

LION'S ROAR



March / April 2019

LIONS FIELD ADULT AND SENIOR COMMUNITY CENTER

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

www.saparksandrec.com

St. Patrick's Potato Bake

Tuesday, March 12, 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.

The Brackenridge Challenge

Friday, March 15, at 11 a.m.

You and a partner will take a short stroll through the park, facing several challenges along the way. Free lunch following the walk sponsored by Patricia Byrd with AllWell Med Plans.

Fiesta Lions Field

Tuesday, April 23, at 12 p.m. Fee: \$7

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

Movie Day at Lions Field

Friday, March 29, at 2 p.m.

United Healthcare will show the comedy *Last Vegas* and provide movie snacks.

Speakers Bureau

Wednesday, Mar. 13 & Apr. 10, at 1 p.m.

In March, Dr. Brano Djenic from Metropolitan Methodist will speak on colon health and prevention of colon cancer for cancer month. In April, Viola Morales with Liberty Rehab will speak on skin wellness.

Egg Hunt

Friday, April 19, at 11 a.m.

Hunt for treat-filled eggs, enjoy refreshments and other Easter activities.

Recycle: How, What and Why

Wednesday, April 3, at 1 p.m.

Solid Waste will be here to tell us about recycling in San Antonio. Bring your questions and help us make the world a cleaner place.

12x12 Artistic Endeavor Reception

Tuesday, April 9, at 1:30 p.m.

Mingle with Lions Field artists while enjoying some light refreshments. Artists: Pick up a 12x12 board starting March 4, create something on the board and return it no later than April 2 by 8 p.m. Participants may provide their own substrate, but all work must fit into a 12"x12"x12" space.

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, Michael Brice

Annual Membership Fee

Ages 18 - 59: \$15

Ages 60+: \$7

Membership also good at
Commander's House, Granados and
the Virginia Gill Centers.

Holiday Closure: Friday, April 26. Viva Fiesta!

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. - 12 p.m.

National League Mah Jongg

Tuesday 12:30 - 5 p.m.
Lessons Available.

Bunco

Last Tuesday of the month 1 - 3 p.m.
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.
Beginning players welcome!

Board Games available for use in the puzzle room. See staff for games.

Upcoming Events at Lions Field

Mother's Day Celebration

Friday, May 10, at 1 p.m.

Be treated to a lunch of chicken salad croissants, fruit salad and fun party games. Dessert and door prize sponsored by The Forum at Lincoln Heights. Lunch provided by the Lions Field Association. All members welcome.

Father's Day Brunch

Friday, June 14, at 12 p.m.

All members welcome! Enjoy a hot dog lunch while you test your sporting skills with some fun and active football and basketball challenges. Sponsored by 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 will be implemented this spring. 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.

Join in this new class that focuses on making beautiful items using paper.

March: Crafts for Spring

April: Crafts for Keep America Beautiful Month

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: Creative Spring Crafts

April: Fiesta-Headband & Crafts

Crafts with Jacque

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: Acrylic Pour

April: Decorated Clothespins Magnets

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.

Turn greenware into home décor. Must work independently. Work fired at the center.

Fabric Fun

Wednesday from 10 a.m. - 1 p.m.

Must bring your own supplies.

Work independently or join with others for unique and fun fabric projects.

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.

We will work on a still life in March and April.

Alamo Painters

First Friday of the month from 9 a.m. - 1 p.m.

Must bring your own supplies.

For decorative painters to share tips and project ideas. All skill levels welcome.

Open Studio

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

Artists and crafters can work on their own in the Art Studio.

Evening Workshops

Watercolor Basics

Monday from 5:30 - 8:30 p.m.

\$30 Monthly Fee

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

Wire Jewelry Class

Wednesday, March 6 & 20,

from 6:30 - 8:30 p.m.

Focus on a different technique every other month. Sign-up. Limit 6 participants. Free.

Glass Fusing

Wednesday, April 3 & 17,

from 6:30 - 8:30 p.m.

Supply Fee: \$15

Limit 6 participants in this class on the basics of glass fusing.

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 4 participants. Exceptions are for classes that do not require sign-up, for example, Easy Movement. Supply fees are due at sign-up.

