, Yoli Perez</td>
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<tr>
<td>Advanced Line Dancing</td>
<td>Practice a variety of dances with little to no instruction. Advanced level</td>
<td>Thursday, 1:30 - 3:30 p.m.</td>
<td>Letty Gonzales</td>
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<tr>
<td>Fitness Drumming</td>
<td>Try this new exercise using body balls and sticks. Moderate intensity</td>
<td>Friday, 10 - 11 a.m.</td>
<td>Letty Gonzales</td>
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<tr>
<td>Line Dance Workshop</td>
<td>Line dances for intermediate and advance dancers.</td>
<td>Friday, 12:30 - 3:30 p.m.</td>
<td>Letty Gonzales</td>
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Program Ideas
Have you wanted to learn a new activity or visit a special place or restaurant within city limits? Let staff know what programs and outings you would like offered at Granados.

FIP Classes - Free and Open to the Public
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 Arthritis Exercise
Class designed by the Arthritis Foundation to reduce pain and stiffness, restore range of motion, increase muscle strength and improve balance and coordination. Enjoy an active lifestyle and improved health in a fun, supportive environment.
Monday, 9:30 - 10:15 a.m. starting October 1
Volunteer Instructor: Rose Shear

FIP Pickleball
Learn to play this paddle sport indoors on a modified court. 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 Low Impact
Mixed interval training with seated and standing exercises that increase balance and flexibility. Moderate intensity.
Tuesday & Thursday, 12:30 - 1:30 p.m.
FIP Instructor Bruce Kuker & Granados staff

FIP Boot Camp & Cardio
High intensity class using a variety of techniques for a full body workout.
Tuesday & Thursday, 6:45 - 7:45 p.m.
Volunteer Instructor: Nati Rodriguez

FIP Jembe Jams Hand Percussion
Hand Drumming class
11 a.m. - 2 p.m.
Wednesday through September 12
Wednesday, October 10 – December 12
FIP Instructor: Andres Ovalle

FIP Belly Dance Exercise
Relax your mind as well as your body and work seldom used muscles. Class is low to moderate intensity.
12:30 - 1:30 p.m.
Wednesday, through September 12
Wednesday, October 10 - December 12
FIP Instructor: Yirla Ayala

FIP Folklorico Fitness (Zapateado)
Introduction to Mexican Folklorico. Dance shoes or skirt not required.
Moderate intensity.
1:30 - 2:30 p.m.
Wednesday through September 12
Wednesday, October 10 - December 12
FIP Instructor: Yirla Ayala
A Round of Applause to these businesses…

- A to Z Helpers
- Cooperative Extension Service
- Medicare Health Benefits
- SA Food Bank
- United Healthcare

And to our wonderful instructors & volunteers. THANK YOU !!!

Yirla Ayala  Lainie Flores  Barbara Humlicek  Emma Moya
Del Brau     Javi Garcia  Ann Koch     Andres Ovalle
Sylvia Braye Rebecca Garibay Mae Kotzur  Cathy Pedraza
Susana Castilla Letty Gonzales Bruce Kuker  Yoli Perez
Gloria Castillo Sylvia Guerra  Jim Long     Nati Rodriguez
Rosie Diaz   Susy Hawks   Thelma Long
Blanca Espinosa Lydia Hernandez Vernice Miller
Herlinda Flores Cathy Hoy   Roger Montalvo

Electronic Newsletter Distribution List
Receive the Granados newsletter and special event information electronically. Please give staff your email address.

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 membership is good for one year from date of purchase and is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 207-5380, the Commander’s House Adult and Senior Center at 622 S. Flores (210) 207-3010 and 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.
WEEKLY SCHEDULE September - October 2018

* Programs and times are subject to change. Call the front desk at (210) 207-3285 for information.

