



# Virginia Gill Community Center SENIOR CONNECTION



7902 Westshire Dr. San Antonio, TX 78227

September /  
October

## Senior Program

Are you an adult or senior citizen that has the urge to get out, get involved, and get active? Then come join us at the Virginia Gill Adult and Senior Center! Come be a part of a friendly and inviting atmosphere like no other. The center is open to all adults and seniors ages 18 and up. What's the cost you ask? It's free! Get involved, have fun, be healthy, and meet some new friends. We have all sorts of programs to keep you busy. Come try our Low Impact exercise classes, ceramics, Wii bowling or any one of our other exciting programs.



## Hours Of Operation

Monday through Friday

9:00am -6:00pm

9 a.m.-3 p.m.  
Adult & Seniors

3:00p.m.-6 p.m.  
Ages 6 & up

### **Virginia Gill Staff**

- Parks & Recreation

Recreation Supervisor  
*Henry Puente*

Recreation Specialist  
*Roberta Martinez*

Community Services  
Supervisor *Kevin Sykes*

- DHS Site Supervisor  
*Vickie Strait*

### **Virginia Gill Center Council**

- **President:**  
*Janie Villareal*
- **Vice President:**  
*Esther Cox*
- **Secretary:**  
*Dinhora Serda*
- **Treasurer:**  
*John Teran*
- **Liaisons**  
*Hopie Alfaro*  
*Beatrice Charles*  
*Mary Jane Cantu*

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### ***Community: It's What We Do!***

The Virginia Gill Community Center offers an assortment of great programs and activities for participants. Adults and seniors are invited to join in on many fun activities, including arts and crafts, field trips, table games, health and wellness presentations, Wii gaming system, billiards, computers, ceramics, therapeutic dance, Bingo and much more. Special events and celebrations are scheduled throughout the year. Seniors ages 60 and older are also invited to lunch. As part of the City of San Antonio's Comprehensive Nutrition Project, the Virginia Gill Center, along with the Department of Human Services, provides seniors with a mid-day meal.

## Look What's Coming Up



### ELECTION TIME

As the summer begins to fade and the sound of school bells ring, the seniors are preparing for committee elections this September. This year we are looking to vote for a New President, Vice President, Secretary and three Liaisons. The committee would like to remind everyone that you must get the approval from the nominee first before formally nominating them. We look forward to collaborating with the new committee members and what they have to offer for this new upcoming year.

### BUNCO

Bunco is sweeping the nation! The only skill needed in this light hearted friendly game is rolling the dice. Come play with us every 1st and 3th Friday of the month. Game time starts at 12:30pm and ends when the final bell rings!



### Loteria

If you enjoy playing BINGO, then you will enjoy playing Loteria. So come in and have fun in this Spanish version of bingo. We will be playing every second and fourth Friday of the month at 12:30pm



### Wii Bowling

Every Thursday afternoon, you may hear a huge commotion coming from the game room. Don't run from it, just come in and be a part of it. Wii bowling is the ne west video game craze for senior citizens. Have fun and try your hand at this awesome video game with a group of your peers. Video games are not just for kids anymore. The fun starts at 12:30p.m. and lasts until 1:30p.m. It's fun, it's simple and best of all, it's free.



### Low Impact Fitness Class

Come join our New Low Impact Fitness Class every Wednesday at 10:00a.m. Our class consists of basic work out exercise that will cover your range of motion, balance and strength training. Join in on the fun and get fit.

### Tripoley

Every Tuesday and Thursday starting at 9:00am we have the interesting game of Tripoley. What's that you ask? A mix of Michigan Rummy,

### Line Dancing

For something more moving, join in on our Line Dance class every Friday at 10:00am. Meet new people, get fit and enjoy yourself while learning a few new dance steps .



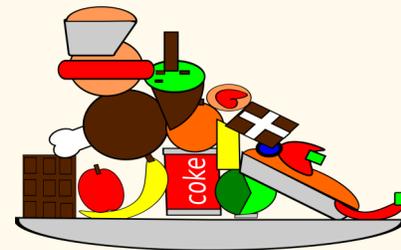
### National Night Out

Come out and join us on our 2nd annual National Night Out at the Virginia Gill Community Center. On Tuesday October 4, 2016 from 6pm-8pm. There will be Food, Entertainment, Games and More. So come help us promote our neighborhood to be a better and safer place to live. It's Free & open to the public.



