



LIONS CLUB PARK SENIOR CENTER

MONDAY - FRIDAY 8:00AM-4:00PM

LUNCH 11:00AM-12:00PM

FEBRUARY NEWSLETTER

Our Mission: To provide high-quality facilities and services that offer wellness, life-long learning, and social opportunities to seniors ages 55 and over.

SENIOR CENTERS STAFF

Kathryn Winston
Manager
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Ashley Smart
Program Assistant
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Jonathan Maldonado
Recreation Assistant
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Claudia Johnson
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Elijah Riley-Atkins
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Takeisha Dockett
Office Assistant
TDockett@killeentexas.gov

General Inquires
SeniorCenter@killeentexas.gov

Senior Citizens Advisory Board Members

- Darrin Turley
- Sandra Wooten
- David Fleming
- Steven Hight
- Lee Choe
- Julio Hinkson
- Bear Jones
- Denise Sherman
- Tamara Williams
- Yvette Kamakawiwoole
- Raymond Monaco

Senior Citizens Advisory Board Meeting

February 19, 2025 3:30 pm
Lions Club Park Senior Center
Ballroom

LIONS CLUB PARK SENIOR CENTER
1700-B East Stan Schlueter Loop
Killeen, TX 76542-5485
Office: 254-501-6399
Monday - Friday 8:00AM - 4:00PM

BOB GILMORE SENIOR CENTER
2201 E. Veterans Memorial Blvd.
Killeen, TX 76543-4328
Office: 254-501-8889

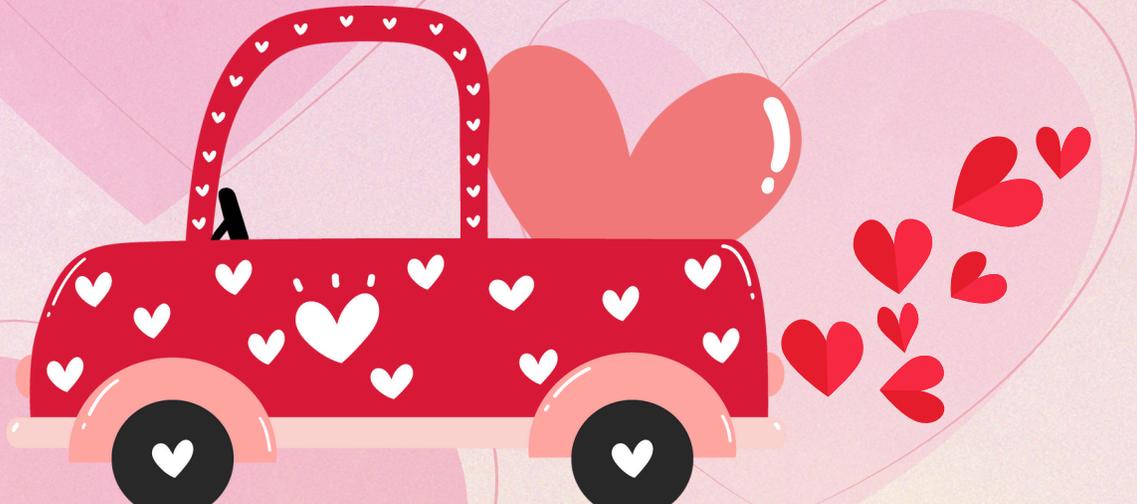
CLOSED



FEBRUARY EVENTS

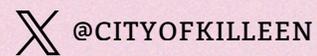
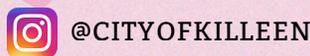
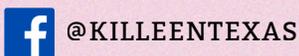


TALK W/ MURPHY, OUR DIRECTOR	FRIDAY, FEBRUARY 6@ 9:30AM
STRESS LESS W/ MINDFULNESS W/ TEXAS A&M	FRIDAY, FEBRUARY 6@ 10:00AM
KILLEEN GARDEN CLUB	MONDAY, FEBRUARY 9@ 9:30AM
BOOK CLUB	TUESDAY, FEBRUARY 10@ 9:30AM
FOSTER GRANDPARENTS	TUESDAY, FEBRUARY 10@ 10:00AM
SWEETHEART SOCIAL	TUESDAY, FEBRUARY 10@ 4:00PM-7:00PM
PRESIDENTS DAY CLOSED	MONDAY, FEBRUARY 16@ CLOSED
COFFEE CONNECTION W/ FONG	TUESDAY, FEBRUARY 17@ 10:00AM
SOULFOOD LUNCHEON	WEDNESDAY, FEBRUARY 18@ 11:00 AM
SENIOR ADVISORY MEETING	THURSDAY, FEBRUARY 19@ 3:30 PM
COPING WITH LESS W/ TEXAS A&M	FRIDAY, FEBRUARY 20@ 10:00AM
FEBURARY BDAY CELEBRATION	WEDNESDAY, FEBRUARY 25@ 11:00AM
COPING WITH LESS W/ TEXAS A&M	FRIDAY, FEBRUARY 27@ 10:00AM



