

# **MAY 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

| New Class! Join our volunteer led Crocheting class on Mondays from 9:30-11am  Join us in celebrating all Mothers on on Friday May 10, 2024 at 12:30pm EINGO  9am Intro to Internet  9:30am Painting  12:30pm BINGO  9am Drawing  9am Orientation 12:30pm BINGO  9am Art Project: Charcoal Drawing  13 3am Intro to Internet  25 30am Painting  14 3am Drawing  25 3am Hydration and your Health by Helena  27 28 29 3am Drawing  27 3am Drawing  28 3am Drawing  29 3am Drawing  20 3am Drawing  20 3am Drawing  20 3am Drawing  21 22 3am Learning Gmail  22 3am Hydration and your Health by Helena  25 25 26 26 27 28 28 28 28 29 29 29 29 29 29 20 20 20 20 20 20 20 20 20 20 20 20 20   |                       | monday marcaly i                         | 7.00diii 0.00piii, i iid | y                                     |                      |
|--|-----------------------|--|--------------------------|---------------------------------------|----------------------|
| New Class! Join our volunteer led Crocheting class on Mondays from 9:30-11am  Pam Field Trip Class on Mondays from 9:30-11am  Join us in celebrating all Mothers on Friday May 10, 2024 st 12pm  The Wedding Planner*  12pm Shopping Trip WallMart  12:30pm BINGO  Spm Movie & Popcorn  "Flaming Hot"  Spm Movie & Popcorn  "Sam Drawling  Spm Craft for Mother's Day  10am Seniors in Play 12:30pm BINGO  Spm Movie & Popcorn  "Flaming Hot"  Spm Movie & Popcorn  "Sam Drawling  Spm Craft for Mother's Day  10am Seniors in Play 12:30pm BINGO  12: | Monday                | Tuesday                                  | Wednesday                | _                                     | •                    |
| Pam Field Crocheting   Class on Mondays   From 9:30-11am   Sam Field Trip   Class on Mondays   Class on Mo   |                       |  | 9am Drawing              | _                                     |                      |
| class on Mondays from 9:30-11am  Join us in celebrating all Mothers on Friday May 10, 2024 at 12pm  Pam Intro to Internet  12:30pm Shopping Trip Walffart  12:30pm Cornhole  2pm: Hydration and your Health by Helena  4pm Art Project:  Apm Card Game:  12:30pm Cornhole  12:30pm Bingo  10am Oasis Presents:  12:30pm Bingo  10am Oasis Presents:  12:30pm Bingo  12:30pm Bingo  13:30pm Baminton  12:30pm Bingo  14:30pm Cornhole  2pm Movie & Popcorn  Plaming Hot*  15:30pm Carting with Corks  5pm Grafting with Corks  5pm Google Maps & Calendars  12:30pm Bingo  12:30pm Bingo  12:30pm Bingo  12:30pm Bingo  13:30pm Baminton  14:30pm Cornhole  12:30pm Bingo  15:30pm Carting with Corks  5pm Grafting with Corks  5pm Movie & Popcorn  10am Seniors In Play  11:30pm Bingo  12:30pm Bingo   |                       |  |                          | 12:30pm BINGO                         | 12:30pm LOTERIA      |
| 10:30am South Toxas Hearing Screenings Join us in celebrating all Mothers on Friday May 10, 2024 at 12pm  12pm Movie & Popcorn 12pm Shopping Trip WalMart 12:30pm EINGO 12:30pm EINGO 12:30pm EINGO 12:30pm EINGO 13 9am Orientation 13 9am Intro to Internet 13 9am Intro to Internet 13 9am Orientation 13 9am Orientation 13 9am Intro to Internet 13 9am Orientation 14 9am Drawing 15 9am Card Game: Scattergories 16 9am Learning Gimail 17 9am Drawing 18 9am Google Photos 18 10 10 10 10 10 10 10 10 10 10 10 10 10   |                       |  | 9am Field Trip           |                                       | 5 <u>9</u>           |
