

APRIL 2024

Southside Lions Senior Center
3303 Pecan Valley San Antonio, TX. 78210 210-207-1760
Monday -Thursday : 7:00am —8:00pm; Friday 7:00am—4:00pm



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CENTER CLOSED</p>  <p>Cesar Chavez Day</p>	<p>2</p> <p>9:30am Painting</p> <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "Shine"</p>	<p>3</p> <p>9am Drawing</p> <p>9am Orientation</p> <p>2pm Movie & Popcorn "Shine"</p> <p>4pm Badminton</p>	<p>4</p> <p>12:30pm BINGO</p> <p>1pm Intro to Android</p> <p>5pm Craft: Decorating a pot and planting a flower</p>	<p>5</p> <p>9am Price is Right! Game & Door Prizes</p> <p>10am Seniors In Play</p> <p>12:30pm LOTERIA</p>  <p>2pm Karaoke</p> 
<p>8</p> <p>9am Intro to Internet</p> <p>12pm Shopping Trip HEB</p>  <p>12:30pm Cornhole</p> <p>4pm Art Project: Still Life Drawing</p>	<p>9</p> <p>9:30am Painting</p> <p>10am Oasis: VIA Services</p> <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "Steel Magnolias"</p>	<p>10</p> <p>9am Drawing</p> <p>2pm: Movie & Popcorn "Steel Magnolias"</p> <p>4pm Board Game: Scattergories</p>	<p>11</p> <p>9am Exploring Google</p> <p>12:30pm BINGO</p> <p>1pm CyberSecurity</p> <p>5pm Craft: Origami</p>	<p>12</p> <p>10am Seniors In Play</p> <p>12:30pm LOTERIA</p>  <p>2pm Karaoke</p> 
<p>15</p> <p>9am Intro to Internet</p> <p>9am Orientation</p> <p>12:30pm Cornhole</p> <p>4pm Card Game: Nertz</p> <p>5:30pm Karaoke</p> 	<p>16</p> <p>9:30am Painting</p> <p>10am Wellmed Presents: "Stress Awareness"</p>  <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "A Wrinkle in Time"</p>	<p>17</p> <p>9am Drawing</p> <p>9:30am Hope Program</p>  <p>2pm Movie & Popcorn "A Wrinkle in Time"</p> <p>3:30pm Badminton</p> <p>5 pm BINGO</p>	<p>18</p> <p>9:00 Learning G-Mail</p> <p>12:30pm BINGO</p> <p>1pm Intro to Android</p> <p>5pm Craft: Magazine Collages</p>	<p>19</p> <p>10am Seniors In Play</p> <p>9am Fiesta Kickoff Karaoke & Fruit cups!</p> <p>11:30am April Birthdays Celebrated!</p> <p>12:30pm LOTERIA</p>  <p>2pm Karaoke</p> 
<p>22</p> <p>9am Smart Phone Photography</p> <p>10am Shopping Trip GoodWill</p>  <p>12:30pm Cornhole</p> <p>5pm Art Project: Acrylic Painting</p>	<p>23</p> <p>9:30am Painting</p> <p>10am Wellmed Presents: Tooth and Mouth health</p> <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "Soul"</p>	<p>24</p> <p>9am Drawing</p> <p>9:30am CSFP Program</p>  <p>2pm Movie & Popcorn "Soul"</p> <p>4:30pm Pool Tournament</p> 	<p>25</p> <p>9am Wellness on Web</p> <p>12:30pm BINGO</p> <p>1pm 10 fun things-Ipad</p> <p>4-6pm SSL Celebrates 7th Anniversary Fiesta</p> 	<p>26</p> <p>Fiesta San Jacinto Holiday</p>  <p>CENTER CLOSED</p>
<p>29</p> <p>9am Smart Phone Photography</p> <p>12:30pm Cornhole</p>  <p>4pm Talent Show</p> 	<p>30</p> <p>9:30am Painting</p> <p>12:30pm BINGO</p> <p>4pm Cornhole</p> <p>5pm Movie & Popcorn "The Wedding Planner"</p>	<p>Solar Eclipse Day April 8th</p>  <p>Glasses will be provided the day of.</p>	<p>We are open until 8 pm Monday—Thursday Plenty of activities and Fun!</p> 	

APRIL Announcements & Events:

Hope Program Wednesday 04/17/2024 9:30-11am & 12:00-1pm
(No new applications & while supplies last)



CSFP Cheese Box Wednesday 04/24/2024 9:30-11am & 12:00-1pm
(No new applications & while supplies last)



Exercise Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10am: Senior Circuit (Liz)	9am: Chair Rise and Thrive (Elaine)	8:30am: Gentle Yoga (Maci)	10:15am: Tai Chi (Theresa)	9am: Low Impact Bootcamp (Rodney)
1pm: Yo-Chi (Elaine)	10:15am Zumba (Theresa)	10:am Dance Alegria (Urban 15)	1pm: Strength and Toning (Elaine)	1pm: Full Body Stretch (Jorge)
4:00pm: Muscle Strength (Jorge)	1:30pm: Low Impact Cardio (Jorge)	1pm: Senior Circuit (Shelly)	4pm: Drumming Fitness (Video)	
	4pm: Low Impact Bootcamp (Rodney)	5pm: Strength and Toning (Jorge)		

How to Sign-Up for a Fitness Class

1. Call 210-207-1760 or talk to front desk at center 24 hours before each class to register.
2. Please speak to a staff member to reserve spot. (No voicemails will be accepted).
3. Tickets for entry to classes are given at check in to center, or 15 minutes prior to class.
4. Ticket will be handed only to reservist. **(Lost tickets will not be replaced)**
5. All classes are 45 minutes long and are held in the Fitness Room unless otherwise noted.
5. Hand Ticket to instructor when entering classroom.
6. Seating is on a first come, first served basis.
7. **LATE ARRIVALS: We cannot hold slots.**

Once a class starts, open slots will go to the members on the wait list.

Example: If Class is at 9am on Tuesday such as Chair Rise and Thrive
Registration for class begins Monday at 9am

Lunch Tickets at SSL

- ***Tickets are available at 9am**
- *Membership card required
- *Keep your ticket until 11am
- *Lunches are available until supplies last or 12pm whichever comes first
- ***Meals cannot be taken home**
- *Except for frozen meals

Come celebrate our 7 Year Anniversary!

Fiesta Themed Party

Dance: 4 pm– 6 pm
 Start serving food: 4:30 pm
 (While supplies last)

Cake Cutting 5:30 pm

