



THE VILLAGE  
AT INCARNATE WORD

April-June 2019

# Connections

## AT THE VILLAGE

A COMMUNITY SERVICE PROGRAM SPONSORED BY  
THE VILLAGE AT INCARNATE WORD | GENERAL PUBLIC WELCOME



# Expand your dancing skills

CLOGGING COMES TO CONNECTIONS

**G**reetings Connection Readers:  
In preparation for this edition I was reviewing the rough draft which led me to do a little research on clog dancing. As with most forms of dance, clog dancing, or clogging, has a rich tradition. Clogging evolved as immigrants from Europe, mostly English, Dutch, Irish and Scottish, settled in the Appalachian Mountains and merged their native dances into the melded form of dance we now know as clogging. There are many clogging

By Paul Harrison  
Chief Executive Officer





*Check out our new beginners Clogging class the first Tuesday of each month. Classes are free and are held in the Angelique Garden Room from 7-8:30 p.m. No need to register. Join in on some joyful dancing to traditional bluegrass and Irish music. See page 4 for more information.*

Connections is a community service program open to the general public of all ages and is sponsored by The Village at Incarnate Word, a non-profit retirement community established by the Sisters of Charity of the Incarnate Word. Please visit our website: [www.iwretire.org](http://www.iwretire.org). For schedules and information click on Community Outreach & Events.

*Connections Coordinator*

*Debbie Mendez*

4707 Broadway,

San Antonio, TX 78209

Tel (210) 829-7561, ext. 187

Fax (210) 828-0020

[connections@iwretire.org](mailto:connections@iwretire.org)



a sponsored ministry of the



**SISTERS OF CHARITY OF  
THE INCARNATE WORD**

(Con't from Page 1)

varieties from traditional mountain style and pitter pat to buck dancing. All of which seem an energizing way to express oneself through dance.

Clogging, like all dance forms, has been a means for communities to come together, socialize, build traditions and make connections. It is wonderful to see dance as such a central part of our Connections program and how it brings people of our community together.

Please read page three and note all the opportunities to take part in dance classes sponsored by Connections.

Keeping our thoughts on community, The Village at Incarnate Word's 2019 Champagne and Shamrock Gala honored The Congregation of Sisters of Charity of the Incarnate Word, and Rosemary Kowalski and Family.

The Sisters of Charity of the Incarnate Word have served the San Antonio community for 150 years in the areas of healthcare, children's welfare, education and service to the elderly. On March 3 of this year, The Sisters began their Jubilee Year celebrating their 150 years of service. Rosemary Kowalski is a distinguished businesswoman and Chairman Emeritus of The RK Group. She is well known for her philanthropic efforts in San Antonio's cultural, human services and educational organizations.

We at The Village were privileged to celebrate both as honorees. The Village's Champagne and Shamrock Gala is the key event held each year to raise funds for The Village's three charitable programs. One of which is our Connections Community Outreach Program. At this year's event, over 400 people attended and enjoyed a beautiful evening of music, food, and fellowship.

As we move into our summer months we know the direction our weather is headed...hot, humid, hot and humid. When the heat hits and you are looking for something to do indoors, we at The Village invite you to participate in our Connection's programming and come out for dancing, learning and exercise.



*Paul Harrison*

**Chief Executive Officer**

# Dance Classes

---

## Monday

**Intermediate Latin Dance Class**, 7-8:30 p.m., Angelique Garden Room, no dance partner needed, \$5 donation at the door. For information, please call 210-588-9529. \*\*No class April 22.

**Country & Western with Patrick McMillan** – Classes are cancelled until further notice. Please call 210-829-7561, Ext. 187 for information.

## Tuesday

**Folk Dance**, 7-9:30 p.m., CHRISTUS Heritage Hall. Dances from around the world are taught and all ages are welcome. No partner required. \$3 per person. Call Denes Marton, 210-493-4629, for more information. \*\*April 16 class in Garden Room.

## Wednesday

**Ballroom & Latin Classes with Patrick McMillan** – Classes are cancelled until further notice. Please call 210-829-7561, Ext. 187 for information.

## Thursday

**Line Dancing with Debbie Evans** – 6-7:30 p.m., CHRISTUS Heritage Hall, free. \*\*April 18 class in Garden Room.

**Third Thursday Workshops** - Classes are cancelled until further notice. Please call 210-829-7561, Ext. 187 for information.