The City of Killeen Senior Centers are recreation centers for adults 55 and older, offering an extensive variety of activities and classes intended to enhance and enrich the lives of active adults in our community. The centers are NOT licensed adult day care facilities. All activities are designed for independent participation. Staff does not provide direct supervision or personal care and does not monitor participants coming and going. Participants requiring assistance need to be accompanied by a caregiver while at the center.

www.killeentexas.gov/seniors





 PARKS & RECREATION

LIONS CLUB PARK SENIOR CENTER PRESENTS

SWEET HEART SOCIAL

You're Invited to Our Sweetheart Social!"
An afternoon of smiles, sweets, and socializing

TUESDAY, FEBRUARY 10
4:00PM-7:00PM

LIONS CLUB PARK SENIOR CENTER
1700 EAST STAN SCHLUETER
LOOP SUITE B

cutie *be mine* *love it*

ATTENDEES MUST BE 55+ OR A SPOUSE OF A MEMBER
www.killeentexas.gov/seniors

 PARKS & RECREATION

Lions Club Park Senior Center Presents

Soul Food Luncheon
With the Buffalo Soldiers

"FOOD FOR THE SOUL, TRIBUTE TO THE BRAVE".

Wednesday, February 18
11:00am-1:00pm

Lions Club Park Senior Center
1700 East Stan Schluder Loop Suite B

ATTENDEES MUST BE 55+ OR A SPOUSE OF A MEMBER
www.killeentexas.gov/seniors



TAX PREP SCHEDULE
TUESDAYS AND THURSDAYS

FEBRUARY 2 - FEBRUARY 13
(MEETING ROOM)

FEBRUARY 13 - MARCH 3
(LIBRARY)

MARCH 5 - APRIL 14
(MEETING ROOM)

VOTING SCHEDULE

EARLY VOTING

TUESDAY-FRIDAY
FEBRUARY 17 - FEBRUARY 20
8:00 AM - 5:00 PM

SATURDAY
FEBRUARY 21
7:00 AM - 7:00 PM

SUNDAY
FEBRUARY 22
12:00 PM - 6:00 PM

MONDAY - FRIDAY
FEBRUARY 23 - FEBRUARY 27
7:00 AM - 7:00 PM

ELECTION DAY

TUESDAY
MARCH 3
7:00 AM- 7:00 PM

MEETING ROOM CLOSED
FEBRUARY 17 - MARCH 3

CANCELED PROGRAMS
COMPUTER CLASS- TUESDAYS/FRIDAYS
POKER- WEDNESDAY FEBRUARY 18 AND 25
SPADES- FRIDAY FEBRUARY 20 AND 27

CHOIR WILL MOVE TO CRAFT ROOM 2

42 DOMINOES WILL MOVE TO CARD ROOM

Welcome



TAKESHIA

DOCKETT

NEW SENIOR CENTER OFFICE ASSISTANT

I WAS BORN IN LOUISIANA RAISED IN KILLEEN. I MOVED HERE WHEN I WAS IN SECOND GRADE. MY FATHER RETIRED HERE FROM THE ARMY IN 97. I GRADUATED FROM SHOEMAKER IN 03. I AM ONE OF FIVE CHILDREN. I HAVE FOUR OLDER BROTHERS. 12 NIECES AND NEPHEWS AND 6 GREAT NIECES AND NEPHEWS. I JOINED THE NAVY IN 2013 AND WAS STATIONED AT VX-1 IN PATUXENT RIVER, MD. I WAS A HELICOPTER MECHANIC ON THE MH-60S ALTHOUGH IN THE BEGINNING I GOT TO WORK ON OTHER PLATFORMS SUCH AS THE P-3, P-8, AND E2-D. DEPLOYED TO BAHRAIN THREE TIMES WHEN I WAS STATIONED AT HSC-26 IN NORFOLK, VA. MY LAST DUTY STATION WAS IN KEY WEST FLORIDA AT NAVAL AIR STATION SEARCH AND RESCUE AND MEDICALLY RETIRED IN MARCH OF 2025 AFTER SERVING 11 YEARS. WHILE ENLISTED I COMPLETED SEVERAL COLLEGE COURSES AND BY THE TIME I GOT OUT THE NAVY I HAD ENOUGH CREDITS TO GRADUATE WITH MY BACHELOR'S DEGREE IN PSYCHOLOGY. I ENJOY LEARNING, SPENDING TIME WITH FAMILY, READING, PUZZLES, PLAYING THE SIMS4 ON PC, LISTENING TO MUSIC, COLORING, AND OUTDOORSY ACTIVITIES. I AM EXCITED TO BEGIN THIS NEW JOURNEY AND GET TO KNOW EVERYONE.

