

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>New Class! Join our volunteer led Crocheting class on Mondays from 9:30-11am</p> 	 <p>Join us in celebrating all Mothers on Friday May 10, 2024 at 12pm</p>	<p>9am Drawing</p> <p>9am WellMed: Bone Health</p>  <p>9am Field Trip City Council Chambers</p> <p>10:30am South Texas Hearing Screenings</p> <p>2pm Movie & Popcorn "The Wedding Planner"</p>	<p>9am Google Photos</p> <p>12:30pm BINGO</p> <p>1pm Google Maps & Calendars</p> <p>5pm Crafting with Corks</p>	<p>10am Seniors In Play</p> <p>12:30pm LOTERIA</p>  <p>2pm Karaoke</p> 
<p>9am Intro to Internet</p> <p>12pm Shopping Trip WalMart</p>  <p>12:30pm Cornhole</p> <p>2pm: Hydration and your Health by Helena</p> <p>4pm Art Project: Charcoal Drawing</p>	<p>9:30am Painting</p> <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "Flaming Hot"</p>	<p>9am Drawing</p> <p>9am Orientation</p> <p>2pm: Movie & Popcorn "Flaming Hot"</p> <p>4pm Board Game: Scattergories</p>	<p>9am Google Photos</p> <p>12:30pm BINGO</p> <p>1pm Google Maps & Calendars</p> <p>5pm Craft for Mother's Day</p>	<p>10am Seniors In Play</p> <p>12:30pm LOTERIA</p>  <p>2pm Karaoke</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>9:30am Painting</p> <p>10am Oasis Presents: Sun Safety</p>  <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "Cowboys & Aliens"</p>	<p>9am Drawing</p> <p>9:30am Hope Program</p>  <p>2pm Movie & Popcorn "Cowboys & Aliens"</p> <p>3:30pm Badminton</p> <p>4pm Family Genealogy</p> <p>5 pm BINGO</p>	<p>9am Learning Gmail</p> <p>12:30pm BINGO</p> <p>1pm Smartphone Photos</p> <p>5pm Craft: Decorating Picture Frames</p>	<p>9am: Hydration and your Health by Helena</p> <p>10am Seniors In Play</p> <p>12:30pm LOTERIA</p>  <p>2pm Karaoke</p> 
<p>9am Intro to Internet</p> <p>9:30am Shopping Trip Target</p>  <p>12:30pm Cornhole</p> <p>5pm Art Project: Acrylic Painting</p>	<p>9:30am Painting</p> <p>10am Wellmed Presents: Osteoprosis</p> <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "Jungle Cruise"</p>	<p>9am Drawing</p> <p>9:30am CSFP Program</p>  <p>2pm Movie & Popcorn "Jungle Cruise"</p> <p>4:30pm Pool Tourney</p>	<p>9am Learning Gmail</p> <p>12:30pm BINGO</p> <p>1pm Smartphone Photos</p> <p>5pm Origami</p>	<p>10am Seniors In Play</p> <p>11:30am May Birthdays Celebrated!</p> <p>12:30pm LOTERIA</p> 
 <p>CLOSED FOR MEMORIAL DAY</p>	<p>9:30am Painting</p> <p>12:30pm BINGO</p> <p>4pm Cornhole</p> <p>5pm Movie & Popcorn "Inception"</p>	<p>9am Drawing</p> <p>2pm: Movie & Popcorn "Inception"</p> <p>4pm Board Game: Trivial Pursuit</p>	<p>9am Wellness on Web</p> <p>12:30pm BINGO</p> <p>1pm Exploring Internet</p> <p>5pm Craft: Quilling</p>	<p>10am Seniors In Play</p> <p>12:30pm LOTERIA</p>  <p>2pm Karaoke</p> 

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>	<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)	12pm: Low Impact Cardio (Jorge)	1pm: Senior Circuit (Shelly)	4pm: Drumming Fitness (Video)	
	4pm: Low Impact Bootcamp (Rodney)	5pm: Strength and Toning (Alexis)		

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!”

