



MAY

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>Room Key</p> <p>CL - Computer Lab AC - Arts & Crafts Room DR - Dining Room LB - Library CR - Conference Room RA - Rec Area MP - Multi-Purpose Room</p> <p>Note: Classes marked with ** are Volunteer-led classes.</p> | <p>HAVE LUNCH WITH US!</p> <p>Hot Meals are served Monday through Friday from 11:00am-1:00pm (or until gone) 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>1. Computer Class (CL) Meet the Computer 9:00am-11:00am Learning Gmail 1:00pm-3:00pm Sewing** (AC) 9:00am-10:30am Seniors In Play (LB) 1:00pm - 2:30pm Diabetes Prevention (CR) 3:30pm - 4:30pm 4:30pm - 5:30pm Loteria (DR) 6:00pm - 7:30pm</p> | <p>2. Drawing Class (AC) 9:30am-11:30am Karaoke** (DR) 1:45pm - 3:45pm Quilting** (MP) 1:00pm - 2:45pm Puzzle Table (DR) 5:00pm - 5:30pm Bingo (DR) 5:30pm - 7:00pm</p> | <p>3. Sing for Joy 10:00am - 11:00am Bingo Dining Area 1:15pm-2:15pm</p> |
| <p>6. Painting Class (AC) 9:30am-11:30am Karaoke ** (DR) 4:00pm - 6:30pm Word Find (AC) 5:00pm - 5:30pm Loteria (AC) 5:30pm - 7:00pm</p> | <p>7. Computer Class (CL) Smartphone Photography 9:00am-11:00am Crocheting** (AC) 9:00am-11:00am Arts & Crafts** (AC) Diamond Art 12:00pm-2:00pm Senior Planet Technology Class (CR) 4:30pm - 5:30pm Bingo (DR) 5:30pm - 7:00pm</p> | <p>8. Computer Class (CL) Meet the Computer 9:00am-11:00am Learning Gmail 1:00pm-3:00pm Sewing** (AC) 9:00am-10:30am Seniors In Play (LB) 1:00pm - 2:30pm Diabetes Prevention (CR) 4:30pm - 5:30pm Loteria (DR) 6:00pm - 7:30pm</p> | <p>9. Drawing Class (AC) 9:30am-11:30am Karaoke** (DR) 1:45pm - 3:45pm Quilting** (MP) 1:00pm - 2:45pm Puzzle Table (DR) 5:00pm - 5:30pm Bingo (DR) 5:30pm - 7:00pm</p> | <p>10. Sing for Joy 10:00am - 11:00am Wellmed Medicare Information 1:00pm-3:00pm Bingo Dining Area 1:15pm-2:15pm</p> |
| <p>13. Painting Class (AC) 9:30am-11:30am Karaoke ** (DR) 4:00pm - 6:30pm Word Find (AC) 5:00pm - 5:30pm Loteria (AC) 5:30pm - 7:00pm</p> | <p>14. Computer Class (CL) Smartphone Photography 9:00am-11:00am Crocheting** (AC) 9:00am-11:00am Arts & Crafts** (AC) Paper Flowers 12:00pm-2:00pm Senior Planet Technology Class (CR) 4:30pm - 5:30pm Bingo (DR) 5:30pm - 7:00pm</p> | <p>15. Computer Class (CL) Exploring Google 9:00am-11:00am Windows 10 1:00pm-3:00pm Sewing** (AC) 9:00am-10:30am Seniors In Play (LB) 1:00pm - 2:30pm Diabetes Prevention (CR) 4:30pm - 5:30pm Loteria (DR) 5:30pm - 7:00pm</p> | <p>16. Drawing Class (AC) 9:30am-11:30am Karaoke** (DR) 1:45pm - 3:45pm Quilting** (MP) 1:00pm - 2:45pm Bingo (DR) 6:00pm - 7:00pm</p> | <p>17. Sing for Joy 10:00am - 11:00am HEAL Program Closed. No Bingo/ Transportation</p> |
| <p>20. COMMODITIES 1:30PM - 3:30PM Painting Class (AC) 9:30am-11:30am Karaoke ** (DR) 4:00pm - 6:30pm Word Find (AC) 5:00pm - 5:30pm Loteria (AC) 5:30pm - 7:00pm</p> | <p>21. COMMODITIES 7:00AM - 9:00AM Computer Class (CL) Learning Gmail 9:00am-11:00am Crocheting** (AC) 9:00am-11:00am Arts & Crafts** (AC) Angel Keychain 12:00pm-2:00pm Senior Planet Technology Class (CR) 4:30pm - 5:30pm Bingo (DR) 5:30pm - 7:00pm</p> | <p>22. Computer Class (CL) Exploring Google 9:00am-11:00am Windows 10 1:00pm-3:00pm Sewing** (AC) 9:00am-10:30am Seniors In Play (LB) 1:00pm - 2:30pm Diabetes Prevention (CR) 4:30pm - 5:30pm Loteria (DR) 5:30pm - 7:00pm</p> | <p>23. Drawing Class (AC) 9:30am-11:30am Karaoke** (DR) 1:45pm - 3:45pm Quilting** (MP) 1:00pm - 2:45pm Puzzle Table (DR) 5:00pm - 5:30pm Bingo (DR) 5:30pm - 7:00pm</p> | <p>24. Sing for Joy 10:00am - 11:00am Bingo Ticket Redemption 1:15 - 2:15 Wellmed Medicare Information 1:00pm-3:00pm</p> |
| <p>27. CLOSED FOR MEMORIAL DAY REMEMBER & HONOR</p> | <p>28. Computer Class (CL) Learning Gmail 9:00am-11:00am Crocheting** (AC) 9:00am-11:00am Arts & Crafts** (AC) Tote Bags 12:00pm-2:00pm Senior Planet Technology Class (CR) 4:30pm - 5:30pm Bingo (DR) 5:30pm - 7:00pm</p> | <p>29. Computer Class (CL) Exploring Google 9:00am-11:00am Windows 10 1:00pm-3:00pm Sewing** (AC) 9:00am-10:30am Seniors In Play (LB) 1:00pm - 2:30pm Diabetes Prevention (CR) 4:30pm - 5:30pm Loteria (DR) 5:30pm - 7:00pm</p> | <p>30. Drawing Class (AC) 9:30am-11:30am Karaoke** (DR) 1:45pm - 3:45pm Quilting** (MP) 1:00pm - 2:45pm PROM NIGHT 4:00pm - 7:00pm</p> | <p>31. Sing for Joy 10:00am - 11:00am Bingo Dining Area 1:15pm-2:15pm May Birthday Celebrations w/ Potluck! (Potluck at your individual tables)</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 - 4:45pm

