

BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, JULY 11

THEME: BACK YARD JAMBOREE - COLORS: RED
DECORATE YOUR TABLE WITH THEME AND COLOR

FROZEN MEALS DISTRUBUTED THE DAY BEFORE, BRING YOUR OWN FOOD

Rickey Harris	July 1	Benito Moreno	July 6	Fernando Gomez	July 8	Doris Linares	July 14	Maria Jimenez	July 28
Maria Tapia	July 3	Ernesto Anis	July 7	Yolanda Casas	July 13	Alberto Hernandez	July 25	Martha Hernandez	July 28
Antonio Negrete	July 5	Fermin Gutierrez	July 7	Maria Perez	July 14	Dolores Martinez	July 25		



"Walk For A Cause 2025" Step up to Elder Abuse Step Challenge
Top D5 Center Walkers: Eliazar Garcia, Irene Ybarra, Robert Garza, Mary Tapia, Maria Lara (not in photo)



Herbs On The Patio - Healthy veggies,
grown right here at our center!



June Birthday members show birthday dates



Father's Day Recognition



Catholic Charities Project Cool Kick Off




Extended Hours Program Crazy Hat Day





Extended Hours Program Pool Tournament Winners



Extended Hours Program Game Night

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 YWCA Joint Movement 12:00 YWCA Weight Training 1:30 LOTERIA	2 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 10:00 SA Oasis Lifelong Adventure Sun Safety 12:30 POKENO 1:00 SA Oasis Computer Class	3 9:30 YWCA Strength & Flex 9:30 Senior Swim Kingsborough Park Pool 12:15 BINGO 12:30 4th July Observance 1:00 Bihl Haus GO! Arts Piñatas & More	4 CENTER CLOSED 
	3:00 Free Automotive Inspection 3:30 Flicks & Film 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	3:00 Chair Volleyball 5:00 Swimming at Roosevelt Park 5:00 Karaoke Night/Game Night 7:00 Lobby Chat	3:00 OPEN ART 4:00 YMCA CHAIR YOGA 5:00 4th July Balloon Pop 5:00 What's Happening Next Week 5:30 Specialty Bingo National Bean Day B.Y.O Beans	Frozen Meal Distributed Thursday
7 9:00 Jewelry Creation 9:00 Herbs On The Patio 10:00 YWCA Low Impact Cardio 11:00 SHOPPING HEB 12:30 LOTERIA 2:00 Older Adults Technology Services (OATS) 1:00 Chair Volleyball Practice Normoyle Senior Center 4:00 YMCA Movement and Dance 5:00 Game Night/Pool Table 7:00 Lobby Chat	8 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 1:00 Caregiver SOS Program and Alzheimer's Association Present a Dementia Series "Understanding How Dementia Affects Communication" 3:30 Flicks & Film 5:30 What's Happening This Week 5:30 SPECIALTY BINGO Nacho Cheese Day	9 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 12:00 FOOD BANK 1:00 SA Oasis Computer Class 3:00 Chair Volleyball 5:00 Open Mic 6:00 Game Night 7:00 Lobby Chat	10 9:30 YWCA Strength & Flex 9:30 Senior Swim Kingsborough Park Pool 12:15 BINGO 1:00 Bihl Haus GO! Arts Piñatas & More 3:00 OPEN ART 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	11 9:00 SA Oasis Computer Class 10:30 YWCA Exercise Equipment Training 12:00 Bihl Haus GO! Arts Painting & Drawing 12:00 BIRTHDAY CELEBRATION Theme: Back Yard Jamboree Color: Red 2:00 Early Release
14 9:00 Jewelry Creation 9:00 Herbs On The Patio 10:00 YWCA Low Impact Cardio 12:30 LOTERIA 2:00 Older Adults Technology Services (OATS) 1:00 Chair Volleyball Practice Normoyle Senior Center 4:00 YMCA Movement and Dance 5:00 Game Night/Pool Table 7:00 Lobby Chat	15 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 1:30 LOTERIA 3:30 Super Hero Birthday 5:30 What's Happening This Week 5:30 SPECIALTY BINGO National Hot Dog Day	16 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 1:00 POKENO 1:00 SA Oasis Computer Class 3:00 Chair Volleyball 5:00 Karaoke Night/Game Night 5:00 Summer Evening at HemisFair Park and Tower of Americas 7:00 Lobby Chat	17 9:30 YWCA Strength & Flex 9:30 Senior Swim Kingsborough Park Pool 12:15 BINGO 1:00 Bihl Haus GO! Arts Piñatas & More 3:00 OPEN ART 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo Lollipop Day	18 8:00 Senior Services Benefit Navigator 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Painting & Drawing
21 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 1:00 Chair Volleyball Practice Normoyle Senior Center	22 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 11:00 SHOPPING Marshalls 12:00 YWCA Weight Training 1:30 LOTERIA 3:30 Flicks & Films	23 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 1:00 SA Oasis Computer Class 3:00 Chair Volleyball 5:00 Browsing On A Budget	24 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:15 BINGO 1:00 Bihl Haus GO! Arts Piñatas & More 3:00 OPEN ART	25 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Painting & Drawing 1:00 LOTERIA