HAPPY NEW YEAR!

2026





THANK YOU!

The Senior Center staff and Members would like to thank the Union Grove National Honor Society Grizzlies and Aspen Hospice for volunteering their time and for the donations.



THANK YOU TO TEXAS FADEZ FOR COMING OUT TO THE SENIOR CENTER AND PROVIDING FREE HAIRCUTS TO OUR MEMBERS.





Karaoke With Steve





Service Changes September 3rd



Map of Urban Bell County with the new Microtransit Zones and Regional Commuter with Mobility Hubs

Scan the QR Code or go to the App Store to Download Today



\$2.00

Pay only \$2.00 Per Rider Each Trip
Discounts Available

For additional information visit our website or call customer service
www.takethehop.com
254-933-3700

FAQ ABOUT MICROTRANSIT

Why:

To enhance transit service throughout the region by expanding service hours and area, increasing frequency, and decreasing wait and travel time.

When:

September 3rd, 2024

What:

Fixed Route Services will be replaced by Microtransit Services, which is a shared public transit version of Uber or Lyft with a Regional Commuter traveling from Copperas Cove to Temple

Who:

Anyone can ride, no application needed

How:

Download the app, Enter the address, and Wait for a HOP vehicle to Pick You Up!



Dial A Ride

- Funded through Killeen's Community Development Grant
- Eligibility is based on income and applicants must be a Killeen resident ages 62 and older.
- Applications are required. Completed applications can be dropped off at the City of Killeen Community Development office located at 802 N. 2nd St., Bldg. E, downtown Killeen at the Killeen Arts and Activities Center (one block south of Rancier Ave between 2nd St. and 4th St. It can also be mailed to City of Killeen, Community Development Dept., P.O. Box 1329, Killeen, 76540-1329
- All completed applications must be turned in with a state or federally issued picture ID and a copy of proof of monthly income. Once approved for the program, applicants will be notified and mailed what they will need to access the services.
- PCA can ride for free, companion can ride for \$2 fee.
- Unlimited rides
- Service can go to Killeen, Harker Heights, Copperas Cove, Fort Cavazos
- Bus runs from 5:25am - 6:25pm
- Any inquiries for this program can be directed to Celestina Sierra csierra@killeentexas.gov or (254) 501-7843

Microtransit Services

Weekday Hours

MT: 6:00 AM - 8:00 PM (14 hrs.)

Commuter: 6:30 AM – 7:30 PM

Fixed Routes / Connector

1 Longer Commuter (37 Miles)

Frequency / Wait Times

30 to 40 minutes

ADA

Equivalent On-Demand Service to **All** Passengers in **Entire** Microtransit Service Area including ADA

Facility Rental

The Lions Club Senior Center is open for rental reservation. All reservations must be made seven (7) business days in advance. Please see below for the rental hours and fees. For more information, please contact the front desk @ 254-501-6399

Reservation Hours

Monday-Friday 5:00 PM- 9:00PM
Saturday 10:00 AM- 5:00 PM

Room	Capacity	Fees
Ballroom	2000 sq ft	\$150/2 hours
Meeting Room	400 sq ft	\$65/ 2 hours

\$200 Deposit for Ballroom Rentals only
\$25 Attendant Fee



Community Resources

Adult Protective Services	(254) 526-9011
American Association of Retired Persons	(888) 687-2277
Area Agency on Aging	(254) 770-2330
Health and Human Services Office	(254) 519-7511
Housing and Urban Development (HUD)	(210) 475-6800
Housing Resource	(254) 770-2300
Killeen Free Clinic	(254) 618-4211
Texas Legal Services Center	(800) 622-2520
The HOP	(254) 933-3700
Killeen Help Center	(254) 237-9147
Central Texas Council of Governments	(254) 770-2301
Lone Star Legal Aid	(254) 939-5773
Meals On Wheels	(254) 699-8888
Rental Assistance- HCCAA Inc	(325) 372-5167 ext. 257
Social Security Administration	(800) 772-1213
Social Security Administration (Temple)	(866) 593-1341

BIRTHDAY CELEBRATION

For anyone celebrating their birthday in February please join us for our Birthday Lunch on

Wednesday, February 25 at 11:00 am.