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 - 4:45pm

Wednesday

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

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 - 4:45pm

Friday

Line Dancing 2:30pm - 3:15pm
Senior Circuit 8:30am - 9:15am

EVENTS

- ❖ 5/01/24 - Older Americans Month Proclamation Event 8:45am - 10:30
- ❖ 5/03/24 - Hearing Screenings by TX South Hearing 10:30am - 12:30pm
- ❖ 5/09/24 - D2 Councilman to announce purchase of land for new Senior Center 8:00am - 10:00am
- ❖ 5/09/24 - Healthy Eating Made Easy (By Nurse Marivel Roque & Philip Banks) 10:30am - 11:00am
- ❖ 5/10/24 - Mothers Day Hat Fashion Show & Tea Party 9:30am - 11:00am
- ❖ 5/13/24 - OASIS Presentation "Feral Cat Coalition" 10:30am - 11:30am
- ❖ 5/14/24 - FIELD TRIP! PicaPica Plaza 3:30pm - 6:00pm
- ❖ 5/16/24 - Food Bank Presentation (w/ Cooking Demo) 10:00am - 11:00am
- ❖ 5/17/24 - HEAL Program Closed . No Meals, No Transportation (Frozen meal will be distributed Thursday, May 16)
- ❖ 5/20/24 - Spelling Bee 10:00am - 11:00am
- ❖ 5/20/24 - COMMODITIES - 1:30pm - 3:30pm
- ❖ 5/21/24 - COMMODITIES - 7:00am - 9:00am
- ❖ 5/21/24 - SAPL Informational Booth 9:00am - 12:00am
- ❖ 5/23/24 - Accreditation Celebration 10:30am - 11:00am
- ❖ 5/23/24 - Nutrition Presentation (By Philip Banks) 12:30pm - 1:00pm
- ❖ 5/24/24 - FIELD TRIP! Edwards Aquifer Authority 11:00am - 12:30pm (Transportation leaves @ 10:40am)
- ❖ 5/24/24 - Memorial Day Presentation 10:30am - 11:00am
- ❖ 5/27/24 - Center Closed for Memorial Day (Frozen Meal will be distributed Friday, May 24)
- ❖ 5/30/24 - PROM NIGHT!!! 4:00pm - 7:00pm

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)