AARP Safety Driving

Wednesday, March 20, 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.

Evening Groups at Lions Field

Learn something new with one of our monthly evenings groups.

Additional membership may apply for continued participation.

Look for additional evening fitness, art and game activities throughout the newsletter.

Get Healthy San Antonio

Second Monday from 6:30 - 8:30 p.m.

A monthly potluck and recipe share for those on, or interested in, a whole food, plant based diet. Bring a whole food vegan dish to share.

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 4– 6 p.m.

Network with other artists while watching a demonstration from a guest artist. Learn new techniques and share ideas.

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 research, conservation and utilization of native plants and plant habitats throughout the San Antonio 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.

Sierra Club

Fourth Thursday from 6:30 - 8:30 p.m.

Learn about important issues impacting the environment, both locally and worldwide, in this Sierra Club community outreach program. Meet others interested in environmental concerns.

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

Michael Parker, President; Sylvia White, Vice President;

Martha Wills, Treasurer; Diane French, Secretary

Board Members: Mary Atkerson, Harriet Last, Sunnee Rakowitz, Butch Hayes

March 2019

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
4 8:30am Men's Coffee and Chat 9am Exercise 10am Texercise 11am Keyboard* 1-3 Paper Crafts* 1-4pm Bridge 4:30 Introductory Yoga* 5:30 Watercolor* 6-7:30pm Yoga* <i>6:30-8 pm Invest. Club</i>	5 9am Exercise 9:30am-2:30pm Crafts* 10-2:30pm Adv Clay* 10am Intro/Beg Guitar* 10-12pm Mah Jongg 11am Lions Den Band* 12:30-5pm Mah Jongg 1-3pm Ceramics* 2pm Audio Book Club 6-8:30pm Blue Grass <i>7-8:30pm Native Prairie</i>	6 9am Exercise 10am Easy Movement 10-1pm Fabric Fun 10-3pm Porcelain Art* <i>1pm Genealogy</i> 5-8pm Halau Kui 6:30pm Zumba 6:30-8:30pm Jewelry*	7 8:30am Circuit Training 9am Exercise 9am Painting/Drawing 10am- 12pm Line Dancing I & II 11:30am Open Hula 10am-5pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45-4pm Intro to Ukulele 2:45-4pm Ukulele Picking 5:30-8:45pm Chess Club 6-8:45pm Scrabble 6-8:45pm Camera Club	1/8 9am Exercise 9am-12pm Open Painting 9am-1pm Alamo Painters (8) 10am Texercise 10-12pm Music Open Studio 11am Bingo 11am Get Smart at Using a Smartphone (8) 12:30pm Mexican Train 1-3pm Bridge 1-4:45pm Open Studio
