

The Whispering Willow

Artisan at Willow Springs, 535 Gembler Road, San Antonio Texas **SEPTEMBER 2018**

> YOUTH NUTRITION **DEMONSTRATION**

> Place: Activity Room

Antonio Food Bank!

Dear Residents,

Did you know there is an updated resource board with informational pamphlets and flyers for you? This can be found in the Activity Room. Inside this room is also the Resident Services office, where you can have your questions answered and receive information on resources and referrals. There are also computers available for residents to use during business hours in the Front Office Lobby.

Please note, the office will be closed on Labor Day, Monday, September 3.

DeeAnn Guajardo Resident Services Coordinator

CONSERVATION ACTIVITY

Date: Tuesday, September 4 Time: 3:30 PM - 4:30 PM Place: Community Room

Resident school-aged children are welcome to join us for a presentation from San Anyonio Water Systems (SAWS) on the water cycle and how they can save

NUTRITION CLASS AND COOKING DEMONSTRATION

Date: Wednesday, September 5 Time: 11:00 AM – 12:00 PM Place: Community Room



Texas A&M AgriLife will have a meet and greet with a Healthy Living Nutrition Class! They will demonstrate how to cook a healthy recipe. This is the first of a series of fun classes and demonstrations!

CSFP (CHEESE BOX)

Date: Friday, September 14 Time: 11:00 AM – 1:00 PM Place: Activity Room



Seniors 60 years and older who are registered, please come during this time to get your box. Make sure to bring your ID, and it is first come, first serve. If you are not registered and would like to be part of the program, contact DeeAnn.

FINANCIAL BUDGETING CLASS

Date: Monday, September 17 Time: 5:00 PM - 6:00 PM Place: Community Room



Daniel with Frost Bank will be here to talk with us about budgeting, tips to create a financial plan, and more. Sign up with DeeAnn in advance, and you could be eligible to have late fees waived if you attend.

YOUTH WATER

Date: Tuesday, September 11

Resident school-aged children are

demonstration on making a healthy

lunch with Vanessa from the San

Time: 3:30 PM - 4:30 PM

welcome to join us for a

water!

RESIDENT SERVICES HOURS

DeeAnn Guajardo Monday, Tuesday, Thursday, Friday 9:30 AM - 5:30 PM Wednesday 10:30 AM - 5:30 PM Phone: 210/212-4116 DeeAnn@mercedhousingtexas.org

> Resident services at this community provided by:



Merced Housing Texas 212 W Laurel St. San Antonio, TX 78212 210/281-0234 www.MercedHousingTexas.org









MERCED'S MILITARY MINUTE

SEPTEMBER 2018



This section of our newsletter provides information about services available specifically for our military residents and their families. For more assistance or information, contact your leasing office and/or the Resident Services Coordinator.



VETERAN'S AND SPOUSES' CAREER FAIR

Date: Thursday, September 27
Time: 10:00 AM – 2:00 PM
Place: Parr Officer's Club
500 Military Plaza

500 Military Plaza Universal City, TX



There will be a resume consultant available to you, as well as onsite interviewers! For information and to register, visit https://www.eventbrite.com/e/military-veterans-and-spouse-career-fair-randolph-air-force-base-tickets-47189193147.

INTRODUCTION TO TAI CHI CLASSES

Date: Mondays

Time: 11:00 AM - 12:00 PM

Place: Military Family Clinic @ Endeavors 6363 De Zavala Road Suite 200

This is a class requiring moderate exercise that benefits your cardiovascular and respiratory function, your immune capacity, mental control, flexibility and balance. All veterans and their families are welcome to attend!

Childcare is available with an RSVP to the class. For more information, or to RSVP, call 210/399-4838 or email SAclinic@endeavors.org.

CALL A RIDE 4 VETS

This free service is for veterans, their family, caregivers and surviving spouses. Rides are available Monday through Friday from 8:00 AM to 5:00 PM. Call 210/362-5254 to schedule an appointment 7 – 10 days in advance.

24/7 VETERAN'S CRISIS LINE

Call 800/273-8255 and press 1
Or text to 838255

MILITARY SPOUSE PROGRAM: CAREER EVENT

Date: Thursday, September 20

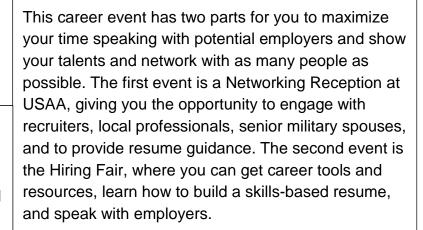
Time: 7:00 PM – 9:00 PM Place: USAA Bank Lobby 10750 W. I – 10

Date: Friday, September 21

Time: 10:00 AM - 1:00 PM

Place: Military and Family Readiness Center

JBSA – Fort Sam Houston 3060 Stanley Rd., Bldg. 2797



For information and an agenda, visit https://www.uschamberfoundation.org/event/joint-base-san-antonio-military-spouse-career-event.