4:00 YMCA Movement and Dance 5:00 Game Night/Pool Tournament 7:00 Lobby Chat	5:30 What's Happening This Week 5:30 SPECIALTY BINGO	SouthPark Mall 5:00 Puzzle Race/Game Night 7:00 Lobby Chat	4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	1:00 LOTERIA
28 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 1:00 Chair Volleyball Practice Normoyle Senior Center 4:00 YMCA Movement and Dance 4:00 In House Pool Challenge 5:00 Game Night/Pool Table 7:00 Lobby Chat	29 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 12:00 HEAL Nutrition Education 1:30 LOTERIA 3:30 Happy Anything Anniversay 5:30 What's Happening This Week 5:30 SPECIALTY BINGO Popcorn Night	30 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 11:30 Butterfly OUTLET 1:00 SA Oasis Computer Class 3:00-5:00 Chair Volleyball 5:00 Karaoke/Game Night 5:00 Culture Awareness Dine On A Dime (To Be Determined) 7:00 Lobby Chat	31 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:15 BINGO 1:00 Bihl Haus GO! Arts Piñatas & More 3:00 OPEN ART 4:00 YMCA CHAIR YOGA 5:00 Kool-Aid Con Hielo 5:00 What's Happening Next Week 5:30 Specialty Bingo	






Health Screenings

8:00 - 3:00 Tuesday, Thursday & Friday

Medicaid/Medicare Assistance

9:00-11:00 **Ruby Garcia**
Tuesdays Independent Insurance Agent
WellMed / Partner –Medicare Pro

Caregiver SOS Program and the Alzheimer's Association

A Dementia Presentation
1:00 - July 8, 2025
"Understanding Dementia Affects Communication"
Learn how dementia affects our ability to communicate

Laura Keown Caregiver Specialist (210) 207-5272

DHS Benefit Navigators
8:00 - 1:00 1st and 3rd Friday

- Find programs matching your needs.
- Apply for local and non-profit services.
- Get answers to complete assistance applications.

BRAIN CHALLENGE
HIDDEN PICTURES Tuesdays and Thursdays

VOLUNTEERS
1:00 Wednesday, July 2 - Council Meeting
12:00 Monday, July 28 - All Volunteers

ywca FUN AND FIT Exercise Classes		
10:00 - 10:45	Monday	Low Impact Cardio
9:30 - 10:15	Tuesday	Joint Movement
12:00 - 12:45	Tuesday	Weight Training
No Exercise Class First Wednesday		
9:45 - 10:30	Wednesday	Joint Movement
9:30 - 10:15	Thursday	Strength & Flex
10:30-11:30 Every Second Friday		
Exercise Equipment Training w/Personal Trainer		
10:30-11:30	Friday	Cardio Dance
SA OASIS COMPUTER CLASSES		
WEDNESDAY		
9:00-11:00	July 2 - July 23	MS Word
9:00-11:00	July 30	Meet the Computer
1:00-3:00	July 2-July 9	Creativity with Word: Lists, journaling and other helpful activities
1:00-3:00	July 16-July 23	Learning, Gmail
1:00-3:00	July 30	Meet the Computer
FRIDAY		
9:00-11:00	July 11 –July 28	Translation Tools: It's effectiveness language Usage
9:00-11:00	July 25	MS Word
SAN ANTONIO SENIOR PLANET FROM AARP		
Older Adult Technology (OATS) 2:00-3:00 Monday		
FREE In-Person Technology Lecture For Older Adults		
July 7	Entertainment Program Series Session 1: Streaming and Smart TVs	
July 14	Entertainment Program Series Session 2: Free Streaming with Tubi is subject	
July 21	Entertainment Program Series Session 3: Spotify	



4:00-5:00 Mondays MOVEMENT AND DANCE
Movement and Dance can improve your physical and mental health, as well as your social skills.

4:00-5:00 Thursdays CHAIR YOGA
Yoga supports stress management, mental health, mindfulness, healthy eating weight loss and quality sleep.

BROWSIN' ON A BUDGET/ DINE ON A DIME
AFFORDABLE STORES AND RESTAURANTS

CULTURAL AWARENESS
Documentaries, films, and movies.
Travel to museums restaurants, and events.
FOR DATES AND TIMES SEE FLIERS

Chair Volleyball
1:00 - 5:00 Monday Normoyle Gymnasium
3:00 - 5:00 Wednesday Practice D5 Center

BUTTERFLY POPUP OUTLET
11:30 - 1:00 Last Wednesday
Play Bingo, Loteria, Pokeno WIN
"NEW Butterfly Bucks"
Redeem Butterfly Bucks for prizes.

JULY 2025

Look inside to discover activities and presentations designed to engage and inspire



Friday, July 4 Center Closed
FROZEN MEAL DISTRIBUTED THURSDAY

Sweet Taste of Freedom!

12:30 Paletas & Special Bingo

A graphic for "Senior Swim". It features the words "SENIOR SWIM" in large, bold, teal letters. Below the text is a blue water splash with a yellow circle containing the word "FREE" and "Ages 60+" below it. The background is a gradient of yellow and teal.

SENIOR SWIM

FREE
Ages 60+

*Stay active, connect with others
and have fun in the sun!*

Kingsborough Park Pool • 350 Felps Blvd • San Antonio, TX 78221

Free Swimming Activates, specifically designated as "Senior Swim "
9:30 Thursday, July 3, July 10 & July 17

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Appropriate Swimwear required

## DISTRICT 5 SENIOR CENTER

2701 S. Presa | San Antonio, TX 78210 (210) 207-5270  
Active Adult Center for Entertainment (AAE)  
Activities from Monday -Thursday 7:15 - 7:45 and Friday 7:15 - 3:45

### MEALS SERVED DAILY

**11:00 MONDAY -THURSDAY & 11:30 FRIDAY**

**We Are Butterflies!**  
We Come Alive at District 5 Senior Center!  
Our Colors Are Royal Blue and Burnt Orange



## FREE PARTICIPATION FOR OLDER ADULTS

### Eligibility Criteria

- At least 60 years old
- Ability to take care of personal needs
- Have Mental and Physical ability to act independently

May bring and use any personal device necessary for mobility

**VISIT OR CALL FOR MORE DETAILS**