## Friday

**Line Dance with Fran Lineweaver** – Friday mornings beginning July 6, Garden Room. Beginners, 9 a.m., Intermediates, 10 a.m., \$3 suggested donation at the door.

**Salon Mexico** – 7-10:30 p.m., CHRISTUS Heritage Hall. Includes a one-hour basic Latin dance lesson, no dance partner needed, \$3

donation at the door. Call 210-588-9529 for more information. Hosted by Laura Lindner, Roman Bernal and volunteers.

April 5 Chacha-Mambo

12 Bolero-Rumba

19 *Good Friday-No Dance*

26 Tango-Milonga

May 3 Salsa-Cumbia

10 **Spring Dance - Live Music**

17 Bachata-Merengue

24 Waltz-Paso Doble

31 Danzon

June 7 Swing

14 Chacha-Mambo

21 Bolero-Rumba

28 Tango-Milonga

## Saturday

**Ballroom Dancing – First Saturday Dance**, entry-level class, 7-8 p.m., open dance, 8-10 p.m. CHRISTUS Heritage Hall, \$3 per person. **April 6, Foxtrot**. This will be the last dance as the program **is being discontinued**. Our thanks to Sharon and Gordon Roberts for hosting.

**English Country Dancing – First Saturday** of the month, Angelique Garden Room, 7:30-10 p.m. \$2 per person. For info, call Jimmy Drury at 210-541-0760.

**Folklorico** – 10 a.m., CHRISTUS Heritage Hall, \$5 per session. Learn a variety of Mexican Folkloric dances. For more information, call Laura Lindner at 210-588-9529. \*\*No class April 20.

**Line Dance San Antonio – Monthly Dance**, **April 13, May 18 and June 15**, 1-3:30 p.m., CHRISTUS Heritage Hall. \$5 per person. Join others who enjoy line dancing for an afternoon of fun. For more information, call Mike Goldsmith at 210-236-8180.

# Fire on the Mountain Cloggers offer classes

Join the Fire on the Mountain Cloggers the first Tuesday of each month from 7-8:30 p.m. for a **free beginner** clogging class in the Angelique House Garden Room.

Classes feature clogging to traditional bluegrass and Irish music. No partner is needed – and people with two left feet are welcome. No experience is necessary, and people are encouraged to wear comfortable clothing and shoes that will slide.

Clogging is a pastime that carries the mind and feet back in time to the days of our ancestors.

One of the contributing cultures

was the Cherokee people, who lived in the Appalachian area when European settlers arrived. European settlers brought their own dances, including the Lancaster Clog dance from England, the polka step from Czech and German origins, and the Irish with the hard shoe dances. The different dances gradually blended together to create a new dance form – clogging.

For more information, please contact clogging instructor Linda Carolan at 210-344-2557 or email [info@fireonthemountaincloggers.com](mailto:info@fireonthemountaincloggers.com).



# Salon Mexico



and Connections at The Village

*Presents*

Friday,

May 10

CHRISTUS  
Heritage Hall

4707 Broadway

Spring Dance  
2019



8-10:30 p.m.

(No class)

Cost: \$5

For information,  
call 210-588-9529



With live music by:

**Daniel Monserrat**



## Art

---

**Explorations in Art Media** – Join instructor Georgia Stok for individual instruction in art media; drawing, pastel painting, colored pencil, watercolor and acrylics. Sessions are for beginners, or those who already paint. Wednesdays, 1-4 p.m., in the Angelique Garden Room, \$35 for five weeks or \$7 per class. Please call 210-829-7561, Ext. 187 for more information.

**Community Drum Circle** – First and third Saturdays, 5:30-7:30 p.m., Garden Room, presented by Steve Austad. Lesson at 5:30 p.m.; drumming 6-7:30 p.m. \$5 suggested donation. Bring a drum/percussion instrument or use one of theirs.

**Alamo Area Poets of Texas** – The poetry group meets the first Saturday of each month September through May from 2-4 p.m. in the Angelique Garden Dining Room. Listen to readings and discussion. The club's membership includes many diverse poets. For more information, call Sheila Moore at 210-497-8884.

## Fitness

---



**Water Exercise** – Workout in a heated pool. **Mon/Wed/Fri:** 10 a.m.-noon and **Tues/Thurs:** 2-4 p.m., **\$20 per month**. The first hour of each class M/W/F is for water exercise; the second hour is open swim; **T/TH is open swim only**.