| Join us in celebrating all Mothers on Friday May 10, 2024 at 12pm Movie & Popcorn "The Wooding Planner"  12pm Shopping Trip Walfwart  12pm Shopping Trip Walfwart on and your Health by Helena  4pm Art Project: Charcoal Drawing  13  9am Intro to Internet  9am Orientation  10am Oasis Presents: Sun Safety  2pm Movie & Popcorn  12:30pm BINGO  330am Painting  14  9am Drawing  15  9am Learning Gmall  9am Learning Gmall  9am Learning Gmall  9am Learning Gmall  9am Sandors In Play  12:30pm BINGO  12:30pm  | from 9:30-11am        | Mother's Day                             | City Council Chambers    | Calendars                             | 2pm Karaoke          |
| all Mothers on Friday May 10, 2024 at 12pm Movie & Popcorn The Wedding Planner*  9 am Intro to Internet 9 :30am Painting 12:30pm BINGO WalMart 12:30pm Movie & Popcorn Thaming Hot* 12:30pm Movie & Popcorn Thaming Hot* 12:30pm BINGO 9 am Orientation 13 9 am Intro to Internet 9 am Orientation 14 9 am Drawing 9 am Orientation 15 9 am Learning Gmail 16 9 am: Hydration and your Health by Helena 17 9 am Intro to Internet 18:30pm Cornhole 18:30pm Painting 19 am Drawing 10 am Painting 10 am Oasis Prosents: Sun Safety 2pm Movie & Popcorn 12:30pm BINGO 13 9 am Drawing 12:30pm Bingo 12:30pm Bingo 12:30pm Bingo 13 9 am Drawing 14 9 am Drawing 15 9 am Learning Gmail 16 9 am: Hydration and your Health by Helona 10 am Seniors in Play 12:30pm Carti: Decorating 12:30pm Carti: Decorating 12:30pm Carti: Decorating 12:30pm Carti: Decorating 12:30pm Bingo 13 9 am Drawing 13 9 am Drawing 14 9 am Drawing 15 9 am Learning Gmail 16 9 am: Hydration and your Health by Helona 10 am Seniors in Play 12:30pm Bingo 12:30pm Bingo 12:30pm Bingo 13:30pm Bing |                       |  |                          | 5pm Crafting with Corks               |                      |
| 9am Intro to Internet 12:30pm Shopping Trip WalMart 12:30pm Cornhole 12:30pm Movie & Popcorn 12:30pm Movie & Popcorn 12:30pm Cornhole 2pm: Hydration and your Health by Helena 4pm Art Project: Charcoal Drawing 9am Orientation 13 9am Intro to Internet 9am Orientation 10am Oasis Presents: Sun Safety 2pm Movie & Popcorn 12:30pm EINGO 15 9am Drawing 16 9am Drawing 17 9am Learning Gmail 18:30pm EINGO 19:30am Painting 19:30am Hope Program 12:30pm EINGO 10am Seniors in Play 12:30pm EINGO 15 9am Learning Gmail 12:30pm EINGO 16 17 9am: Hydration and your Health by Helena 12:30pm EINGO 12:30pm EINGO 12:30pm EINGO 13 9am Drawing 13 9am Drawing 14 9am Drawing 12:30pm EINGO 15 9am Learning Gmail 12:30pm EINGO 10am Seniors in Play 12:30pm EINGO 12:30pm EIN | LO                    | all Mothers on<br>Friday May 10, 2024 at | •                        |                                       |                      |
| 12:30pm BINGO WalMart 12:30pm Cornhole  pm Movie & Popcorn Flaming Hot"  12:30pm BINGO  pm Movie & Popcorn Flaming Hot"  12:30pm BINGO  pm Movie & Popcorn Flaming Hot"  12:30pm BINGO  pm Movie & Popcorn Telaming Hot"  12:30pm BINGO  pm Movie & Popcorn Tombole  pam Orientation  12:30pm BINGO  pam Drawing  10am Oasis Presents: Sun Safety  pm Movie & Popcorn Tombole  | 6                     | 7  | 8                        | 9                                     | 10                   |
| WalMart    2:30pm Movie & Popcorn   Flaming Hot"   2pm: Movie & Popcorn   1pm Google Maps & Calendars   2pm Karaoke   2pm Karaok | 9am Intro to Internet | 9:30am Painting                          | 9am Drawing              | 9am Google Photos                     | 10am Seniors In Play |
| 12:30pm Cornhole  2pm: Hydration and your Health by Helena  4pm Board Game: Spm Craft for Mother's Day  4pm Art Project: Charcoal Drawing  13 9am Intro to Internet  9am Orientation  12:30pm Cornhole  12:30pm Cornhole  12:30pm BINGO  12:30pm BINGO  12:30pm Movie & Popcorn  12:30pm Movie & Popcorn  12:30pm Cornhole  12:30pm Cornhole  12:30pm BINGO  12 |                       | 12:30pm BINGO                            | 9am Orientation          | 12:30pm BINGO                         | 12:30pm LOTERIA      |
