

# **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	_	•
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\*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!"