There will be cards and gifts for those who sign up in advance! Remember to write your name on the birthday SIGN UP SHEET!

Happy Birthday to all members born in February





SUPPORT OUR SENIOR CENTER



Our Senior Centers provide complimentary programs and avenues for the senior community in the vicinity. Sponsorships and donations are pivotal in enabling us to offer exceptional programming at minimal or no expense to our members. Whether through volunteering your time and expertise or contributing in-kind items, all forms of support are greatly appreciated. For further details, kindly inquire at the front desk.

Want to join our team of volunteers?

You must first fill and submit the online form found online at <https://www.killeentexas.gov/Volunteers> at the bottom of the page. Fill out appropriately and submit the form electronically.

Want to Sponsor an event?

Please contact our program assistant at asmart@killeentexas.gov for more information.

Want to donate in-kind items?

Please see front desk for a complete list of items that we are looking for or are in need of. Unfortunately, we do not accept any medical equipment of any kind.

DONATION

Killeen Senior Centers appreciate all of our wonderful members for their support. Below is a list of members and organizations who have donated items for use within the Senior Center. Thank you for the generosity and support!

Alicia Quintanilla

Arlys Hilliard

Arnetta White

Avis Smith

Debra Erler

Dorothy Kinsinger

Herald Burke

James & Cynthia Livingston

Jose & Luz Batres

Joseph Pangelinan

Juan & Sharon Garcia

Kim Bowker

Mark Nelson

Maria Esteves

Mercedes Diaz

Minnie Romero

Naeemah Pedroso

Sabrina Weeks

Thuy Wheaton

Jesus Hope & Love Mission-

Steve & Korean One Spirit

Exchange Club of Killeen-

Steve & Sarah Chae

Lily Hosanna Group- Kim

Hitesman

United HealthCare- Amy

Sargant

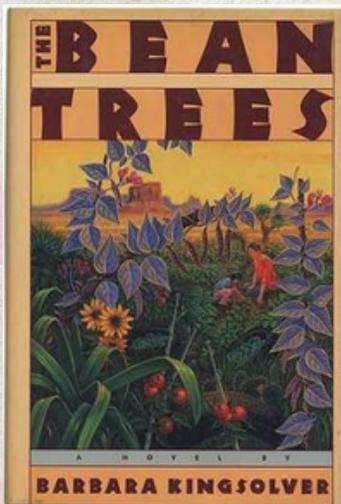
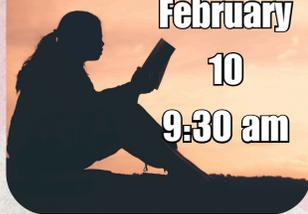
Book Club

Tuesday

February

10

9:30 am



Taylor Greer only wants to get away from her roots and avoid getting pregnant. She succeeds—but inherits a three-year-old Native

American girl named Turtle along the way. Together, from Oklahoma to Arizona, half-Cherokee Taylor and her charge search for a new life in the West. Hers is a story about love and friendship, abandonment and belonging, and the discovery of surprising resources in seemingly empty place

