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## News Release

### **Alamo Texercise Walk in the Park and Celebration of Seniors Ice Cream Social**

**San Antonio, May 21, 2008** – All Bexar County residents age 60 and over are cordially invited to participate in two official and free Older Americans Month events on Friday, May 23, 2008 – the Alamo Texercise Walk in the Park and the 4th Annual Celebration of Seniors Ice Cream Social. The theme for this year is “Working Together for Strong Healthy and Supportive Communities.”

The Alamo Texercise Walk will begin at 10 a.m. at Lion’s Field Adult and Senior Center located at 2809 Broadway (at the edge of Brackenridge Park just south of Mulberry), and participants can choose to make either a half-mile or a one-mile walk into Brackenridge Park and back.

After the walk, there will be a light lunch provided by City of San Antonio Department of Community Initiatives. The ice cream social will feature old-fashioned ice cream provided by Blue Bell Ice Cream and cookies compliments of Selrico. AARP will provide bottled water, and Humana will staff a station for checking blood pressure.

The entertainment venue includes: dance performances by members of the Ballet Folklorico Amistad from Salon de Mexico, the Karavan Dance Troupe and Ballet Folklorico Boriken. The program sparkles with elements from widely diverse cultures, offering a range from renaissance recorder music (the Renaissance Recorder Trio) to the lilting melodies and rhythms of the South Pacific (the Ukulele Ladies and Gents.) Commander’s House Guitar Ensemble will play under the direction of classical guitarist, Chris Arispe. Singer and guitarist Manolo Zaldivar (a teacher at the Spanish Heritage Society) will perform with the Zaldivar Trio. Other featured vocalists were special winners in the City of San Antonio Parks and Recreation “Our Part of Town” 2007 talent contests--Layla Vargas and Lorrina Robinson (also Miss Bexar County Teen for 2007). Local songwriter Roger Chacon will provide renditions of his special songs. Masters of Ceremony for the two hours of entertainment (from 11 a.m. to 1 p.m.) offered in two venues will be Doris Griffin and Patti Gunter.

Alamo Texercise, AARP, the Joint Commission on Aging, Social Security, San Antonio Parks and Recreation, AACOG’s Bexar Area Agency on Aging, and the Alamo Service Connection will provide helpful information for seniors.

Event sponsors include: AACOG’s Bexar Area Agency on Aging, AARP, the Alamo Service Connection, Alamo Texercise, Blue Bell Ice Cream, the Community Initiatives Department of the City of San Antonio, Humana, and Lion’s Field Adult and Senior Center. For additional information, please call (210) 362-5273/5220 or 826-9041.

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