



Harlandale Nutrition Center 115 Southcross, San Antonio, 78221 210-924-4771

Monday- Friday 8am-12pm

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	(Note: Calendar subject to change without advance notice)	1 8:00 Social Hour 9:00 Bingo  9:00 Senior Center Month Proclamation— City Council Chambers  11:00 Lunch	2 8:00 Social Hour 9:00 YMCA Chair Yoga Cinco de Mayo Observation 10:00 Loteria 11:00 Lunch	3 8:00 Social Hour 9:00 Board & Card Games  10::00 Shopping Trip  11:00 Lunch
6 8:00 Social Hour 8:30 Chair Volleyball 9:00 Bingo 11:00 Lunch	<ul> <li>7</li> <li>8:00 Social Hour</li> <li>9:00 YMCA</li></ul>	8 8:00 Social Hour 9:00 Bingo 10:00 Shopping Trip 11:00 Lunch	9 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch WELLMED 8:00-11:00	10 8:00 Social Hour 9:00 Mothers Day Celebration 11:00 Lunch
13	14	15	16	17
8:00 Social Hour  9:00 Bingo Single Winner!  11:00 Lunch	8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	8:00 Social Hour 9:00 Bingo 11:00 Lunch Birthday Celebration March, April, and May	8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	CLOSED  Quarterly Staff Training
20	21	22	23	24
8:00 Social Hour 8:30 Chair Volleyball 9:30 Bingo	8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria	8:00 Social Hour 9:00 Activity Packet/Solo time 10:30 Lunch	8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 CPS Energy	8:00 Social Hour 9:00 Loteria 10:00 Shopping Trip
11:00 Lunch	11:00 Lunch	11:00 FOOD BANK DISTRIBUTION	Outreach  11:00 Lunch	11:00 Lunch
27	28	29	30	31
<b>CLOSED</b> Memorial Day	8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	8:00 Social Hour  9:30 Edwards Aquifer Trip	8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 La Tiendita 11:00 Lunch	8:00 Social Hour 9:00 Board & Card Games 1:00 Lunch

# In Person Fitness Classes

# **Tuesdays:**

9:00 am YMCA Chair Yoga

## Thursdays:

9:00 am YMCA Chair Yoga

# **Field Trips**

## May 1

#### **OLDER AMERICAN MONTH -**

9:00 a.m. Proclamation Presentation

City Hall Chambers

→ May 3

Shopping Trip

May 8

Shopping Trip

**May 29** 

#### **EDWARDS AQUIFER TOUR**

Touch and feel exhibits learn the importance of water conservation, Ask questions about presentations, and learn how you can help take care of our environment.

# **Mother's Day Celebration**

# Friday, May 10.

- Show and Tell: Bring your family pictures and show your favorite Mothers Day Gift. Tell your story about the gift. Bring Pan Dulce and snacks to enjoy with coffee!
- Mother's Day Bingo with special Mother's Day Bingo cards!!

# **Memorial Day!**

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official Federal Holiday in 1971.

#### HAVE LUNCH WITH US!

Hot Meals are served Monday through Friday from 11:00 am-12:00 pm in the Nutrition Area.

Meal tickets can be picked up between 8:00 a.m-11:00 a.m or when all ordered tickets are issued

## **WellMed Nurse Visit**

Second Thursday of the month 8:00 am - 11:00 am

## Food Bank

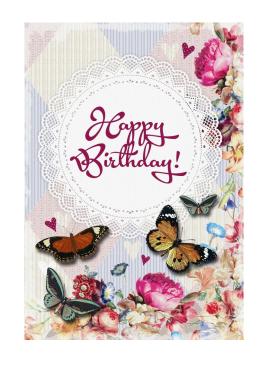
11:00 Wednesday May 22 Food Bank Distribution (ID Cards and Bins required)

### **Center Closures**

- o Friday, May 17 Quarterly Staff Training
- o Monday May 27– Memorial Day

# **Birthdays**

- o March
- O 6 Margarita Guevara
- O 3 Emma Avila
- O 14 Rebecca Blackburn
- o 9 Armando Villanueva
- O 20 Imelda Guerrero
- o **April**
- O 2 Ernestina Rodriguez
- O 7 Christine Jouffray
- o 23 Esperanza Reyna
- o 29 Joe Hernandez
- o May
- 1 Gladys Berrospe
- O 6 Juanita Cortez
- O 10 Gloria Herrera
- o 12 Rosa Trevino
- O 15 Olga De La Cruz
- o 16 Janie Guevara
- O 25 Frances Hernandez
- o 25 Elisa Garza



\*Please make reservation for all bus transportation with Carrie, Tiffany, or Dolores.