LUNCH MENU

To partake in the lunch program, completion of an AACT Client Intake and Service Request Form (meal waiver) is necessary. For individuals aged 60 and above, a suggested contribution of \$3 is encouraged. For those under 59, a mandatory contribution of \$7.25 is required. Please note that the menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2) Salisbury Beef with Brown Gravy Whipped Potatoes Mixed Vegetables Texas Bread Fresh Fruit Beverage Mix	3) Ham and Black-Eyed Peas Whole Kernel Corn Spinach Multigrain Bread Orange Gelatin Milk	4) Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Apple Crisp Milk Mustard and Ketchup	5) King Ranch Chicken Casserole Mexican Rice Parslied Carrots Flour Tortilla Sugar Cookie Milk	6) Chef Salad Three Bean Salad Tropical Fruit Club Crackers Milk Ranch Salad Dressing
9) Sloppy Joe Whole Kernel Corn Glazed Carrots Hamburger Bun Chocolate Chip Cookie Milk	10) BBQ Pork Rib Patty Oven Roasted Potatoes Broccoli with Cheese Texas Bread Rosy Pears Milk	11) Chicken Etouffee Cajun Rice Mixed Greens Cornbread Fresh Fruit Beverage Mix Margarine	12) Beef Chili with Beans Green Beans Orange Beets Saltine Crackers Cinnamon Graham Crackers Milk	13) Valentine's Day Honey Ginger Chicken Penne Florentine California Vegetables Dinner Roll White Chocolate Cranberry Cookie Milk
16) CLOSED 	17) Marinara Chicken Meatballs Parmesan Penne Lemon Zest Broccoli Texas Bread Fig Bar Beverage Mix	18) 	19) Polish Sausage Mixed Beans Spinach Multigrain Bread Fresh Fruit Milk	20) Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Spiced Peaches Milk Mustard and Ketchup
23) Beef Stroganoff Diced Beets Broccoli Dinner Roll Fresh Fruit Milk	24) Chicken Picatta Garlic Whipped Potatoes Oregano Green Beans Texas Bread Sliced Peaches Milk	25) Mu Shu Pork Over Rice Green Peas Asian Cabbage Fruited Strawberry Gelatin Beverage Mix	26) Oven Fried Chicken Chili Beans Okra and Tomatoes Multigrain Bread Carnival Cookie Milk	27) Spaghetti Torte Seasoned Cauliflower Glazed Carrots Texas Bread Pineapple Cake Milk

HAPPY
Valentines
DAY

STAYING ACTIVE AS YOU AGE

IT'S NEVER TOO LATE TO GET MOVING. STAYING ACTIVE AS YOU AGE CAN WORK WONDERS FOR YOUR PHYSICAL AND MENTAL HEALTH, AND LEAD TO A LONGER LIFE WITH GREATER INDEPENDENCE. WE ENCOURAGE OUR SENIOR MEMBERS TO JOIN OUR FREE EXERCISE PROGRAMS. COME GET IN SHAPE, MAKE NEW FRIENDS, AND JOIN IN ON THE FUN!

<p>ZUMBA WITH ROSA Exercise program that combines dance movements with aerobic exercises.</p>	<p>TUESDAYS & THURSDAYS @ 9:00 AM FRC GYM</p>
<p>CIRCUIT TRAINING WITH LORRIE Group led workout that involves rotating through several different exercise for a certain amount of time or number of repetitions. Involves endurance training, resistance training, and high-intensity interval training.</p>	<p>MONDAYS, WEDNESDAYS & FRIDAYS @ 9:00 AM FRC GYM</p>
<p>STABILITY & BALANCE CLASS WITH ROSA Group led balance and stability training that promotes independence and confidence for senior members by improving coordination, increased lower body strength, and enhanced cognitive function.</p>	<p>THURSDAYS @ 1:00 PM LCPSC BALLROOM</p>
<p>CHAIR YOGA WITH LESLIE Group led modified yoga that allows individuals to practice yoga poses while seated in a chair or using the chair for support.</p>	<p>TUESDAYS @ 10:00 AM LCPSC BALLROOM</p>
<p>POWER STEP WITH LORRIE Group led low impact, high-energy workout that involves stepping up and down on an elevated platform known as a step.</p>	<p>WEDNESDAYS @ 8:00AM FRC AEROBICS ROOM</p>
<p>PILATES WITH ROSA Group led full body, low impact exercises known to align and strengthen the structure of the body.</p>	<p>TUESDAYS & THURSDAYS @ 8:00 AM FRC AEROBICS ROOM</p>
<p>HULA CLASS WITH LINDA Hula dancing is the essence and spirit of Hawaii. Each hand and body movement and gesture tells the story and communicates the island culture.</p>	<p>TUESDAYS & FRIDAYS @ 10:00 AM FRC AEROBICS ROOM</p>
<p>FUNCTIONAL FITNESS WITH LUTHER Group led exercise that focuses on stability, balance, mobility, reaction time, hand eye coordination that can help people increase their ability to do everyday activities and become more efficient in the gym and at home.</p>	<p>MONDAYS, WEDNESDAYS @ 1:30 PM FRIDAYS @ 1:15 PM FRC AEROBICS ROOM LAST FRIDAY @ 1:15 PM FRC INDOOR TRACK</p>

THINK YOU CAN LINE DANCE?
A more fun and social way to stay active and engaged.