### Senior Meals

Meals are provided daily to all seniors ages 60 and up by the Department of Human Services. These are hot meals brought in daily from an outside vendor. Registration is required to get you started. All meals are served daily starting at 11:30am. The meal is free, but a 50 cent donation would be appreciated. Call 207-3237 or ask any staff



**LABOR DAY**

# CALENDAR OF ACTIVITIES FOR September 2016

**LABOR DAY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00am Tripoley 9:00am Board Games 10:00am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	2 9:00 am Ceramic 9:00am- 5:00pm Rum- mage Sale 11:30am Lunch Program
5  CENTER CLOSED  <i>Happy Labor Day!!</i> 	6 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:30am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	7 9:00am Ceramics 10:00am Low Impact Training 11:30am Lunch Program 12:30pm BINGO	8 9:00am Tripoley 9:00am Board Games 10:00am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	9 9:00 am Ceramic 10:00 am Line Dance 11:30am Lunch Program 12:30 pm Loteria
12 9:00am Ceramics 10:00am Walking Program 11:30am Lunch Program 12:30pm Bingo	13 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:30am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	14 9:00am Ceramics 10:00am Low Impact Training 11:30am Lunch Program 12:30pm BINGO	15 9:00am Tripoley 9:00am Board Games 10:00am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	16 9:00 am Ceramic 10:00 am Line Dance 11:30am Lunch Program 12:30 pm Bunco
19 9:00am Ceramics 10:00am Walking Program 11:30am Lunch Program 12:30pm Bingo	20 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:30am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	21 9:00am Ceramics 10:00am Low Impact Training 11:30am Lunch Program 12:30pm BINGO	22 9:00am Tripoley 9:00am Board Games 10:00am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	23 9:00 am Ceramic 10:00 am Line Dance 11:30am Lunch Program 12:30 pm Loteria
26 9:00am Ceramics 10:00am Walking Program 11:30am Lunch Program 12:30pm Bingo	27 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:30am Hula Hoop Exercise 11:30am Lunch Program 12:30 pm Wii Bowling	28 9:00am Ceramics 10:00am Low Impact Training 11:30am Lunch Program 12:30pm BINGO	29 9:00am Tripoley 9:00am Board Games 10:00am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	30 9:00 am Ceramic 10:00 am Line Dance 11:30am Lunch Program 12:30 pm Loteria