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| Charcoal Drawing  13 9am Intro to Internet 9am Orientation 12:30pm Cornhole 12:30pm Cornhole 4pm Card Game: NERTZ 5:30pm Karaoke  20 9am Intro to Internet 9:30am Painting 9am Orientation 12:30pm BINGO 12:30pm BINGO 12:30pm BINGO 12:30pm BINGO 12:30pm Badminton 12:30pm Bingo 13 9am Learning Gmail 12:30pm Craft: Decorating Picture Frames 12:30pm Craft: Decorating Picture Frames 12:30pm Bingo 12:30pm Bingo 13 9am Learning Gmail 12:30pm Bingo 12:30pm Bingo 13 9am Learning Gmail 12:30pm Bingo 13 14 9am Learning Gmail 12:30pm Bingo 12:30pm Bingo 11:30am May 11:30a | _ ·                   |  |                          | <del>-</del>                          |                      |
| 9am Intro to Internet 9am Orientation 10am Oasis Presents: Sun Safety 12:30pm Cornhole 12:30pm BINGO | - ·                   |  |                          |                                       |                      |
| 930 Orientation 12:30pm Cornhole 12:30pm BINGO   |                       |  |                          |                                       | 9am: Hydration and   |
| 12:30pm Cornhole  4pm Card Game: NERTZ  5:30pm Movie & Popcorn "Cowboys & Allens"  5:30pm Karaoke  20  9am Intro to Internet  9:30am Shopping Trip Target  12:30pm BINGO  12:30pm BINGO  12:30pm BINGO  12:30pm BINGO  21  9:30am Shopping Trip Target  12:30pm BINGO  12:30pm Caft: Quilling  12:30pm LOTERIA   | 9am Orientation       | Table 1                                  |                          | 12:30pm BINGO                         |                      |
| 4pm Card Game: NERTZ  5pm Movie & Popcorn "Cowboys & Aliens"  20 9am Intro to Internet 9:30am Painting 9:30am Shopping Trip Target 12:30pm BINGO  12:30pm BINGO  22 9am Drawing 9:30am CSFP Program Osteoprosis  22 2pm Movie & Popcorn "Jungle Cruise"  23 10am Seniors In Play  11:30am May Birthdays Celebratedl  12:30pm LOTERIA  12:30pm BINGO 11:30am May Birthdays Celebratedl  12:30pm LOTERIA  12:30pm BINGO 11:30am May 11:30am May Birthdays Celebratedl  12:30pm LOTERIA  12:30pm BINGO 12:30pm BINGO 12:30pm BINGO 12:30pm Pool Tourney  12:30pm LOTERIA  12:30pm BINGO 12:30pm LOTERIA  12:30pm BINGO 12:30pm BINGO 12:30pm LOTERIA  | 12:30pm Cornhole      | **                                       | 2pm Movie & Popcorn      | 1pm Smartphone Photos                 | 10am Seniors In Play |
| 5:30pm Karaoke  4pm Family Geneology 5 pm BINGO  20 9am Intro to Internet 9:30am Painting 9:30am Shopping Trip Target  10am Wellmed Presents: Osteoprosis  2pm Movie & Popcorn 4:30pm Pool Tourney  2pm Movie & Popcorn 4:30pm Pool Tourney  2pm Wellness on Web 10am Seniors In Play  11:30am May Birthdays Celebratedl  1pm Smartphone Photos 5pm Origami  12:30pm LOTERIA  12:30pm BINGO  2pm Movie & Popcorn 4:30pm Pool Tourney  2pm Wellness on Web 10am Seniors In Play  12:30pm LOTERIA  10am Seniors In Play  12:30pm LOTERIA  10am Seniors In Play  12:30pm LOTERIA  10am Seniors In Play  12:30pm BINGO  2pm: Movie & Popcorn "Inception"  4pm Board Game: Trivial Pursuit  5pm Craft: Quilling  2pm Karaoke  | 4pm Card Game: NERTZ  |  | ,                        | •                                     | 5 <b>2</b> .         |
| 9am Intro to Internet 9:30am Painting 9:30am Shopping Trip Target 12:30pm Cornhole 12:30pm BINGO 12:30pm Art Project: Acrylic Painting 12:30pm BINGO 12:30pm BINGO 12:30pm BINGO 12:30pm BINGO 12:30pm BINGO 12:30pm BINGO 12:30pm Pool Tourney 12:30pm BINGO 12:30pm LOTERIA 1pm Exploring Internet 1p |                       | "Cowboys & Aliens"                       |                          |                                       |                      |