11 8:30am Men's Coffee and Chat 9am Exercise 10am Texercise 1-3 Paper Crafts* 1-4pm Bridge 4:30 Introductory Yoga* 5:30 Watercolor* 6-7:30pm Yoga* <i>6:30pm Get Healthy</i>	12 9am Exercise 9:30am-2:30pm Crafts* 10-2:30pm Adv Clay* 10-12pm Mah Jongg <i>12pm St. Patrick's Potato Bake*</i> 12:30-5pm Mah Jongg 1-3pm Ceramics* 2pm Audio Book Club <i>4-6pm Art League</i> 6-8:30pm Blue Grass	13 9am Exercise 10am Easy Movement 10-1pm Fabric Fun 10-3pm Porcelain Art* <i>1pm Speakers Bureau</i> 1pm Genealogy 5-8pm Halau Kui 6-8:45pm Bunco <i>6:30pm Invest. Club</i> 6:30pm Zumba	14 8:30am Circuit Training 9am Exercise 9am Painting/Drawing 10am- 12pm Line Dancing I & II 11:30am Open Hula 10am-5pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45-4pm Intro to Ukulele 2:45-4pm Ukulele Picking 5:30-8:45pm Chess Club 6-8:45pm Scrabble <i>6-8:45pm Bonsai Society</i>	15 9am Exercise 9am-12pm Open Painting 10am Texercise 10-12pm Music Open Studio <i>11am Brackenridge Challenge</i> 11am Bingo 12:30pm Mexican Train 1-3pm Bridge 1-4:45pm Open Studio
18 8:30am Men's Coffee and Chat 9am Exercise 10am Texercise 11am Keyboard* <i>1:30pm Express News Outing*</i> 1-3 Paper Crafts* 1-4pm Bridge 4:30 Introductory Yoga* 5:30 Watercolor* 6-7:30pm Yoga*	19 9am Exercise 9:30am-2:30pm Crafts* 10-2:30pm Adv Clay* 10am Intro/Beg Guitar* 10-12pm Mah Jongg 11am Lions Den Band* 12:30-5pm Mah Jongg 1-3pm Ceramics* 2pm Audio Book Club 6-8:30pm Blue Grass	20 9am Exercise <i>9am AARP Driving*</i> 10am Easy Movement 10-1pm Fabric Fun 10-3pm Porcelain Art* 11am Swiss Ball Fit <i>1pm Literary Circle</i> <i>12:30pm Makerspace*</i> 1:30pm Show and Tell 5-8pm Halau Kui 6:30pm Zumba 6:30-8:30pm Jewelry*	21 8:30am Circuit Training 9am Exercise 9am Painting/Drawing 10am- 12pm Line Dancing I & II 11:30am Open Hula 10am-5pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45-4pm Intro to Ukulele 2:45-4pm Ukulele Picking 5:30-8:45pm Chess Club <i>6-8pm River Road N.A</i> 6-8:45pm Scrabble 6-8:45pm Camera Club	22 9am Exercise 9am-12pm Open Painting 10am Texercise 10-12pm Music Open Studio 11am Bingo <i>12pm Meet and Eat</i> 12:30pm Mexican Train 1-3pm Bridge 1-4:45pm Open Studio
25 8:30am Men's Coffee and Chat 9am Exercise 10am Texercise 11am Keyboard* <i>11am S.A. Food Bank</i> 1-3 Paper Crafts* 1-4pm Bridge 4:30 Introductory Yoga* 5:30 Watercolor* 6-7:30pm Yoga*	26 9am Exercise 9:30am-2:30pm Crafts* <i>9:30am Crafts w/ Jacque*</i> 10-2:30pm Adv Clay* 10am Intro/Beg Guitar* 10-12pm Mah Jongg 11am Lions Den Band* 12:30-5pm Mah Jongg 1-3pm Ceramics* <i>1-3pm Bunco*</i> 2pm Audio Book Club 6-8:30pm Blue Grass <i>6:30pm Native Plant</i>	27 9am Exercise 10am Easy Movement 10-1pm Fabric Fun 10-3pm Porcelain Art* 11am Swiss Ball Fit <i>12pm Birthday Potluck</i> <i>1-2:30 pm Socrates Café</i> 5-8pm Halau Kui 6:30pm Zumba <i>7-8:45pm Bonsai Workshop</i>	28 8:30am Circuit Training 9am Exercise 9am Painting/Drawing 10am- 12pm Line Dancing I & II 11:30am Open Hula 10am-5pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45-4pm Intro to Ukulele 5:30-8:45pm Chess Club 6-8:45pm Scrabble <i>6:30-8:30pm Sierra Club</i> <i>6:30-8:45pm Ukulele Jam</i>	29 9am Exercise 9am-12pm Open Painting 10am Texercise 10-12pm Music Open Studio 11am Bingo 12:30pm Mexican Train 1-3pm Bridge 1-4:45pm Open Studio 2pm Movie Day

