

LION'S ROAR

November/December 2016

LIONS FIELD ADULT AND SENIOR COMMUNITY CENTER

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

www.sanantonio.gov/parksandrec

Thanksgiving Luncheon

Tuesday, Nov. 15th, at Noon

"I am thankful for what I am and have. My thanksgiving is perpetual." Henry David Thoreau
Join your friends at Lions Field on a day devoted to gratitude. Food catered and arranged by the Lions Field Association. Lunch is \$8 and includes turkey, side dishes, tea and dessert. Members from the American Heart Association will speak on heart health.

Christmas Party

Friday, December 16th at 10 a.m.

Celebrate the holiday season with breakfast at Lions Field. Enjoy eggs, sausage and donuts while we play Christmas games. We will have a gift exchange game, so if you want to participate, just bring a wrapped gift suitable for a woman or a man with a limit of \$10. **No Easy Movement on this day.**

Veteran's Day Brunch

Thursday, November 10th at 9am

Everyone is invited to help us honor our veterans and their spouses with pancakes and sausage. Sponsored by Linda Ortivez from Humana. Must sign up in the info room. No Functional Fitness on this day.

Hours of Operation

Monday—Wednesday: 7:30 a.m.—9 p.m.

Thursday: 7:30 a.m.—10 p.m.

Friday: 7:30 a.m.—7 p.m.

Annual Membership Fee

Ages 18—59: \$15 Ages 60+: \$7



Lions Field Staff

Mary Runner Denise Martin
Jacque Odom Michael Brice



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.



Art Making Day

Saturday, December 3rd from 10 a.m.-1 p.m.

Free and open to the public! Come make art! Art activities and demonstrations by Lions Field Staff, Inspire Fine Art and 10Bit Works.

Art on Broadway

Saturday, December 3rd from 10 a.m.-5 p.m.

Come see some fabulous Texas artist! View their work and shop for something special for yourself or as a holiday gift.

Christmas Giving to Grayson Street Residents

Gifts should be returned by
Wednesday, December 14th

Select a resident's ornament and buy a Christmas present for that person. Ornaments on display in the info room.

AARP Smart Driving Course

Wednesday, Dec. 7th from 9 a.m.—1 p.m.

Fee for this course is \$15 for AARP members and \$20 for non-members. Must attend all four hours for certificate.

Wishing you the happiest of Holiday Seasons and a wonderful New Year!

The Staff at Lions Field

The center will be closed Fri, Nov 11, for Veterans Day; Thurs & Fri, Nov 24 & 25, Thanksgiving; and Mon, Dec 26 for Christmas.

Workshops to Spark Your Imagination

It is important to be on time, especially the first day of class.
Sign up for classes in the Lions Field Info Room or by calling 207-5380.

Arts & Crafts Class

Tuesdays from 9:30 a.m.—2:30 p.m.

Supply List Available from Staff

Make fun decorative items for yourself or as gifts. Sign up in advance to make the group project and get a supply list.

November: Holiday Greeting Sign

December: 3D Paper Snowflake

Ceramics

Tuesdays, 1—3 p.m.

Turn purchased greenware into home décor!
Must provide your own supplies.

Crafts with Jacque

Last Tuesday from 9:30—11:30 a.m.

Supply List Available from Staff

Detailed instruction for the beginning crafter!
Please sign up in advance.

Nov 29: Poinsettia Dot Art

No December Class

Needles N Threads Sewing Circle

Wednesdays from 10 a.m.—4 p.m.

November: Fleece Wrap with Pockets

December: Stocking

Weekly meeting to share ideas and fun.
Limited machines available so try to bring your own. Must provide your own supplies.

Painting

Thursdays from 9:30—11:30 a.m.

Must bring your own supplies.

All levels and mediums welcome. Must provide your own materials.

November: Complete any unfinished projects

December 1st—15th: Follow along painting with a winter theme. Bring an 11x14 canvas.

December 22nd & 29th: Open Studio

Evening Workshops

Free Jewelry Workshop

Third Wednesday of Each Month
from 6:30—8:30 p.m.

Limit 6 participants, register in advance.
Leave class with a beautiful piece of jewelry!

No November Class

December 21st: Christmas Earrings

Monday Evening Open Studio

5:00—8:30 p.m.

The Art Studio will be available to anyone who wants to work on their own projects. Everyone must provide their own materials and clean up after themselves.



Christmas Stocking Display

On Display from

Dec. 5th through Dec. 30th



Decorate a stocking any way you want to brighten the walls of the center. Plain stockings available for pick-up on Tuesday, Nov. 1st. Decorated stockings due back no later than Dec. 2nd. Please print your name on the back of the stocking. Limit 30 participants.

Class/Activity Sign-Up Policy

Staff led classes/activities must have at least 3 participants. Exceptions are for classes that do not require sign-up, for example, Easy Movement. Supply fees over \$5 are due at sign-up.