| 9am Intro to Internet 9:30am Painting 9:30am Shopping Trip Target 10am Wellmed Presents: Osteoprosis 12:30pm Cornhole 12:30pm BINGO 12:30pm BINGO 12:30pm BINGO 12:30pm Movie & Popcorn "Jungle Cruise"  12:30pm Pool Tourney  28 9am Drawing 9am Learning Gmail 10am Seniors In Play 11:30am May Birthdays Celebrated! 1pm Smartphone Photos 5pm Origami 12:30pm LOTERIA 12:30pm LOTERIA 12:30pm BINGO 12:30pm Craft: Quilling  | 20                    | 21                                       | •                        | 23                                    | 24                   |
| Target  Osteoprosis  12:30pm Cornhole  12:30pm BINGO  12:30pm BINGO  5pm Art Project: Acrylic Painting  Posterior  28  9:30am Painting  12:30pm BINGO  28  9am Drawing  12:30pm BINGO  29  9am Wellness on Web  12:30pm BINGO  4pm Cornhole  4pm Cornhole  5pm Movie & Popcorn  "Inception"  4pm Board Game: Trivial Pursuit  5pm Craft: Quilling  Birthdays Celebrated!  1pm Smartphone Photos  5pm Origami  12:30pm LOTERIA  12:30pm LOTERIA  12:30pm BINGO  12:30pm BINGO  12:30pm BINGO  12:30pm BINGO  12:30pm LOTERIA  1pm Exploring Internet  5pm Craft: Quilling   |                       |  |                          |                                       |                      |
| 2pm Movie & Popcorn "Jungle Cruise"  12:30pm BINGO 5pm Art Project: Acrylic Painting  2pm Movie & Popcorn "Jungle Cruise"  4:30pm Pool Tourney  2pm Movie & Popcorn "Jungle Cruise"  2pm Wellness on Web  12:30pm BINGO 12:30pm BINGO 12:30pm LOTERIA 1pm Exploring Internet 1pm Karaoke 2pm Karaoke 2pm Karaoke 2pm Karaoke 2pm Karaoke   | Target /              |  |                          | 12:30pm BINGO                         | •                    |
| 5pm Art Project: Acrylic Painting  5pm Movie & Popcorn "Jungle Cruise"  28 9:30am Painting 12:30pm BINGO 12:30pm BINGO 2pm: Movie & Popcorn "Inception"  4:30pm Pool Tourney  5pm Origami  12:30pm Craft: Quilling  12:30pm Craft: Quilling  12:30pm Craft: Quilling  12:30pm Craft: Quilling  | #                     | 12:30pm BINGO                            | •                        | 1pm Smartphone Photos                 |                      |
| Acrylic Painting  "Jungle Cruise"  28 9:30am Painting  9am Drawing  12:30pm BINGO  4pm Cornhole  4pm Board Game: Trivial Pursuit  28 9am Drawing  12:30pm BINGO  12:30pm BINGO  12:30pm BINGO  12:30pm BINGO  12:30pm LOTERIA  1pm Exploring Internet  5pm Craft: Quilling  2pm Karaoke  | 5pm Art Project:      |  | 4:30pm Pool Tourney      | 5pm Origami                           | - 6 A                |
| 9:30am Painting 12:30pm BINGO 12:30pm BINGO 4pm Cornhole 5pm Movie & Popcorn 12:30pm Bingo 12:30pm LOTERIA 1pm Exploring Internet 5pm Craft: Quilling 2pm Karaoke  | Acrylic Painting      | · •                                      |                          |                                       |                      |
| CLOSED FOR MEMORIAL DAY  4pm Cornhole  4pm Board Game:  Trivial Pursuit  4pm Exploring Internet  5pm Craft: Quilling  12:30pm LOTERIA  1pm Exploring Internet  5pm Craft: Quilling   | 27                    | _  |                          |                                       |                      |
| MEMORIAL DAY 5pm Movie & Popcorn Trivial Pursuit  4pm Board Game: 5pm Craft: Quilling 2pm Karaoke  |                       | 12:30pm BINGO                            | •                        | 12:30pm BINGO                         | 12:30pm LOTERIA      |
| DAY*   | CLOSED FOR            | 4pm Cornhole                             | 4pm Board Game:          | 1pm Exploring Internet                | * * * * *            |
|  | DAY                   | · •                                      | Trivial Pursuit          | 5pm Craft: Quilling                   |                      |