**Qigong/Tai Chi Easy** – Mondays, 5:30-6:30 p.m., Angelique Garden Room, **free**. This is a carefully developed method and approach to Tai Chi that makes it easy, beneficial and fun from the beginning. Led by Mary Martha McNeel.

**Tai Chi Quan Principles** – Wednesdays, 6-7 p.m., Angelique Garden Room, **donations** welcomed. Tai Chi Quan helps beginners or

advanced students with improved circulation, relaxation concentration, de-stressing, physical equilibrium, peace of mind, promotes improved breathing, self-defense, strength and health. Led by Michael Graves.

## Games

---

**Intermediate Bridge Group** – Join others to learn to develop tricks through promotion, length and finesse. Mondays, 9:30-11:30 a.m., Angelique Garden Dining Room. This group is **not** instructor led and is **not** for beginners. Join in anytime. For more information, please call 210-829-7561, Ext. 187.

## Group Meetings

---

**Stress Coping Support Group** – for depression, anxiety and anger. Meets every Tuesday, 10 a.m. – noon in the Angelique Garden Sun Room. For more information on this self-help mental health meeting, visit its web site at [www.recoverysa.org](http://www.recoverysa.org) or call Recovery International leader Tom Kane at metro 830-216-4664.



**Crohn's/Colitis Disease Support Group** – Second Tuesday of the month, 7 p.m., Angelique Garden Sun Room. For more information, call Bryan or Joy Kurner at 210-366-3340.

**Brown Bag Book Club** – First Wednesday of the month, 12:30-1:30 p.m., Theater Room. Hosted by Landa Librarian Karen Sebesta. Feel free to bring a lunch. For more information, please call 210-829-7561, Ext. 187.

# Self [*Improv*]ment for Caregivers workshop set for May

Many caregivers say that a lack of communication is the underlying problem in misunderstandings and poor relationships with family members, friends and health care professionals.

In order to help improve techniques, Connections at The Village is offering a *free* two-hour workshop that looks at communication from a different perspective. Lisa A. Hurst will present Self[*Improv*]ment: Care Giving, May 9 from 1-3 p.m. in the Angelique Garden Room.

“Improv offers a dynamic opportunity for collaborative thinking and innovative communication in all aspects of your life,” according to Lisa. “By learning applied improv techniques, you will be able to confidently



communicate and think on your feet in new ways as a care giver. You will learn tools to be more present and be solution minded as you advocate for the health care needs of your loved ones.”

You will be empowered to communicate through:

- ▶New verbal and nonverbal techniques
- ▶Develop active listening skills
- ▶Have fun while learning

Lisa uses Applied Improv to facilitate collaboration within corporate, community, and student groups. For more than a decade, she has been an active member of the improv communities in San Antonio and Austin. She owns the consulting company Improv To Grow which offers professional development programs and confidence coaching to help you go from

muddling to McGyvering your way to healthy communication in all aspects of your life.

To register for this workshop, please call 210-829-7561, Ext. 187, by May 6. Free on-site respite care provided.

## OASIS lecture schedule

The Village at Incarnate Word and the San Antonio OASIS program continues with its series of monthly lectures in CHRISTUS Heritage Hall. Each lecture is from 1-2:30 p.m. and is *free* to residents and the general public. **Non-residents** should register to attend by calling OASIS at 210-236-5954. TVIW residents do not need to register.

Mark your calendar for:

⇒ **April 9**, *Uppity Women of Medieval Times* – What were medieval women doing while medieval men were strutting their stuff and swaggering around the countryside? Let’s discuss Uppity Women of Medieval Times.

⇒ **May 21**, *Sisters of Innovation: A History Often Neglected*– Computer programming, the ice cream maker, the coffee filter system...where would we be without these inventions? We will explore the women behind these inventions and more!

⇒ **June 18**, *What is Music Therapy?* – We have heard recently in the media about how important music is to our brain development and functioning, even as we age. Learn about what music therapy is, why it works, and who it might help. We will also present easy and practical ways to engage in music-making at home with our loved ones, and share about some opportunities for community music involvement.