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# Menu For September 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 A) Sloppy Joe ww HB B) King Ranch Casserole California Blend Veg. Spinach Salad Italian Dressing Fresh Fruit	2 A) Veal Parmesan Marinara Sauce & Spaghetti Noodles B) Oriental Pork Fried Rice w Veg. & Mini Egg Roll A) Tossed Salad A&B) Zucchini Squash Chilled Mandarin Oranges
5 <b>CENTER CLOSED</b> <b>Frozen Meals LABOR DAY</b> 	6 A) Cold Chicken Tetrizzini w Angel Hair Pasta B) Italian Marinated Ham Chunks w Veg. and Shell Noodles Pickled Cabbage Carrot Sticks Crackers/Fresh Fruit	7 A) Chopped BBQ Beef B) Chicken Patty w Orange Sauce Mixed Vegetables Green Peas HB Bun Fresh Fruit	8 A) Herb Roasted Chicken Breast B) Hot Tuna Casserole Green Beans Butternut Squash Wheat Roll / Fresh Fruit	9 A) Beef Medallion w Gravy B) Chicken Mole American Style Steam Rice Mixed Greens Wheat Roll / Fresh Fruit
12 A) Beef Stir-Fry B) Sweet & Sour Chicken Asian Vegetable Fried Rice Mini Egg Roll Fresh Fruit	13 A) Meatloaf w Brown Gravy B) Baked Fish w Lemon Zest Garlic Mashed Potatoes Steam Red Cabbage Wheat Roll / Applesauce	14 A) Picadillo w Tortilla B) Open Face Turkey Sandwich Okra w Tomatoes Yellow Squash B) Wheat Bread Fresh Fruit	15 A) Stuffed Manicotti w Tomato Sauce B) Italian Beef Patty Mixed Vegetable Garden Salad Spiced Peaches w Oatmeal Wheat Roll	16 <b>Frozen Meals Special Dance At Convention Center</b>
19 A) Chicken Patty w House Cheese Sauce B) Oven Grilled Hamburger Spinach Western Hash Brown Wheat HB Bun Roll / Fresh Fruit	20 A) Spaghetti Cup w Meatballs B) Chicken Parmesan w Spaghetti Italian Veggies Green Salad Fresh Fruit	21 A) Chicken & Broccoli Stir-Fry w Mushrooms & Onions B) Swiss Steak w Tomato Gravy Brown Rice Green Bean Almandine Yogurt Cup w Fruit Wheat Roll	22 A) Cold Chicken Pasta Salad w Pineapple, Breadstick B) Santa Fe Chicken Hoagie Spinach Lettuce & Tomato Thousand Island Dressing Cucumber, Carrot & Celery Cold Pears w Cinnamon	23 A) Grilled Fish w Tartar Sauce B) Meatloaf w Brown Gravy Diced Carrots Green Beans Wheat Roll / Fresh Fruit
26 A) Lasagna Casserole B) Blacken Fish w Lemon Zest Mashes Potatoes Tossed Salad Oatmeal Cookie Wheat Roll/ Fresh Fruit	27 A) Chicken Fajita B) Hamburger Sweet Potato/Peas & Carrots A) ww Hot Dog Roll B) ww Hamburger Bun Applesauce	28 A) Breaded Chicken Breast w Mango Chutney B) Swedish Meatballs Herb Flavored Noodles California Veggies Green Beans w Tomato Bit Wheat Roll / Fresh Fruit	29 A) Orange Chicken w Broccoli B) Teriyaki Pork Brown Rice / Egg Roll Asian Veggies Mandarin Orange Fortune Cookie	30 Cold Roast Beef Sandwich on Wheat Bread/ Baked Chips Shredded Lettuce & Tomato Carrot, Carrots & Celery Fresh Fruit & Mint



**PARKS & RECREATION  
SAN ANTONIO**

**Virginia Gill  
Community Center**

**7902 Westshire Dr. San  
Antonio, TX 78227**

**Phone: 210-207-3237  
Fax: 210-207-3236**

**We're on the web @  
[www.sanantonio.gov/parksandrec](http://www.sanantonio.gov/parksandrec)**

**LACKLAND TERRACE NEIGHBORHOOD ASSOCIATION**

The Lackland Terrace N.A. meets on the 3rd Tuesday of each month at 6:30pm at the Virginia Gill Community Center, 7902 Westshire Dr. Come join them to meet your neighbors and learn what is happening in your neighborhood. They have monthly presentations and input from the local SAFFE and Code Compliance officers, District 4 and 6 council members or staff, and guest speakers from SAWS, CPS, the Bexar County Tax Assessor's office and more!

Any business or resident within Loop 410 to the West, S.W. Military Dr. to the East, Marbach Dr. to the North, and Hwy 90 to the South, is welcome to join.



***Monthly Birthday Parties***

Our next monthly cake will be held on September 30, 2016 and October 31, 2016. Come out and join us in singing Happy Birthday and enjoying a slice of cake whether it is your birthday or someone here that you know.



**T.O.P.S.**

What is T.O.P.S. you ask? It stands for Taking Off Pounds Sensibly. T.O.P.S. is a weight loss support group that meets here every Wednesday from 5:00pm-6:30pm. Come in and talk to any of the members on a Wednesday afternoon for more information on how to become a member.



**Arts and Crafts**

Arts and Crafts activities are fun for people of all ages, but they can be therapeutic recreation for elderly as well. There are a number of great craft ideas for seniors to do. Arts and Crafts activities allow people to express their individuality and reconnect with the world in various ways. Join us on Tuesdays & Thursday 10:00am-11:30am as we explore lots of great craft ideas for seniors.

**What's On Your Mind ?**

Your opinions matter here. Is there something you would like to see that is currently not offered? Maybe there's something that we do offer and you have ideas that might help improve that program. We are always looking for ways to improve or create programs here so bring your ideas no matter how large or small and we will see if we can turn them into reality. No reasonable idea will be turned away.