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
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<tbody>
<tr>
<td>8 a.m.-7 p.m.</td>
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<td>8 a.m.-6 p.m.</td>
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<tr>
<td>9am Stretch &amp; Flex</td>
<td>9am Arms &amp; Abs</td>
<td>9am Stretch &amp; Flex</td>
<td>8:15am Blitz</td>
<td>9am Stretch &amp; Flex</td>
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<tr>
<td>9:30am Cardio Fun - Sept</td>
<td>10am Intermediate Tai Chi</td>
<td>9:30am Cardio Fun</td>
<td>9am Beginning Tai Chi</td>
<td>9:30am Cardio Fun</td>
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<tr>
<td>9:30am Arthritis - Oct</td>
<td>10am DIY Artistry</td>
<td>10am Yoga</td>
<td>10am Choir group</td>
<td>10am Write from the Heart</td>
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<tr>
<td>10am Recycle Craft</td>
<td>11am Beginning Line Dance</td>
<td>10am Keyboard</td>
<td>10am Scramble</td>
<td>(1st, 2nd &amp; 3rd Fridays)</td>
</tr>
<tr>
<td>10:30am FIP Pickleball</td>
<td>12:30pm FIP Low Impact</td>
<td>10:30am Wii Games</td>
<td>10am Beginning Guitar</td>
<td>10am Garden Club</td>
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<tr>
<td>11:30am Mah Jongg</td>
<td>1pm Drawing Class</td>
<td>11am Pilates</td>
<td>11am Intermediate Guitar</td>
<td>(1st Friday)</td>
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<td>1pm Bunco</td>
<td>1:30pm Contract Bridge</td>
<td>11am Djembe</td>
<td>12:30pm FIP Low Impact</td>
<td>10am Fitness Drumming</td>
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<td>1:30pm Social Media</td>
<td>2pm Computer Lab Monitor</td>
<td>12:30pm FIP Belly Dance</td>
<td>1:30pm Contract Bridge</td>
<td>11am Chair Cardio</td>
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<td>(2nd &amp; 4th Mondays)</td>
<td>5:30pm Total Body Toning</td>
<td>1:30pm FIP Folklorico</td>
<td>1:30pm Advanced Line Dance</td>
<td>12:30pm Texas Hold’Em</td>
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<td>2pm Acrylic Painting</td>
<td>6pm Evening Crafts</td>
<td>2:30pm Arts &amp; Crafts</td>
<td>5:30pm Total Body Toning</td>
<td>12:30pm Int./Adv. Line</td>
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<td>2:45pm Bingo</td>
<td>6:45pm FIP Boot Camp</td>
<td>3:30pm Crochet Group</td>
<td>6:45pm FIP Boot Camp</td>
<td>Dance Workshop</td>
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<td>5pm Fitness Dance</td>
<td>9am Stretch &amp; Flex</td>
<td>5:30pm Fitness Dance</td>
<td>1pm DIY Artistry</td>
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<tr>
<td>6pm FIP Line Dancing</td>
<td>9:30am Cardio Fun</td>
<td>5:30pm Scrapbooking</td>
<td>Sept 13 at 6:30pm DANA Mtg</td>
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Special Dates

September
- 7 - Muffins for Grandparents
- 7 - Gardening Day, Garden Club
- 7 - Colorful Writing Class resumes
- 10 - Recycled Craft; Social Media
- 10, 17 & 24 - Basic Computer Class
- 11 - Preserving Family Treasures
- 12 - Mindfulness Workshop
- 13 - Beginning Email
- 13 - Jewelry Making
- 13 - DANA Neighborhood Meeting
- 14 - Smart Devices
- 17 - Spice Up Your Chicken
- 18 - Outing to SAS Shoes
- 18 - AARP Smart Driver Class
- 19 - Blood Pressure Check
- 19 - Talent Show
- 20 - Jewelry Open Studio
- 21 - Bingo with Medical Health Benefits
- 24 - Social Media
- 25 - Nutrition FYI
- 25 - Pasta Potluck & Birthday Party
- 25 - Felt Jewelry
- 26 - Flu Shots
- 27 - Outing to Paula Deen’s
- 27 - Internet Safety

October
- 1 - Arthritis Class resumes
- 2 - Nutrition FYI; National Night Out
- 2 - Matter of Balance class begins
- 5 - Garden Club
- 8 - Recycled Craft; Social Media
- 8, 15 & 22 - Microsoft Word
- 9 - Felt Jewelry
- 11 - Fall Jewelry Class; Beginning Email
- 12 - Hula Hoop Exercise
- 15 - Spice Up Your Chicken
- 17 - Blood Pressure Check
- 18 - Outing to Burgerteca
- 18 - Jewelry Open Studio
- 19 - Birthday Bash & Karaoke
- 22 - Chat with Staff; Social Media
- 24 - Outing to SAPD Academy
- 25 - Internet Safety
- 26 - Smart Devices
- 29 - The Cursed Ball Dance
- 31 - Trunk or Treat

Class Cancellations
- Sept. 13 - Total Body Toning, Boot Camp
- Oct. 2 - Total Body Toning, Boot Camp
- Oct. 19 - Advanced Line Dancing

* Pre-registration or Fee Required
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 Fishing Club
Meets Every Monday, 11:00 a.m. - 1:00 p.m.
Fishing trip Last Friday of the Month, Location & Time TBD
Recreational anglers must have a Texas Fishing License & all bag limits in effect where applicable!
Sign up in the Activity-Event Log Book located in the Main Lobby.

Spooktacular Resource Fair
Friday, October 26, 9:00 a.m. - 12:00 p.m.
This is a resource fair that helps seniors gather information pertaining to their health, their living resources, their faculties, their passions and their independence. It is a free family friendly event open to the public. Costumes are encouraged.

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

WellMed
October 12 from 9:00 a.m.-1:00 p.m.
WellMed will host Free Flu Shots for seniors

Line Dancing
Fridays, 10:00 a.m.
Meet new people, get fit and enjoy yourself while leaning a few new dance steps.

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

Bargains on Broadway
Saturday, October 13, 8:00 a.m. - 2:00 p.m.
Get the jump on Christmas shopping with bargains at our rummage sale! Donations for the Lions Field Association’s table accepted from October 8-12. All proceeds support activities at Lions Field.

Star Party at Lions Field
Tuesday, October 23, 6:30 p.m. - 8:30 p.m.
Join the San Antonio Astronomical Association for star gazing. They’ll have telescopes set up in the field next to the center for everyone to use. We will view the full moon and the brightest planets.