



# APRIL

**District 2 Senior Center**  
 1751 S.WW White Rd  
 San Antonio, TX. 78220  
 Phone: (210) 207-5390

Hours of Operation:  
 Monday - Thursday 7:00am - 8:00pm  
 Friday 7:00am - 4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. <b>Center Closed for Cesar Chavez Day</b></p>	<p>2. <b>Computer Class (CL)</b> Intro to the Internet 9:00am-11:00am</p> <p><b>Crocheting** (AC)</b> 9:00am-11:00am</p> <p><b>Arts &amp; Crafts** (AC)</b> Fiesta Yarn Bracelet 12:00pm-2:00pm</p> <p><b>Senior Planet Technology Class (CR)</b> 4:30pm - 5:30pm</p> <p><b>Bingo (DR)</b> 5:30pm - 7:00pm</p>	<p>3. <b>Computer Class (CL)</b> iPad Basics 9:00am-11:00am</p> <p><b>iPhone Basics</b> 1:00pm-3:00pm</p> <p><b>Sewing** (AC)</b> 9:00am-10:30am</p> <p><b>Seniors In Play (LB)</b> 1:00pm - 2:30pm</p> <p><b>Diabetes Prevention (CR)</b> 3:30pm - 4:30pm 4:30pm - 5:30pm</p> <p><b>Loteria (DR)</b> 6:00pm - 7:30pm</p>	<p>4. <b>Drawing Class (AC)</b> 9:30am-11:30am</p> <p><b>Karaoke** (DR)</b> 1:45pm - 3:45pm</p> <p><b>Quilting** (MP)</b> 1:00pm - 2:45pm</p> <p><b>Puzzle Table (DR)</b> 5:00pm - 5:30pm</p> <p><b>Bingo (DR)</b> 5:30pm - 7:00pm</p>	<p>5. <b>Bingo Dining Area</b> 1:15pm-2:15pm</p> <p><b>Wellmed Medicare Information</b> 1:00pm-3:00pm</p>
<p>8. <b>Painting Class (AC)</b> 9:30am-11:30am</p> <p><b>Karaoke ** (DR)</b> 4:00pm - 6:30pm</p> <p><b>Word Find (AC)</b> 5:00pm - 5:30pm</p> <p><b>Loteria (AC)</b> 5:30pm - 7:00pm</p>	<p>9. <b>Computer Class (CL)</b> Intro to the Internet 9:00am-11:00am</p> <p><b>Crocheting** (AC)</b> 9:00am-11:00am</p> <p><b>Arts &amp; Crafts** (AC)</b> Color Fiesta 12:00pm-2:00pm</p> <p><b>Senior Planet Technology Class (CR)</b> 4:30pm - 5:30pm</p> <p><b>Bingo (DR)</b> 5:30pm - 7:00pm</p>	<p>10. <b>Computer Class (CL)</b> Learning Gmail 9:00am-11:00am</p> <p><b>CyberSecurity: Phishing and ID Theft</b> 1:00pm-3:00pm</p> <p><b>Sewing** (AC)</b> 9:00am-10:30am</p> <p><b>Seniors In Play (LB)</b> 1:00pm - 2:30pm</p> <p><b>Diabetes Prevention (CR)</b> 4:30pm - 5:30pm</p> <p><b>Loteria (DR)</b> 6:00pm - 7:30pm</p>	<p>11. <b>Drawing Class (AC)</b> 9:30am-11:30am</p> <p><b>Karaoke** (DR)</b> 1:45pm - 3:45pm</p> <p><b>Quilting** (MP)</b> 1:00pm - 2:45pm</p> <p><b>Puzzle Table (DR)</b> 5:00pm - 5:30pm</p> <p><b>Bingo (DR)</b> 5:30pm - 7:00pm</p>	<p>12. <b>League of Woman Voters</b> 10:30am - 11:00am</p> <p><b>Bingo Dining Area</b> 1:15pm-2:15pm</p>
<p>15. <b>COMMODITIES</b> 1:30PM - 3:30PM</p> <p><b>Painting Class (AC)</b> 9:30am-11:30am</p> <p><b>Karaoke ** (DR)</b> 4:00pm - 6:30pm</p> <p><b>Word Find (AC)</b> 5:00pm - 5:30pm</p> <p><b>Loteria (AC)</b> 5:30pm - 7:00pm</p>	<p>16. <b>COMMODITIES</b> 7:00AM - 9:00AM</p> <p><b>Computer Class (CL)</b> Google Photos 9:00am-11:00am</p> <p><b>Crocheting** (AC)</b> 9:00am-11:00am</p> <p><b>Arts &amp; Crafts** (AC)</b> VIVA Fiesta 12:00pm-2:00pm</p> <p><b>Senior Planet Technology Class (CR)</b> 4:30pm - 5:30pm</p> <p><b>Bingo (DR)</b> 5:30pm - 7:00pm</p>	<p>17. <b>Computer Class (CL)</b> Learning Gmail 9:00am-11:00am</p> <p><b>CyberSecurity: Phishing and ID Theft</b> 1:00pm-3:00pm</p> <p><b>Sewing** (AC)</b> 9:00am-10:30am</p> <p><b>Seniors In Play (LB)</b> 1:00pm - 2:30pm</p> <p><b>Diabetes Prevention (CR)</b> 4:30pm - 5:30pm</p> <p><b>Loteria (DR)</b> 5:30pm - 7:00pm</p>	<p>18. <b>Drawing Class (AC)</b> 9:30am-11:30am</p> <p><b>Karaoke** (DR)</b> 1:45pm - 3:45pm</p> <p><b>Quilting** (MP)</b> 1:00pm - 2:45pm</p> <p><b>"Nourished On Any Budget" (DR)</b> 5:00pm - 6:00pm</p> <p><b>Bingo (DR)</b> 6:00pm - 7:00pm</p>	<p>19. <b>Wellmed Medicare Information</b> 1:00pm-3:00pm</p> <p><b>April Birthday Celebrations w/ Potluck!</b> (Potluck at your individual tables)</p>
<p>22. <b>Painting Class (AC)</b> 9:30am-11:30am</p> <p><b>UT Health Fair</b> 8:00am - 12:00pm</p> <p><b>Karaoke ** (DR)</b> 4:00pm - 6:30pm</p> <p><b>Word Find (AC)</b> 5:00pm - 5:30pm</p> <p><b>Loteria (AC)</b> 5:30pm - 7:00pm</p>	<p>23. <b>Computer Class (CL)</b> Google Photos 9:00am-11:00am</p> <p><b>Crocheting** (AC)</b> 9:00am-11:00am</p> <p><b>Arts &amp; Crafts** (AC)</b> Spring Wreath 12:00pm-2:00pm</p> <p><b>Senior Planet Technology Class (CR)</b> 4:30pm - 5:30pm</p> <p><b>Bingo (DR)</b> 5:30pm - 7:00pm</p>	<p>24. <b>Computer Class (CL)</b> Essential Apps 9:00am-11:00am</p> <p><b>Password Managers</b> 1:00pm-3:00pm</p> <p><b>Sewing** (AC)</b> 9:00am-10:30am</p> <p><b>Seniors In Play (LB)</b> 1:00pm - 2:30pm</p> <p><b>Fiesta Float Contest</b> 4:30pm - 5:30pm</p> <p><b>Diabetes Prevention (CR)</b> 4:30pm - 5:30pm</p> <p><b>Loteria (DR)</b> 5:30pm - 7:00pm</p>	<p>25. <b>Drawing Class (AC)</b> 9:30am-11:30am</p> <p><b>Karaoke** (DR)</b> 1:45pm - 3:45pm</p> <p><b>Quilting** (MP)</b> 1:00pm - 2:45pm</p> <p><b>Puzzle Table (DR)</b> 5:00pm - 5:30pm</p> <p><b>Bingo (DR)</b> 5:30pm - 7:00pm</p>	<p>26. <b>Center Closed for Fiesta San Jacinto Day</b></p>
<p>29. <b>Painting Class (AC)</b> 9:30am-11:30am</p> <p><b>Senior Advisory Meeting (CR)</b> 9:30am - 10:30am</p> <p><b>Karaoke ** (DR)</b> 4:00pm - 6:30pm</p> <p><b>Word Find (AC)</b> 5:00pm - 5:30pm</p> <p><b>Loteria (AC)</b> 5:30pm - 7:00pm</p>	<p>30. <b>Computer Class (CL)</b> YouTube 9:00am-11:00am</p> <p><b>Crocheting** (AC)</b> 9:00am-11:00am</p> <p><b>Arts &amp; Crafts** (AC)</b> Decorative Mugs 12:00pm-2:00pm</p> <p><b>Senior Planet Technology Class (CR)</b> 4:30pm - 5:30pm</p> <p><b>Bingo (DR)</b> 5:30pm - 7:00pm</p>		<p><b>HAVE LUNCH WITH US!</b> Hot Meals are served Monday through Friday from <b>11:00am-1:00pm (or until gone)</b> in the Dining Area.</p> <p>Meal tickets can be picked up between 8:00am-11:00am (or until all tickets have been issued out).</p>	<p><b>Room Key</b> CL - Computer Lab AC - Arts&amp; Crafts Room DR - Dining Room LB - Library CR - Conference Room RA - Rec Area MP - Multi-Purpose Room</p> <p><b>Note: Classes marked with ** are Volunteer-led classes.</b></p>