\*Calendar and Instructors subject to change\*

### **May Announcements & Events:**

Hope Program Wednesday 05/15/2024 9:30-11am & 12:00-1pm

(No new applications & while supplies last)



CSFP Cheese Box Wednesday 05/22/2024 9:30-11am & 12:00-1pm

(No new applications & while supplies last)



#### **Exercise Class Schedule**

| <u>Monday</u>    | Tuesday             | <u>Wednesday</u>    | <u>Thursday</u>   | <u>Friday</u>   |
|------------------|---------------------|---------------------|-------------------|-----------------|
| 10am: Senior     | 9am: Chair Rise     | 8:30am: Gentle      | 10:15am: Tai Chi  | 9am: Low Impact |
| Circuit (Liz)    | and Thrive (Elaine) | Yoga (Maci)         | (Theresa)         | Bootcamp        |
|                  |                     |                     |                   | (Rodney)        |
| 1pm: Yo-Chi      | 10:15am Zumba       | 10:am Dance         | 1pm: Strength and |                 |
| (Elaine)         | (Theresa)           | Alegria (Urban 15)  | Toning (Elaine)   | 1pm: Full Body  |
|                  |                     |                     |                   | Stretch (Jorge) |
| 4:00pm: Muscle   | 12pm: Low           | 1pm: Senior Circuit | 4pm: Drumming     |                 |
| Strength (Jorge) | Impact Cardio       | (Shelly)            | Fitness (Video)   |                 |
|                  | (Jorge)             | 5pm: Strength and   |                   |                 |
|                  | 4pm: Low Impact     | Toning (Alexis)     |                   |                 |
|                  | Bootcamp            |                     |                   |                 |
|                  | (Rodney)            |                     |                   |                 |

## **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

# Meet our new Nutrition Specialist, Helena!

"Hi, my name is Helena Safi and I will be the Nutritionist Specialist at Southside Lions Senior Center. I am originally from Brazil and have a Bachelors and a Masters in Food, Nutrition, & Dietetics - the first from Universidade Federal de Juiz de Fora (in Brazil) and last from Illinois State University. Fun fact: Brazil is the only country in South America that speaks Portuguese, therefore I am fluent in Portuguese & English. In my free time I love to experiment new recipes in the kitchen and attend cooking classes with my husband. If you see me around, please say hello!"