April 2019

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

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<p>1 8:30am Men's Coffee and Chat 9am Exercise 10am Texercise 11am Keyboard* 1-3 Paper Crafts* 1-4pm Bridge 4:30 Introductory Yoga* 5:30 Watercolor* 6-7:30pm Yoga* 6:30-8 pm Invest. Club</p>	<p>2 9am Exercise 9:30am-2:30pm Crafts* 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-12pm Mah Jongg 11am Lions Den Band* 12:30-5pm Mah Jongg 1-3pm Ceramics* 2pm Audio Book Club 6-8:30pm Blue Grass 7-8:30pm Native Prairie</p>	<p>3 9am Exercise 10am Easy Movement 10-1pm Fabric Fun 10-3pm Porcelain Art* 11am Swiss Ball Fit 1pm Recycle: How, What and Why 5-8pm Halau Kui 6:30pm Zumba 6:30pm Fused Glass*</p>	<p>4 8:30am Circuit Training 9am Exercise 9am Painting/Drawing 10am-12pm Line Dancing I & II 10am-5pm "42" Dominoes 11:30am Open Hula 1pm Ukulele Ladies & Gents 2-3:30pm Colorful Creations 2:45-4pm Intro to Ukulele 2:45-4pm Ukulele Picking 5:30-8:45pm Chess Club 6-8:45pm Scrabble 6-8:45pm Camera Club</p>	<p>5 9am Exercise 9-12pm Open Painting 9-1pm Alamo Painters 10am Texercise 10-12pm Music Open Studio 11am Bingo 12:30pm Mexican Train 1-3pm Bridge 1-4:45pm Open Studio</p>
<p>8 8:30am Men's Coffee and Chat 9am Exercise 10am Texercise 11am Keyboard* 1-3 Paper Crafts* 1-4pm Bridge 4:30 Introductory Yoga* 5:30 Watercolor* 6-7:30pm Yoga* 6:30pm Get Healthy</p>	<p>9 9am Exercise 9:30am-2:30pm Crafts* 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-12pm Mah Jongg 11am Lions Den Band* 12:30-5pm Mah Jongg 1-3pm Ceramics* 1:30pm 12x12 Artistic Endeavor Reception* 2pm Audio Book Club 4-6pm Art League 6-8:30pm Blue Grass</p>	<p>10 9am Exercise 10am Easy Movement 10-1pm Fabric Fun 10-3pm Porcelain Art* 11am Swiss Ball Fit 1pm Speakers Bureau 1pm Genealogy 5-8pm Halau Kui 6-8:45pm Bunco 6:30-8:30pm Invest. Club 6:30pm Zumba</p>	<p>11 8:30am Circuit Training 9am Exercise 9am Painting/Drawing 10am-12pm Line Dancing I & II 10am-5pm "42" Dominoes 11:30am Open Hula 1pm Ukulele Ladies & Gents 2-3:30pm Colorful Creations 2:45-4pm Intro to Ukulele 2:45-4pm Ukulele Picking 5:30-8:45pm Chess Club 6-8:45pm Scrabble 6-8:45pm Bonsai Society</p>	<p>12 9am Exercise 9-12pm Open Painting 10am Texercise 11am Get Smart at Using a Smartphone 10-12pm Music Open Studio 11am Bingo 12:30pm Mexican Train 1-3pm Bridge 1-4:45pm Open Studio</p>
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<p>22/29 8:30am Men's Coffee and Chat 9am Exercise 10am Texercise 11am Keyboard* 11am S.A. Food Bank (29) 12pm Meet and Eat (22) 1-3 Paper Crafts* 1-4pm Bridge 4:30 Introductory Yoga* 5:30 Watercolor* 6-7:30pm Yoga*</p>	<p>23/30 9am Exercise 9:30am-2:30pm Crafts* 9:30am Crafts w/ Jacque* (30) 10-2:30pm Adv Clay* 10am Intro/Beg Guitar* 10-12pm Mah Jongg 11am Lions Den Band* 12pm Fiesta Lunch *(23) 12:30-5pm Mah Jongg 1-3pm Ceramics* 1-3pm Bunco* (30th) 2pm Audio Book Club 6-8:30pm Blue Grass 6:30pm Native Plant (23)</p>	<p>24 9am Exercise 10am Texercise 10-1pm Fabric Fun 10-3pm Porcelain Art* 11am Swiss Ball Fit 12pm Birthday Potluck 1-2:30 pm Socrates Café 5-8pm Halau Kui 6:30pm Zumba 7-8:45pm Bonsai Workshop</p>	<p>25 8:30am Circuit Training 9am Exercise 9am Painting/Drawing 10am-12pm Line Dancing I & II 10am-5pm "42" Dominoes 11:30am Open Hula 1pm Ukulele Ladies & Gents 2-3:30pm Colorful Creations 2:45-4pm Intro to Ukulele 5:30-8:45pm Chess Club 6-8:45pm Scrabble 6:30-8:30pm Sierra Club 6:30-8:45pm Ukulele Jam</p>	<p>26</p> <p style="text-align: right;">Holiday Center Closed</p>

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

Look what's happening at our other centers!