**Our Apologies: Calendar may change or be updated without advance notice.**

# EXERCISE CLASSES

## Monday

Line Dancing 1:00pm - 1:45pm  
Senior Strength 2:00pm - 2:45pm  
Chair Volleyball 4:00pm - 5:00pm

## Tuesday

Wellmed Chair Exercise 9:45am - 10:15am  
Cardio Dance 10:30am - 11:15am  
Sit & Be Fit 1:00pm - 1:45pm  
Chair Yoga 4:00pm - 5:00pm

## Wednesday

Senior Circuit 9:00am - 9:45am  
Chair Volleyball 10:00am - 10:45am  
Line Dancing 4:00pm - 5:00pm

## Thursday

Wellmed Chair Exercise 9:45am - 10:15am  
Gentle Yoga 1:00pm - 1:45pm  
Chair Volleyball 2:00pm - 2:45pm  
Low Impact Bootcamp 4:00pm - 5:00pm

## Friday

Line Dancing 2:30pm - 3:15pm

## EVENTS

- ❖ 4/01/24 - Center CLOSED for Cesar Chavez Day
- ❖ 4/03/24 - Shopping Trip!! Wal-Mart 10:00am - 12:00pm *(Transportation leaves at 9:45am)*
- ❖ 4/05/24 - Field Trip!! "Why Black History is Important?" Carver Community Cultural Center 10:00am - 12:30pm  
*↑(Seating is limited. Sign up at Front Desk. Transportation leaves at 10:00am)↑*
- ❖ 4/08/24 - Healthy Eating Made Easy (By Nurse Marivel Roque & Philip Banks) 9:00am - 10:00am
- ❖ 4/08/24 - OASIS Presentation "Alamo Service Connection" 10:30am - 11:30am
- ❖ 4/08/24 - TOTAL SOLAR ECLIPSE Peak Eclipse Viewing @ 1:34pm *(Partial eclipse 12:14pm - 2:55pm)*
- ❖ 4/11/24 - Meet & Greet Your Deaf and Hard of Hearing Resource Specialists 10:30am - 11:30am
- ❖ 4/11/24 - Nutrition Presentation (By Philip Banks) 12:30pm - 1:00pm
- ❖ 4/12/24 - League of Woman Voters "Voter Education" 10:30am - 11:00am
- ❖ 4/12/24 - Field Trip!! Japanese Tea Garden 10:00am - 12:00pm *(Transportation leaves at 9:45am)*
- ❖ 4/15/24 - COMMODITIES 1:30pm - 3:30pm
- ❖ 4/16/24 - COMMODITIES 7:00am - 9:00am
- ❖ 4/18/24 - Food Bank Presentation *(w/ Cooking Demo)* 10:00am - 11:00am
- ❖ 4/18/24 - Presentation by Metropolitan Health District "Nourished On Any Budget" 5:00pm - 6:00pm
- ❖ 4/19/24 - Volunteer Appreciation Celebration *(Volunteers must RSVP by April 4th)* 10:00am - 1:00pm *Transportation leaves at 9:30am*
- ❖ 4/19/24 - April Birthday Celebrations w/ Potluck *(Potluck at your Individual Tables)*
- ❖ 4/22/24 - UT Physical Therapy Health Fair 8:00am - 12:00pm
- ❖ 4/23/24 - Field Trip!! Market Square 3:30pm - 6:30pm *(Transportation leaves at 3:30pm)*
- ❖ 4/24/24 - FIESTA FLOAT CONTEST! 4:30pm - 5:30pm
- ❖ 4/25/24 - Nutrition Presentation (By Philip Banks) 12:30pm - 1:00pm
- ❖ 4/25/24 - **FIELD TRIP!!! Senior FIESTA** *(Wonderland of the Americas)* 9:00am - 11:30pm *(Transportation leaves at 9:00am)*
- ❖ 4/26/24 - Center CLOSED for Fiesta San Jacinto Day
- ❖ 4/29/24 - Senior Advisory Meeting 9:30am - 10:30am

♪♪♪\*\*TRAIN WALK DAILY @ 12:15pm\*\*♪♪♪

### Rules of Conduct

- All HEAL participants MUST eat meals in the dining area. Meal may NOT be taken home.
- Participant will not use language or behave in an obscene, abusive, hostile, insulting or a disrespectful manner towards any center staff, volunteers, guests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
- Participant will not harass or discriminate on basis of race, color, religion, national origin, sex, sexual orientation, gender identity, veteran status, age or disability.
- Participant will not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the center or grounds.
- Participant will not bring illegal drugs or alcoholic beverages into the center or be under the influence.
- Participant should not bring or consume food or beverages in the computer labs.
- Participant should not attend the center if suffering from an illness that may be transmitted to staff, volunteers, guests or other participants.
- Participant will not use the center to store personal property or as a place to receive deliveries or mail.
- Participant will not steal, destroy or damage property in the center.
- Participant will not engage in illegal activities while at the center.

**Well Med will be On Site at D2 Senior Center**

**8:00am-3:30pm on Tuesdays & Thursdays.  
BMI, Blood Pressure & Blood Glucose (fasting).**

*(Nurses hours & days are subject to change)*