

# BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, APRIL 12

THEME: FIESTA OF THE BUTTERFLIES

FROZEN MEALS BRING YOUR OWN FOOD/DECORATE YOUR TABLE WITH THEME

Francisco Molina	April 2	Andres Delgado	April 12	Ruben Tristan	April 20	Miguel Guajardo	April 25
Mary A Saenz	April 7	Maria Elena Olivares	April 12	Jesus Hernandez	April 20	Olga Lara	April 25
Alberto Hernandez	April 8	Toribo Gutierrez	April 16	Herlinda Pineda	April 23	Maria Elena Llamas	April 27
Gloria Ortiz	April 12						

## WHAT YOU MISSED!



San Antonio African American Community Archive and Museum visit D5 for Black History Month



Extend Hours Program Presents District 5 Women History Month Celebration



Resource/Information Day CPS Energy Discount Programs



Nutrition Site Supervisor National Nutrition Month Presentation



March Birthday members show birth dates



Texas A&M AgriLife Extension Presents 5 Week Health Aging Be Well, Live Well Program



Healthy Neighborhoods Teaches Herb On The Patio Members To Build Green House And Compost Bin



Urban 15 Presents Music Performance D2 Sing 4 Joy and D5 Rhythm Royale



Happy St. Patrick's Day from District 5 Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>Center Closed</b></p> 	<p><b>2</b></p> <p>9:30-10:15 YWCA Joint Movement</p> <p>10:00-11:00 Urban 15 Rhythm Royale Percussion</p> <p>12:15-1:00 YWCA Weight Training</p> <p><b>1:00 Nutrition Education FOOD BANK Demonstration</b></p> <p>3:00-5:00 Chair Volleyball</p> <p>5:30-7:00 <b>SPECIALTY BINGO</b></p> <p><b>SHOE BOX FIESTA FLOAT ANNOUNCEMENTS &amp; RULES</b></p>	<p><b>3</b></p> <p><b>9:00am - 7:00pm</b></p> <p><b>Stitch In Time Sewing</b></p> <p>9:00 &amp; 1:00 SA Oasis Computer Class</p> <p>10:00 SA Oasis Lifelong Adventure Understanding Alzheimer's and Dementia</p> <p><b>12:00 FOOD BANK</b></p> <p>3:00-4:00 Introduction to Chess</p> <p>3:00-4:00 Chair Volleyball</p> <p>5:30-6:30 Walk-N-Zumba</p>	<p><b>4</b></p> <p>9:00-10:00 D5WellMed Mission Walkers</p> <p>10:00-10:45 YWCA Yo-Chi</p> <p><b>12:15 BINGO</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Drawing January 2-March 21</p> <p>3:00 Ball Drummiñ</p> <p>4:00-5:00 YMCA YOGA</p> <p>5:00-7:00 Specialty Bingo</p>	<p><b>5</b></p> <p>9:30 SA Oasis Computer Class</p> <p>9:30 Resource/Information Day Project MEND Medical Equipment Network for Disabilities and repair medical equipment</p> <p><b>10:30-11:30 YWCA Exercise Training</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Painting January 5 - March 22</p> <p><b>1:00-2:30 LOTERIA</b></p>
<p><b>8</b></p> <p>9:00-10:00 Jewelry Creation</p> <p>9:00 Healthy Neighborhoods "Herbs On The Patio"</p> <p>10:00-10:45 YWCA Low Impact Cardio</p> <p><b>11:00 SHOPPING Fiesta At North Star</b></p> <p><b>12:15-2:00 LOTERIA</b></p> <p>3:00-4:00 Introduction to Chess</p> <p>3:00-4:00 YMCA Line Dancing</p> <p>4:00-5:00 Older Adults, Technology</p> <p>5:00-7:00 Pool Challenge</p>	<p><b>9</b></p> <p>9:30-10:15 YWCA Joint Movement</p> <p>10:00-11:00 Urban 15 Rhythm Royale Percussion</p> <p>12:15-1:00 YWCA Weight Training</p> <p>1:00 Texas A&amp;M AgriLife Nutrition Education <b>Be Well Live Well</b></p> <p>1:00 WellMed Health Education Sleep Awareness</p> <p><b>1:30-2:45 LOTERIA</b></p> <p>3:00-5:00 Chair Volleyball</p> <p>5:30-7:00 <b>SPECIALTY BINGO</b></p>	<p><b>10</b></p> <p><b>DISTRICT 5 SENIOR CENTER</b></p>  <p><b>9:00AM-7:00PM</b></p>	<p><b>11</b></p> <p>9:00-10:00 D5WellMed Mission Walkers</p> <p>10:00-10:45 YWCA Yo-Chi</p> <p><b>12:15 BINGO</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Drawing January 2-March 21</p> <p>3:00 Ball Drummiñ</p> <p>4:00-5:00 YMCA YOGA</p> <p>5:00-7:00 Specialty Bingo</p>	<p><b>12</b></p> <p>9:30 SA Oasis Computer Class</p> <p>9:30 Resource/Information Day Med Team Inc. Services and Fun Activity</p> <p><b>10:30-11:30 YWCA Exercise Training</b></p> <p><b>12:00-2:00 BIRTHDAY CELEBRATION Fiesta Of The Butterflies</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Painting January 5 - March 22</p>
