



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

Monday- Friday 8am-12pm

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

## 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

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

## Birthdays

### March

- 6 Margarita Guevara
- 3 Emma Avila
- 14 Rebecca Blackburn
- 9 Armando Villanueva
- 20 Imelda Guerrero

### April

- 2 Ernestina Rodriguez
- 7 Christine Jouffray
- 23 Esperanza Reyna
- 29 Joe Hernandez

### May

- 1 Gladys Berrospe
- 6 Juanita Cortez
- 10 Gloria Herrera
- 12 Rosa Trevino
- 15 Olga De La Cruz
- 16 Janie Guevara
- 25 Frances Hernandez
- 25 Elisa Garza



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

\*See back of the calendar for more information\*