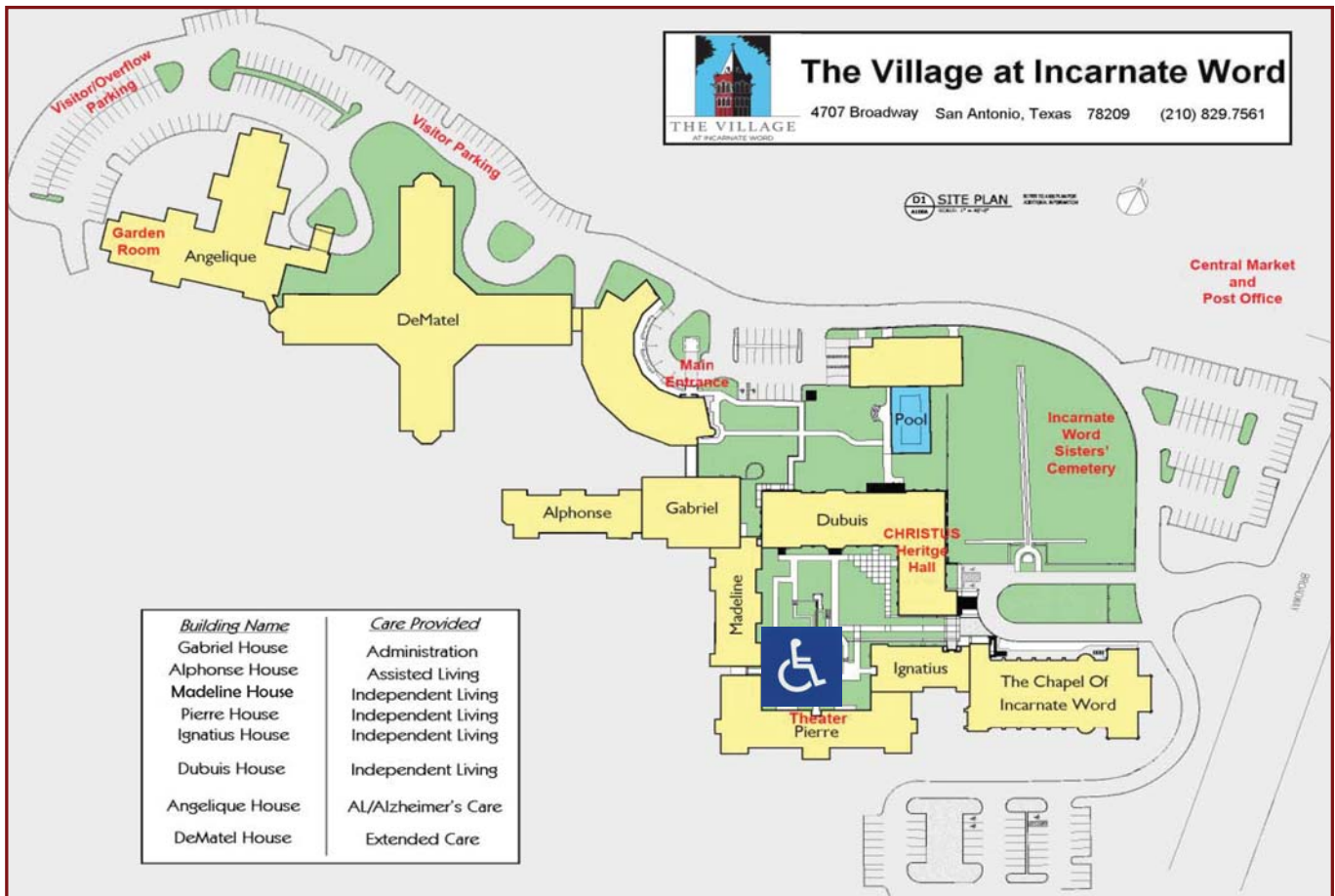
The Village at Incarnate Word  
 4707 Broadway  
 San Antonio, TX 78209-6200  
 210-829-7561

THE VILLAGE  
 AT INCARNATE WORD



NONPROFIT ORG.  
 U.S. POSTAGE  
 PAID  
 SAN ANTONIO, TX  
 PERMIT NO. 1987

Check here to remove  
 your name from our  
 mailing list and return to  
 above address.



If you would like more information about The Village at Incarnate Word,  
 please call 210-829-7561, Ext. 114, or visit [www.iwretire.org](http://www.iwretire.org).

*Please recycle . . . or pass along to a friend!*