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

**Mardi Gras Potluck and King Cake Bake
Tuesday, March 5, 1:45 p.m.**

Laissez les bon temps rouler. Wear purple, green, and gold and bring a dish to share. Help make King Cake for dessert Monday, March 4 at 1 p.m. Let the good times roll.

**VIRGINIA GILL COMMUNITY CENTER
7902 WESTSHIRE DR. SAN ANTONIO, TEXAS 78227 (210) 207-3237**

**Senior Council Rummage Sale
March 1, 9:00 a.m.-3:00 p.m.**

The Senior Council will be holding their annual Rummage Sale. Tables are \$15 indoor and \$10 outdoor. For more Information please contact Janie Villarreal at (210) 207-3237. We look forward to seeing you at this event.

**COMMANDER'S HOUSE ADULT AND SENIOR COMMUNITY CENTER
622 S. FLORES, SAN ANTONIO, TEXAS 78204 (210) 207-3010**

**WALK ACROSS AMERICA IN MARCH!
TUESDAYS, 8:30 - 9:30 A.M.**

Step up to better health. Walk with us each Tuesday. Participants will learn walk techniques for a healthier life style while earning incentives and prizes. This month long walking program will wrap up with a Walk Celebration Dance at 10 a.m. after the last walk session.



**Walk Across
America**

 **UnitedHealthcare**

Social and Educational Activities at Lions Field

Monthly Potluck and Game

Last Wednesday of the month at 12 p.m.

All members encouraged to bring a dish that fits our monthly theme but you can bring any dish.

March 27: Hometown Eats - Bring a food that reminds you of your hometown!

April 24: Taco Bar - Everything taco! Tortillas, meat fillings, toppings and even dessert tacos!

Third Wednesday Literary Circle

March 20 at 1 pm: *Agatha Christie, A Mysterious Life* by Laura Thompson

Biographer Thompson explores the life of Agatha Christie and investigates the mysteries that still surround Christie's life - including her disappearance in 1926.

April 17 at 1 pm: *The Kingdom of the Blind* by Louise Penny

Armand learns a stranger has named him as executor of her will. He suspects she was delusional - until a body is found, and the bizarre document suddenly seems menacing.

Audio Book Club - Staff Favorites

Tuesday at 2 p.m.

Listen for about 20 minutes, then take a break to discuss the book so far.

Mike's pick for March/April Book – *Following Atticus*

Tom, an editor with a fear of heights, and a little dog, Atticus, pay tribute to a friend who died of cancer by attempting to climb all of New Hampshire's four-thousand-foot peaks.

Genealogy

Wednesday, March 6 and April 10, from 1:00 - 2:30 p.m.

Monthly gathering of those interested in genealogy. Learn how to trace your ancestors with Carole.

Get Smart at Using a Smartphone

Second Friday of the month, March 8 and April 12, at 11 a.m.-12 p.m.

Come and get help using your Smartphone.

Socrates Cafe

Fourth Wednesday of the month

from 1 - 2:30 p.m.

Monthly discussion group to exchange ideas!

March 27: Is morality relative?

April 24: Is "family" still relevant?

Show and Tell

Third Wednesday at 1:30

Bring an item with a story or just bring the story! A great way to get to know each other better.

March 20: share a story or item from a holiday

April 17: share something from a hobby you enjoy

Men's Coffee and Chat

Mondays from 8:30 - 9:30 a.m.

Just for the men at Lions Field! Gather with a cup of coffee. Play horseshoes afterwards!

Meet and Eat

Meet Mike once a month at 12 p.m. to try out a new restaurant.

Friday, March 22: MK Davis Restaurant

Old school favorites since 1956

1302 N. Flores St., 78212

Monday, April 22: Julian's Italian Pizzeria

Classic Italian joint with pies and slices

6462 N. New Braunfels SA TX 78209

ReDiscover SA: Outings around Town

Makerspace – Make a Plate Stand

Wednesday, March 20 at 12:30 p.m. and return around 4 p.m.