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

Sunnee Rakowitz, President; Carlos Haun, Vice President; Martha Wills, Treasurer; Harriet Last, Secretary
Board Members: Steve Wood, Susan Calkins, Michael Parker, Etura Lyon, Diane Zavalo-Argo

November 2016

Lions Field Adult & Senior Center
2809 Broadway 207-5380

Monday 7:30am—9pm	Tuesday 7:30am—9pm	Wednesday 7:30am—9pm	Thursday 7:30am—10pm	Friday 7:30am—7pm
	1 9am Exercise 9:30am-2:30pm Crafts 10-2:30pm Adv Clay* 10am Intro/Beg Guitar* 10am-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics 5:30 Belly Dance 6:30pm Caribe Rico Moderno 7:30pm Circuit Training Stocking pick-up starts today	2 9am Exercise 10-3pm Porcelain Art* 10-4pm Sewing Group 5:30-8:30pm Halau Kui <i>7pm Orchid Society</i> 7pm Martial Arts Exercise	3 8:30am Functional Fit 9am Exercise 9:30am Painting/Drawing 11am Open Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Intro to Ukulele 2:45pm Ukulele Picking 6-9:45pm Chess Club 6-9:45pm Scrabble <i>6:30-8pm Invest. Club</i> <i>7-9:45pm Camera Club</i>	4 9am Exercise 9-Noon Open Painting 9am-1pm Alamo Decorative Artists 10am Easy Movement 1-5pm Open Studio 4:30pm Table Tennis
7 8:30am Functional Fitness 9am Exercise 9-11am Stained Glass* 10am Easy Movement 1pm Table Tennis 1-4pm Bridge 5-8:45pm Open Studio 6-7:30pm Yoga* <i>6:30-8 pm Invest. Club</i>	8 9am Exercise <i>9:30-11am Health Screenings</i> 9:30am-2:30pm Crafts 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics 5:30pm Belly Dance 6:30pm Caribe Rico Moderno 7:30pm Circuit Training	9 9am Exercise 10-3pm Porcelain Art* 10-4pm Sewing Group 5:30-8:30pm Halau Kui <i>6:30-8:30pm Invest. Club</i> 7pm Martial Arts Exercise	10 9am Exercise <i>9am Veteran's Day Brunch*</i> 9:30am Painting/Drawing 11am Open Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Intro to Ukulele 2:45pm Ukulele Picking 6-9:45pm Chess Club 6-9:45pm Scrabble <i>7-8:45pm Bonsai Society</i> <i>7-8:45pm Metal Detectors</i>	11 <h2>Veterans Day</h2> <h1>Holiday</h1> Center Closed
14 8:30am Functional Fitness 9am Exercise 9-11am Stained Glass* 10am Easy Movement 1pm Table Tennis 1-4pm Bridge <i>3-4:30pm DAAC Meeting</i> 5-8:45pm Open Studio 6-7:30pm Yoga* 6pm Get Healthy	15 9am Exercise 9:30am-2:30pm Crafts 10-2:30pm Adv Clay* 10am Intro/Beg Guitar* <i>Noon Thanksgiving Lunch*</i> 12:30-4pm Mah Jongg 1-3pm Ceramics 5:30pm Belly Dance 6:30pm Caribe Rico Moderno <i>7:30pm Mahncke Park N.A.</i> 7:30pm Circuit Training	16 9am Exercise 10am ReDiscover SA: Wolfson House 10-3pm Porcelain Art* 10-4pm Sewing Group <i>1pm Literary Circle</i> 5:30-8:30pm Halau Kui 7pm Martial Arts Exercise	17 8:30am Functional Fitness 9am Exercise 9:30am Painting/Drawing 11am Open Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Intro to Ukulele 2:45pm Ukulele Picking 6-9:45pm Chess Club 6-9:45pm Scrabble <i>7-9:45pm Camera Club</i>	18 9am Exercise 9-Noon Open Painting 10am Easy Movement 1-5pm Open Studio 4:30pm Table Tennis <i>6:30-8:30pm Ukulele Jam</i>
21/28 8:30am Functional Fitness 9am Exercise 9-11am Stained Glass* 10am Easy Movement <i>11am Book Club (28th)</i> 1pm Table Tennis 1-4pm Bridge 5-8:45pm Open Studio 6-7:30pm Yoga* 6pm Get Healthy (28th) 6:30pm River North Village (21st)	22/29 9am Exercise 9:30am-2:30pm Crafts <i>9:30am Crafts w/ Jacque* (29th)</i> 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics <i>1-3pm Bunco* (29th)</i> 5:30pm Belly Dance 6:30pm Caribe Rico Moderno <i>7pm Mahncke Park Bd (22nd)</i> 7:30pm Circuit Training	23/30 9am Exercise 10-3pm Porcelain Art* 10-4pm Sewing Group <i>11:30am Birthday Bingo & Potluck (30th)</i> 7pm Martial Arts Exercise	24 <h2>Thanksgiving Day</h2> <h1>Holiday</h1> Center Closed	25 <h2>After Thanksgiving</h2> <h1>Holiday</h1> Center Closed

*registration, instructor approval and/or fee.