<p><b>15</b></p> <p>10:00-11:00 Jewelry Creation</p> <p>9:00 Healthy Neighborhoods "Herbs On The Patio"</p> <p>9:30 League of Women Voters Mail In Ballot Presentation</p> <p>10:00-10:45 YWCA Low Impact Cardio</p> <p><b>12:15-2:00 LOTERIA</b></p> <p>3:00-4:00 Introduction to Chess</p> <p>3:00-4:00 YMCA Line Dancing</p> <p>4:00-5:00 Older Adults, Technology</p> <p>5:00-7:00 Pool Challenge</p>	<p><b>16</b></p> <p>9:30-10:15 YWCA Joint Movement</p> <p>10:00-11:00 Urban 15 Rhythm Royale Percussion</p> <p>9:30-12:00 Spring Senior Expo San Antonio Botanical Garden Limited Transportation Reservation Required</p> <p>12:15-1:00 YWCA Weight Training</p> <p>1:00 Nutrition Education Vitamin C</p> <p><b>1:30-2:45 LOTERIA</b></p> <p>3:00-5:00 Chair Volleyball</p> <p>4:00-6:00 Fiesta Flower Crown Activity at Collins Garden Library Reservation Required</p> <p>5:30-7:00 <b>SPECIALTY BINGO</b></p>	<p><b>17</b></p> <p><b>9:00am - 7:00pm</b></p> <p><b>Stitch In Time Sewing</b></p> <p>9:00 &amp; 1:00 SA Oasis Computer Class</p> <p><b>9:45-10:30 YWCA Joint Movement</b></p> <p><b>11:00 SHOPPING HEB Supermarket</b></p> <p>3:00-5:00 Chair Volleyball</p> <p>5:30-7:00 <b>SHOE BOX</b> Fiesta Float Presentation and Judging Ice Cream Floats Social The Meaning of Fiesta and The Battle of Flowers</p>	<p><b>18</b></p> <p>9:00-10:00 D5WellMed Mission Walkers</p> <p>10:00-10:45 YWCA Yo-Chi</p> <p><b>12:15 BINGO</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Drawing January 2-March 21</p> <p>3:00 Ball Drummiñ</p> <p>4:00-5:00 YMCA YOGA</p> <p>5:00-7:00 Specialty Bingo</p>	<p><b>19</b></p> <p>9:00 SA Oasis Computer Class</p> <p>9:30 Resource/Information Day Food Bank Application Support</p> <p>9:30-12:00 Volunteer Appreciation Event Morgans Wonderland</p> <p><b>10:30-11:30 YWCA Exercise Training</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Painting January 5 - March 22</p> <p><b>1:00-2:30 LOTERIA</b></p>
<p><b>22</b></p> <p>9:00-10:00 Jewelry Creation</p> <p>9:00 Healthy Neighborhoods "Herbs On The Patio"</p> <p>10:00-10:45 YWCA Low Impact Cardio</p>	<p><b>23</b></p> <p><b>9:30-10:15 YWCA Joint Movement</b></p> <p>10:00-11:00 Urban 15 Rhythm Royale Percussion</p>	<p><b>24</b></p> <p><b>9:00am- 7:00pm</b></p> <p><b>Stitch In Time Sewing</b></p> <p>9:00 &amp; 1:00 SA Oasis Computer Class</p> <p><b>9:45-10:30 YWCA</b></p>	<p><b>25</b></p> <p>9:30-12:00 Senior Fiesta! Wonderland of the Americans Mall Reservation Required</p> <p>10:00-10:45 YWCA Yo-Chi</p> <p><b>12:15 BINGO</b></p>	<p><b>26</b></p> <p><b>CENTER CLOSED</b></p> 

12:15-2:00 **LOTERIA**  
 3:00-4:00 Introduction to Chess  
 3:00-4:00 YMCA Line Dancing  
 3:30-5:30 Pilgrimage To The Alamo  
 4:00-5:00 Older Adults, Technology  
 5:00-7:00 Pool Challenge

**29**  
 10:00-11:00 Jewelry Creation  
 9:00 Healthy Neighborhoods  
 "Herbs On The Patio"  
 10:00-10:45 YWCA  
 Low Impact Cardio  
**12:15-2:00 LOTERIA**

3:00-4:00 Introduction to Chess  
 3:00-4:00 YMCA Line Dancing  
 4:00-5:00 Older Adults, Technology  
 5:00-7:00 Pool Challenge

