



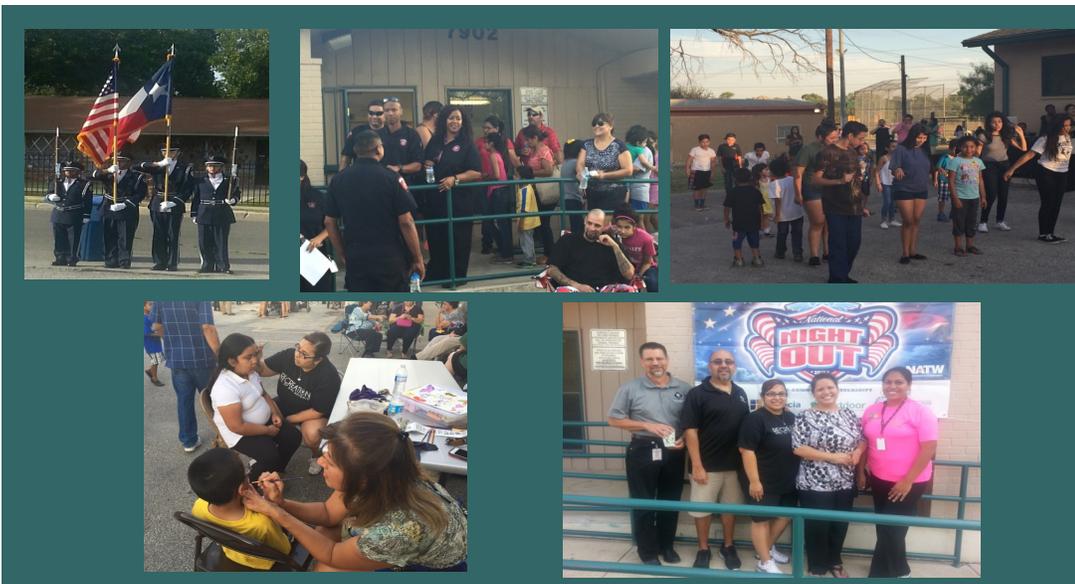
Virginia Gill Community Center
SENIOR CONNECTION



7902 Westshire Dr. San Antonio, TX 78227

November/
December

NATIONAL NIGHT OUT SUCCESS!



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

Community Center Leader
Denise Ortiz

Recreation Specialist
Roberta Martinez

Community Services Supervisor
Kevin Sykes

- DHS Site Supervisor
Steele Camp

Virginia Gill Community Center hosted our first ever National Night Out on Tuesday, October 6, 2015. It was a great success with lots of neighbors in attendance. Food, music and fun games were hosted by the Lackland Terrace Neighborhood Association and San Antonio Parks and Recreation. Many thanks for the many volunteers who pitched in to make this event a success. We look forward to next year's event!

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Community: It's What We Do!

Virginia Gill Community Center offers an assortment of great programs and activities for its 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.

Virginia Gill Center Council

- *President:*
Janie Villareal
- *Vice President:*
Esther Cox
- *Secretary:*
Dinhora Serda
- *Treasurer:*
Sylvia Galvez
- *Members*
Hopie Alfaro
Janie Zamora



Look What's Coming Up.....

Low Impact Fitness Class

Come join our New Low Impact Fitness Class every Wednesday at 10:00am Our class consists of basic work out exercises that works on 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, Hearts, and Poker. Come enjoy fun conversation and try your hand this fun and exciting game.

Turkey Baskets

Once again Virginia Gill will be giving back to the community this year during the Thanksgiving holidays. We will be collecting food and turkeys to donate to 10 local families in need. Each family will be provided with a turkey basket which will contain enough food for a nice Thanksgiving dinner. All baskets will be delivered Tuesday November 23, 2015. This is the season of giving, so help us give back to the community that gives so much to us.

Thanksgiving Dinner

This year we will be having our annual Thanksgiving dinner for our members on November 19, 2015. we will be serving a traditional turkey dinner with all the trimmings. Lunch starts at 12:30pm.

Christmas Dinner

This year we will be having our annual Christmas Dinner and Dance for our members on December 18, 2015, from 7:00pm- 10:00pm

Christmas Wish Lists

During the Christmas holiday season we will once again pick 5 families with help from the Community in Schools program to receive donated gifts. We will be posting up the children's wish lists and asking for your help to provide them with a wonderful holiday. Special deliveries will be on Wednesday December. Come out and help keep the holiday spirits alive for each of these families.

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 is rung!

Walking Group

Our walking group has started back up. Come out and walk every Monday and Wednesday from 9:00am - 9:45am
Come join us for an early morning stroll and continue your quest to be a healthier.

Movie Critics

Twice a month about 15 to 20 senior citizens participate in critiquing movies that are out to the public.



Field Trips

We schedule field trips throughout the month. Spaces are limited and vary from trip to trip. All trips will be posted 1 week in advance. Check with staff for more information.

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 is welcome. Call 207-3237 or ask any staff member for details.

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 .

Wii Bowling

Every Tuesday and Thursday morning, 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 newest 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 9:00am and lasts until 11:15am. It's fun, it's simple and best of all, it's free.