Lions Field and Makerspace Member, Don, will teach you how to use the laser cutter to make your own plate stand. Free. Sign up to guarantee your spot on the van.

Tour the Express News

Monday, March 18, at 1:30 p.m., return around 4 p.m.

We are going behind the scenes at the Express-News! We will visit the pressroom, imaging, newsprint and packaging center. This is a walking tour that lasts about 1.5 hours.

Casa Navarro and Spanish Governors Palace

Wednesday, April 17 at 12:30 p.m., return around 3:30 p.m.

Join us in visiting these two historic sites. They are in walking distance from each other. Cost for adults is \$3 to Casa Navarro. Spanish Governors Palace is \$5 for adults and \$3 for seniors (60+).

Limited number of seats on the van, so sign up to reserve your spot! Make sure you eat before the outings.

Explore Your Love of Music

Beginning Keyboard

Next Session: Monday,
March 18 to May 13, at 11 a.m.
60+ is \$30 and 18-59 is \$60
Learn to play the keyboard.

Blue Grass Jam

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

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

Intro/Beginning Guitar Lessons

Next Session: Tuesday,
March 19 to May 14, at 10 a.m.
60+ is \$30 and 18-59 is \$60
Learn how to play guitar.

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.



Ukulele Ladies and Gents and Halau Kui



Ukulele Jam

Free monthly concert by the Ukulele Ladies and Gents. Snacks for the break table appreciated!

Thursday, March 28, 6:30 - 8:45 p.m.: International/Hawaiian

Thursday, April 25, 6:30 - 8:45 p.m.: Mix It Up Favorites

Ukulele Ladies and Gents

Thursday, 1 - 2:30 p.m.
Fee: \$12 per month
Must know basic cords

Free Ukulele Picking

Thursday, 2:45 - 4 p.m.

Open Hula

Thursday, 11:30 a.m. - 12:30 p.m.
Free hula session open to all.

Halau Kui

Wednesday, 5 - 8 p.m.
Tina Negrete, Vol. Instructor
Free Advanced Hula

Introduction to Ukulele

Thursday, 2:45 - 4 p.m. **Fee: \$12 per month**
See staff for instructor's contact info.

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.

Texercise

Monday and Friday from 10 - 11:30 a.m.

Join Mike and Jacque in this new exciting class that helps you develop new fitness habits in a fun way. This will incorporate many of the Easy Movement Exercises you already love with goal setting. Improve your fitness level and stamina. Special class on Wednesday, April 24th.

Easy Movement Exercise

Wednesday from 10 - 11 a.m.

Seated and standing exercises designed to help balance, flexibility and helps you stay fit. April 24 will be a Texercise class.

Yoga for the Life Experienced

Monday, 6 - 7:30 p.m.

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

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

Cook Healthier with the San Antonio Food Bank

Monday, March 25 and April 29, at 11 a.m.

Nutritional information with a cooking demo on the last Monday of the month.

Work Out in the Fitness Room

Available any time we are open!

Work out at your own pace - treadmills, stationary bike, elliptical and universal machine as well as hand weights.

Introductory Yoga Class

Monday, March 11 - April 15, from 4:30 - 5:30 p.m.

6 class session for only \$60

A new class by Yoga teacher Cheryl just for beginners and those who haven't done yoga in a while. Stretch, strengthen and stabilize where you are! Bring a sticky yoga mat and a small cushion. Chairs available for sitting yoga. For more information call 210-883-8234.

Fitness in the Park

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

Swiss Ball Fit

Wednesday at 11 a.m. starting on 3/20

Get fit using dance, stretches and a Swiss ball.

Zumba

Wednesday at 6:30 p.m.

Build muscle and tone while dancing.

Low Impact Circuit Training

Thursday at 8:30 a.m.

Workout without the impact on your joints. Build strength with everyday movements. The circuit involves 12 functional exercises, most of which are body weight exercises.

Free Line Dancing

Thursday

Beginning Dancers at 10 a.m.

Intermediate Dancers at 11 a.m.

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