Many art and craft classes require you to purchase your own supplies. Call for more information.

December 2016

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

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Saturday, Dec. 3rd				
<i>10am-1pm Art Making</i>				
<i>10am-5pm Art on Broadway</i>				
12 8:30am Functional Fitness 9am Exercise 9-11am Stained Glass* 9:30am ReDiscoverSA: Toyota 10am Easy Movement 1pm Table Tennis 1-4pm Bridge 5-8:45pm Open Studio 6-7:30pm Yoga* 6pm Get Healthy	13 9am Exercise <i>9:30-11am Health Screen</i> 9:30am-2:30pm Crafts 10am Intro/Beg Guitar* 10-2:30pm Adv Clay* 10-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics 5:30pm Belly Dance 6:30 Caribe Rico Moderno 7:30pm Circuit Training	14 9am Exercise 10-3pm Porcelain Paint* 10-4pm Sewing Group 5:30-8:30pm Halau Kui <i>6:30-8:30pm Invest. Club</i> 7pm Martial Arts Exercise <i>Presents for Grayson Street Assisted Living Home are due today.</i>	15 8:30am Functional Fitness 9am Exercise 9:30pm Painting/Drawing 11am Open Hula 12-6pm "42" Dominoes 1pm Ukulele Ladies & Gents 2:45pm Intro to Ukulele 2:45pm Ukulele Picking 6-9:45pm Chess Club 6-9:45pm Scrabble <i>7-9:45pm Camera Club</i>	16 9am Exercise 9-Noon Open Painting <i>10am Christmas Party*</i> 1-5pm Open Studio 4:30pm Table Tennis <i>6:30-8:30pm Ukulele Jam</i>
19 8:30am Functional Fitness 9am Exercise 9-11am Stained Glass* 10am Easy Movement 1pm Table Tennis <i>11am Book Club</i> 1-4pm Bridge 5-8:45pm Open Studio 6-7:30pm Yoga* 6:30pm River North Village	20 9am Exercise 9:30am-2:30pm Crafts 10-2:30pm Adv Clay* 10-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics 5:30pm Belly Dance 6:30 Caribe Rico Moderno 7:30pm Circuit Training	21 9am Exercise 1-4pm Sewing Group <i>1pm Literary Circle</i> <i>6:30pm Jewelry*</i> 7pm Martial Arts Exercise	22 8:30am Functional Fitness 9am Exercise 9:30pm Open Studio 12-6pm "42" Dominoes 6-9:45pm Chess Club 6-9:45pm Scrabble	23 9am Exercise 9-Noon Open Painting 10am Easy Movement 1-5pm Open Studio 4:30pm Table Tennis
26 <div style="font-size: 2em; font-weight: bold; transform: rotate(-15deg); display: inline-block;">Holiday</div> Center Closed	27 9am Exercise 9:30am-2:30pm Crafts 10-2:30pm Adv Clay* 10-Noon Mah Jongg 12:30-4pm Mah Jongg 1-3pm Ceramics <i>1-3pm Bunco* (27th)</i> 5:30pm Belly Dance 6:30pm Caribe Moderno 7:30pm Circuit Training	28 9am Exercise 10-3pm Porcelain Art* 10-4pm Sewing Group <i>11:30am Birthday Bingo & Potluck</i> 7pm Martial Arts Exercise	29 8:30am Functional Fitness 9am Exercise 9:30pm Open Studio 12-6pm "42" Dominoes 6-9:45pm Chess Club 6-9:45pm Scrabble	30 9am Exercise 9-Noon Open Painting 10am Easy Movement 1-5pm Open Studio 4:30pm Table Tennis

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Ukulele Ladies and Gents and Hulau Kui

Ukulele Ladies and Gents

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

Ukulele Picking

Thursdays, 2:45—4:00 p.m.
Free for experienced players.

Introduction to Ukulele

September thru December
Must have your own ukulele
Thursdays from 2:45-4 p.m.
\$12 per month



Open Hula

Thursdays, 11 a.m.—Noon
Free hula session open to all.

Halau Kui

Advanced Hula
Wednesdays, 6:30—8:30 p.m.
Tina Negrete, Instructor

Ukulele Jam

Free concert by the Ukulele Ladies and Gents. Food for the break table welcome!

Friday, November 18th, 6:30—8:30 p.m.: Folk Music

Friday, December 16th, 6:30—8:30 p.m.: Christmas and Christmas Hulas

Intro/Beginning Guitar

Tuesdays, Oct. 4th—Dec. 13th, at 10 a.m. Next class starting in January!