CALENDAR OF ACTIVITIES FOR NOVEMBER 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 11:30am Lunch Program 12:30pm Bingo	3 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:30am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	4 9:00am Ceramics 10:00am Low Impact Training 11:30am Lunch Program 12:30pm BINGO	5 9:00am Tripoley 9:00am Board Games 10:00am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	6 9:00 am Ceramic 10:00 am Line Dance 11:30am Lunch Program 12:30 pm Bunco
9 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 11:30am Lunch Program 12:30pm Bingo	10 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:30am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	11 CENTER CLOSED FOR VETERANS DAY HOLIDAY 	12 9:00am Tripoley 9:00am Board Games 10:00am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	13 9:00 am Ceramic 10:00 am Line Dance 11:30am Lunch Program 12:30 pm Loteria
16 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 11:30am Lunch Program 12:30pm Bingo	17 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:30am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	18 9:00am Ceramics 10:00am Low Impact Training 11:30am Lunch Program 12:30pm BINGO	19 9:00am Tripoley 9:00am Board Games 10:00am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	20 9:00 am Ceramic 10:00 am Line Dance 11:30am Lunch Program 12:30 pm Bunco
23 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 11:30am Lunch Program 12:30pm Bingo	24 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:30am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	25 9:00am Ceramics 10:00am Low Impact Training 11:30am Lunch Program 12:30pm BINGO	26 CENTER CLOSED FOR THANKSGIVING HOLIDAY  Happy Thanksgiving	27 CENTER CLOSED FOR THANKSGIVING HOLIDAY 
30 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 11:30am Lunch Program 12:30pm Bingo				



CALENDAR OF ACTIVITIES FOR December 2015



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28 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 11:30am Lunch Program 12:30pm Bingo	29 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:30am Arts & Craft 11:30am Lunch Program 12:30pm Wii Bowling	30 9:00am Ceramics 10:00am Low Impact Training 11:30am Lunch Program 12:30pm BINGO	31 CENTER CLOSED FOR CHRISTMAS HOLIDAY 	

Menu For November 2015

<p>2</p> <p>A) Macaroni & Cheese w Ham Chunks B) Picadillo w Tortilla Mashed Sweet Potatoes Mixed Green Fresh Fruit</p>	<p>3</p> <p>A) Spaghetti w Chicken Meatballs B) Blackened Fish Italian Blend Veggies Green Salad Fresh Fruit</p>	<p>4</p> <p>A) Beef Steak w Mushrooms & Onions Brown Gravy B) Sliced Turkey w Poultry Gravy Brown Rice Green Bean Almandine Fruit Cup</p>	<p>5</p> <p>A) Cold Chicken Pasta Salad w pineapple B) KRAB Chunky Salad on Lettuce Sliced Salad Beets Cold Pears w/ Cinnamon Breadstick</p>	<p>6</p> <p>BBQ Plate Beef Sausage & Grilled Chicken Baked Beans Green Beans Wheat Roll Fresh Fruit</p>
<p>9</p> <p>A) Fish Sandwich B) Hamburger Western Hash brown Peas & Carrots Applesauce Cup Wheat Buns</p>	<p>10</p> <p>A) Pork Riblet w BBQ Sauce B) Roast Beef w Brown Gravy Mashed Potatoes Chopped Broccoli Oatmeal Cookies Fresh Fruit</p>	<p>11</p> <p>CENTER CLOSED FOR VETERAN DAY HOLIDAY</p> 	<p>12</p> <p>A) Orange Chicken w Broccoli B) Teriyaki Pork Brown Rice Asian Blend Veggies Egg Roll/Fortune Cookies Mandarin Orange</p>	<p>13</p> <p>A) Ham Pasta Salad B) Tuna Salad w/Tomato Pickled Beets A) Peaches Wheat Bread Slice</p>
<p>16</p> <p>A) Cheese Ravioli w Meat Sauces B) Salisbury w Gravy Mixed Vegetables Hot Peaches w Oatmeal Garden Salad / Breadstick Fresh Fruit</p>	<p>17</p> <p>A) Chopped BBQ Beef w Brown Gravy B) Grilled Chicken Patty Green Peas Apple Crisp Oatmeal Cold Carrot Raisin Salad HB Bun</p>	<p>18</p> <p>Tossed Green Salad Diced Chicken/Boiled Egg Mushroom/Tomatoes Green Bell Pepper Red Onions Saltine Crackers Fresh Cocktail</p>	<p>19</p> <p>A) Swiss Steak w Pepper and Onions B) Chicken Strips w Country Gravy Capri Blend Veggies Mashed Potatoes Wheat Bread /Fresh Fruit</p>	<p>20</p> <p>A) Fish Nuggets B) Tuna Salad w Tomato Wedges Pickled beets A) Peaches Wheat Bread Slice</p>
<p>23</p> <p>A) Rosemary Chicken B) Meatloaf w Brown Gravy Potato Au Gratin California Blend Veggies Fresh Fruit</p>	<p>24</p> <p>Roast Turkey Cornbread Stuffing w Gravy Green Bean Almandine Mashed Potatoes Wheat Roll / Cranberry Sauce 1 Slice Pumpkin Pie</p>	<p>25</p> <p>Chicken Salad Sandwich w Cranberries & Pecans Wheat Bread (2 Slices) Lettuce & Tomato Carrot/Raisin Salad Coleslaw Fresh Fruit</p>	<p>26</p> <p>CENTER CLOSED FOR VETERAN DAY HOLIDAY</p> 	<p>27</p> <p>CENTER CLOSED FOR VETERAN DAY HOLIDAY</p> 
<p>30</p> <p>A) Mushroom Swiss Burger B) Mushroom Chicken Breast Red Potatoes Capri Blend Veggies HB Bun/ Fresh Fruit</p>				



**PARKS & RECREATION
SAN ANTONIO**

**Virginia Gill
Community Center**

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

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

Lackland Terrace Neighborhood Association

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, etc. 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.



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.

**We're on the web @
www.sanantonio.gov/parksandrec**

Monthly Birthday Parties

Our next monthly parties will be held on November 20 and December 18. Come out and join us in singing Happy Birthday and enjoying a slice of cake whether it was your birthday or someone here that you know.



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.