12:15-1:00 YWCA Weight Training  
 1:00 Texas A&M AgriLife  
 Nutrition Education  
**1:30-2:45 LOTERIA**  
 3:00-5:00 Chair Volleyball  
 5:30-7:00 SPECIALTY BINGO

**30**  
**9:30-10:15 YWCA  
 Joint Movement**  
 10:00-11:00 Urban 15  
 Rhythm Royale Percussion  
**12:15-1:00 YWCA  
 Weight Training**  
**1:00 Nutrition Education  
 Vitamin C**  
**1:30-2:45 LOTERIA**

3:00-5:00 Chair Volleyball  
 5:30-7:00 SPECIALTY BINGO

**Joint Movement**  
**12:30-2:00 POKENO**  
**3:00-5:00 Chair Volleyball**  
**4:00-6:00 FIESTA FIELD TRIP  
 MARKET SQUARE**  
 Reservation Required

**12:15 BINGO**  
 1:00-3:00 Bihl Haus **GO!** Arts  
 Drawing January 2-March 21  
**3:00 Ball Drummiñ**  
**4:00-5:00 YMCA YOGA**  
**5:00-7:00 Specialty Bingo**



Health Screenings WELLMED CHARITABLE FOUNDATION  
 8:00 - 3:00 with Nurse Erika  
 Tuesday and Thursday

**Medicaid/Medicare Assistance** Ruby Garcia  
 9:00 - 11:00 Independent Ins Agent  
 Every Tuesday WellMed / Partner - Medicare

**CAREGIVER SOS** WELLMED CHARITABLE FOUNDATION Harry Miller  
 Caregiver Specialist  
**09:00-10:00 1st and 3rd MONDAY**  
 A time and place to be with others who take care of family. Receive encouragement, and support as you unselfishly take care of your beloved family members.

**SA OASIS COMPUTER CLASS**  
**W E D N E S D A Y**  
 9:00-11:00 Apr 3 - Meet the Computer  
 9:00-11:00 Apr 10- Apr 17-Smart Phone Photography  
 9:00 - 11:00 Apr 24 - Essential Apps  
 1:00-3:00 Apr 3 - Windows 10  
 1:00-3:00 Apr 11-Apr 17 - Cybersecurity:  
 Phishing and Identity Theft  
**F R I D A Y**  
 9:00-11:00 Apr 5 - Introduction To The Internet  
 9:00-11:00 Apr 14 - Apr 19 - Exploring Google

**BRAIN CHALLENGERS**  
 Hidden Pictures Tuesdays and Thursdays

**Chair Volleyball**  
 3:00-5:00 Tuesday & Wednesday Practice  
 10:30 Friday Instructed Training

**VOLUNTEERS**  
 General Meeting First Wednesday 1:30  
 Advisory Council Meeting Last Wednesday 1:00

**FUN AND FIT**  
Exercise Classes  
 10:00-10:45 Monday Low Impact Cardio  
 9:30-10:15 Tuesday Joint Movement  
 12:15-1:00 Tuesday Weight Training  
**NO EXERCISE CLASS FIRST WEDNESDAY**  
 9:45-10:30 Wednesday Joint Movement  
 10:00-10:45 Thursday Yo-Chi  
**10:30-11:30 EVERY SECOND FRIDAY**  
 Exercise Equipment Training w/Personal Trainer  
 10:30-11:30 Friday Chair Volleyball Training

**11:30—12:30 3rd Thursday POPUP OUTLET**  
 Play Loteria, Pokeno, or Bingo and win "Butterfly Bucks" Redeem for prizes.

**the YMCA**   
 => **CHAIR YOGA 4:00-5:00 Thursdays**

Yoga supports stress management, mental health, mindfulness, healthy eating weight loss and quality sleep.

=> **LINE DANCING 4:00-5:00 Mondays**  
 Instructor led with steps as Electric Slide, Cupid Shuffle, Cowboy Cha Cha, Two Step, Boot Scott Boogie, Down South Shuffle, and more

**Ball Drummiñ**  
**Drums Alive at D5 Cardio Exercise**  
 Cardio drumming is form of exercise that involves pounding on balls with sticks to the rhythm of Music. It improves physical health, reduces stress and anxiety.

**BROWSIÑ ON A BUDGET**  
 Travel to places like Black Friday, Ross Dress For Less, Burlington, Marshals, Thrifts Stores and more. For dates and times - SEE FLIERS

**CULTURAL AWARENESS**  
 Documentaries, films, and movies.  
 Travel to museums restaurants, and events.  
 SEE FLIERS



**APRIL 2024**

**DISTRICT 5 SENIOR CENTER CELEBRATES**



**9:00 AM—7:00 PM**

**WEDNESDAY, APRIL 10, 2024**

**Activities, Beverages, Entertainment, Food, Prizes, and Music by DJ Bling**

**DISTRICT 5 SENIOR CENTER**

2701 S. Presa | San Antonio, TX 78210 (210) 207-5270

Active Adult Center for Entertainment (AACE)

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**