\$30 for those 60+ and \$60 for those 18-59 years old

Learn how to play guitar with Parks and Recreation Cultural Program instructor Javier.

ReDiscover SA: Outings around Town

Wolfson House

Wednesday, November 16th 10:00 a.m.

The Recreation Ministry of San Antonio's First Baptist Church invites you to tour the historic Wolfson House and visit their Christmas Arts and Crafts Show. We will meet at the house.

FREE Admission, FREE Parking, FREE Cookies, Tea and Coffee.

Toyota

Monday, December 12h from 9:30-am-2:30pm

Join us for some fun! We'll take a van to a brunch spot and then we will head over to Toyota Manufacturing Plant. The plant tour is free, but bring money for brunch. See Staff for more info and sign up in the information room for a seat on the van.

Lions Field Book Club

Monday, November 28th at 11 a.m.: *The Girl on the Train* by Paula Hawkins

Rachel takes the same commuter train every morning and night. Every day she watches the same couple breakfasting on their deck. And then she sees something shocking.

Monday, December 19th at 11 a.m.: *The Expats* by Chris Pavone

"An international spy thriller about a former CIA agent who moves with her family to Luxembourg where everything is suspicious and nothing is as it seems" - provided by Crown Publishing Group

Third Wednesday Literary Circle

November 16th at 1 p.m.: *In Search of Buddha's Daughters* by Christine Toomey

Meet women from around the world who have come to the ordained life from every faith and career: a former policewoman, a princess, and a Bollywood star. Meet the Harvard graduate who breaks into hip-hop moves after meditating, a Japanese nun who has written bestselling erotica, and Nepalese order nuns who practice kung fu for spiritual and physical empowerment.

December 21st at 1 p.m.: *Ship Fever* by Andrea Barrett

The elegant short fictions gathered hereabout the love of science and the science of love are often set against the backdrop of the nineteenth century. Interweaving historical and fictional characters, they encompass both past and present as they negotiate the complex territory of ambition, failure, achievement, and shattered dreams.

Health and Fitness

Morning Group Exercise

Mon—Fri., 9—10 a.m.

Focus on flexibility and core strengthening. Free for members. Ruth Lew, Volunteer Instructor.

Easy Movement Exercise

Mondays and Fridays from 10—11 a.m.

No class on December 16th.

Led by staff, this class consists of seated and standing chair exercises. Good for all fitness levels.

Table Tennis

Mondays at 1:00pm and Fridays at 4:30pm

Join us in the Craft Room to play table tennis with your friends at Lions Field! Free.

Yoga for the Life Experienced

On-going Mondays, 6—7:30 p.m.

4 classes for \$48/drop-ins at \$15 per class
Let E-RYT 500 Yoga Teacher Cheryl Alexander guide you to better health. For more information call 883-8234 or email: calexander88@msn.com.

Get Healthy San Antonio!

2nd and 4th Monday Evenings at 6 p.m.

Learn about a plant based diet, how you can incorporate more vegetables into your diet, and get support from others eating a plant based diet.

Health Screenings with Accolade Home Care

Tuesdays, November 8th and December 13th from 9:30 a.m.—11:00 a.m.

Free Health Screenings to include cholesterol, foot care, blood pressure, memory care and blood sugar. Fasting required for blood sugar check.

Fitness in the Park
Free and open to the public!

Belly Dance Exercise

Tuesdays at 5:30 p.m.

Have fun while you get fit! Instructor Yirla will show you how to use fun dance moves and energizing music to get a good workout. No sign up necessary, just show up in comfy clothes ready to dance.

Caribe Rico Moderno Exercise

Tuesdays at 6:30 p.m.

This class is composed of stretching, workout exercises, dance routine and relaxation time at the end. Have fun moving to music while you workout!

Adult Circuit Training

Tuesdays at 7:30 p.m.

Includes a variety of activities geared towards increasing endurance, strength, stamina, and speed.

Martial Arts Class

Wednesdays at 7 p.m.

Join in on this exciting, new class at Lions Field. This class will include many traditional circuit training exercises taught through martial arts movements.

Functional Fitness

Monday and Thursday Mornings at 8:30 a.m.

No class on November 10th.

The movements will help you with the tasks you perform in everyday life.

Play a Game at Lions Field

Bridge

Mondays 1—4 p.m.

Wright Patterson Style

Mah Jongg Open Play

Tuesdays 10 a.m.—Noon

National League Mah Jongg

Tuesdays 12:30—4 p.m.

Lessons Available.

Dominoes

Thursdays Noon—6 p.m.

S.A. Chess Club

Thursdays 6—9:45 p.m.

Scrabble

Thursdays 6—9:45 p.m.