LINE DANCING with SYLVIA
WEDNESDAYS @ 12:00 pm
FRC AEROBICS ROOM

LINE DANCING with PAUL
FRIDAYS @ 12:30 PM LCPSC BALLROOM

Monday to Friday, Senior Members are free to walk the indoor track located at the Family Recreation Center using their senior center membership.

GRANNY BASKETBALL
A low-impact form of basketball that is designed for older adults. It is a great way for active older adults to stay active, socialize and have fun!

HOT CHILI PEPPERS
Practice Schedule
Tuesday 3:00 - 4:00 pm
Saturday 8:00 - 9:00 am

SENIOR PICKLEBALL
Tuesdays & Thursdays
10:30am - 2:00pm
Family Recreation Center Gym

SENIOR BOWLING LEAGUE
"Remember 3 games equals to 1 mile of walking. So, join us and have fun."
Wednesdays
1:00pm - 3:30pm
For more information, call Hallmark Lanes (254) 690-4949 or Thu Smith (254) 289-0337

Monday	Tuesday	Wednesday	Thursday	Friday
International Dominoes (Card Room) 8:00am-3:30pm				
Beginner Sewing (Craft Room 2) 9:00am-11:30am	Pilates (FRC Aerobics Room) 8:00am-9:00am	42 Dominoes (Meeting Room) 8:30am-11:30am	Pilates (FRC Aerobics Room) 8:00am-9:00am	Quilting Group (Craft Room 1) 9:00am-12:30pm
Circuit Training (FRC Gym) 9:00am-10:00am	Ceramics (Craft Room 1) 9:00am-10:00am	Power Step (FRC Aerobics Room) 8:00am-9:00am	Spinners (Card Room) 8:30am-11:00am	Circuit Training (FRC Gym) 9:00am-10:00am
Pottery (Craft Room 1) 9:30am-11:30am	Zumba (FRC Gym) 9:00am-10:00am	Chicken Foot (Card Room) 8:30am-11:00am	Zumba (FRC Gym) 9:00am-10:00am	Hula Dancing (FRC Aerobics Room) 10:00am-11:30am
Ping Pong (Ballroom) 12:30pm-3:00pm	Beginners Crochet (Craft Room 2) 10:00am-11:30am	Ceramics (Craft Room 1) 9:00am-10:00am	Ceramics (Craft Room 1) 9:00am-10:00am	Computer Class (Meeting Room) 10:00am-1:00pm
Cornhole (Ballroom) 12:30pm-3:00pm	Hula Dancing (FRC Aerobics Room) 10:00am-11:30am	Circuit Training (FRC Gym) 9:00am-10:00am	Pottery (Craft Room 1) 9:30am-11:30am	Bid Whist/ Hand & Foot (Card Room) 12:00pm-3:30pm
Advanced Sewing (Craft Room 2) 12:30pm-3:30pm	Chair Yoga (Ballroom) 10:00am-11:00am	Bible Study (Craft Room 2) 9:00am-11:00am	Card Making (Craft Room 2) 10:00am-11:45am	Texas Hold 'Em (Craft Room 2) 12:00pm-3:30pm
Functional Fitness (FRC Aerobics Room) 1:30pm-2:30pm	Computer Class (Meeting Room) 10:00am-1:00pm	Pottery (Craft Room 1) 9:30am-11:30am	Crochet/Knitting (Meeting Room) 12:00pm-3:00pm	Quilting Class (Craft Room 1) 12:30pm-3:30pm
	Gin Rummy (Card Room) 12:00pm-3:30pm	Line Dancing (FRC Aerobics Room) 12:00pm-1:30pm	Lily Hosanna Group (FRC Aerobics Room) 1:00pm-3:00pm	Line Dancing w/ Paul (Ballroom) 12:30pm-2:00pm
	Beginners Art (Craft Room 2) 12:30pm-3:30pm	Texas Hold Em' (Craft Room 2) 12:00pm-3:30pm	Stability & Balance (Ballroom) 1:00pm-2:00pm	Spades (Meeting Room) 1:00pm-3:00pm
	Lily Hosanna Group (FRC Aerobics Room) 1:00pm-3:00pm	Bid Whist/ Hand & Foot (Card Room) 12:00pm-3:30pm		Functional Fitness (FRC Aerobics Room) 1:15pm-2:15pm
		Seasoned Saints Choir (Meeting Room) 12:00pm-1:30pm		
		Functional Fitness (FRC Aerobics Room) 1:30pm-2:30pm		



Location for the classes are subject to change. Please check with the front desk.