

# BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, MAY 10

THEME: CELEBRATING THE BEAUTY OF FLOWERS

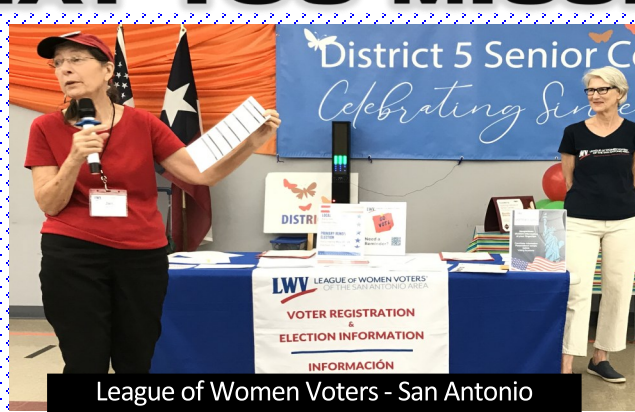
FROZEN MEALS BRING YOUR OWN FOOD/DECORATE YOUR TABLE WITH THEME

Cathie Rubin	May 2	Minerva J Brown	May 8	Olga G Martinez	May 22	Linda Devora	May 25
Juanita Ramirez	May 5	Luciano F. Bravo	May 14	Trinidad Sanchez	May 23	Delma Trevino	May 28
Guadalupe F. Rios	May 8	Yolanda R Gomez	May 15	Micaela Gonzalez	May 25		

## WHAT YOU MISSED!



District 5 Senior Center  
2024 Solar Eclipse Watch Party



League of Women Voters - San Antonio



Resource/Information Day  
MedTeam Inc. Services and Fun Activity



April Birthday members show birth dates



Fiesta Floats Judges  
Commissioner Rebeca Clay-Flores  
and Senior Services Manager Debra Colorado



FIESTA SHOPPING AT NORTH STAR



District 5 Senior Center  
Celebrating Since 2010



Celebrating 14th Anniversary With Dance and Indoor Carnival

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1 9:00am - 7:00pm</b> <b>Stitch In Time Sewing</b></p> <p>9:00 &amp; 1:00 SA Oasis Computer Class</p> <p>9:00 Older American Month Presentation of Proclamation City Council Chambers <b>RESERVATION REQUIRED</b></p> <p>10:00 SA Oasis Lifelong Adventure Living With Arthritis</p> <p><b>3:00-4:00 Introduction to Chess</b> <b>3:00-5:00 Chair Volleyball</b></p>	<p><b>2</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 April 4 - June 20</p> <p><b>3:00 Ball Drummiń</b> <b>4:00-5:00 YMCA YOGA</b> <b>5:30-7:00 Specialty Bingo</b></p>	<p><b>3</b></p> <p>9:30 SA Oasis Computer Class</p> <p>10:30-11:30 YWCA Exercise Equipment Training</p> <p><b>12:30-2:00</b> <b>CINCO DE MAYO</b> <b>CELEBRATION</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Painting April 5 - June 21</p>
<p><b>6</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>12:15-2:00 LOTERIA</b></p> <p><b>3:00-4:00 Introduction to Chess</b> <b>4:00-5:00 YMCA Zumba</b> <b>5:00-6:00 Older Adults, Technology</b> <b>5:00-7:00 ⑧ BALL TEAMS</b></p>	<p><b>7</b> 9:30-10:15 YWCA Joint Movement</p> <p>10:00-11:00 Urban 15 Rhythm Royale Percussion</p> <p><b>11:00 SHOPPING</b> Wal-Mart Retail Store</p> <p>12:15-1:00 YWCA Weight Training</p> <p>1:00 Texas A&amp;M AgriLife Nutrition Education Be Well Live Well</p> <p>1:00 <b>WellMed</b> Health Education</p> <p><b>1:30-2:45 LOTERIA</b></p> <p><b>3:00-5:00 Chair Volleyball</b> <b>5:30-7:00 SPECIALTY BINGO</b></p>	<p><b>8 9:00am - 7:00pm</b> <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> <b>Joint Movement</b></p> <p><b>12:00 FOOD BANK</b></p> <p><b>3:00-4:00 Introduction to Chess</b> <b>3:00-5:00 Chair Volleyball</b> <b>5:00-7:00 River Walk</b> <b>Discover San Pedro Creek</b></p>	<p><b>9</b> 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 April 4 - June 20</p> <p><b>2:00—4:00 Mother's Day</b> <b>Par-Tea</b></p> <p><b>4:00-5:00 YMCA CHAIR YOGA</b> <b>5:30-7:00 Specialty Bingo</b></p>	<p><b>10</b></p> <p>9:30 SA Oasis Computer Class</p> <p>10:30-11:30 YWCA Exercise Equipment Training</p> <p><b>12:00-2:00</b> <b>BIRTHDAY CELEBRATION</b> <b>CELEBRATING THE BEAUTY</b> <b>OF FLOWERS</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Painting April 5 - June 21</p>
<p><b>13</b></p> <p>10:00-11:00 Jewelry Creation</p> <p>10:00-10:45 YWCA Low Impact Cardio</p> <p><b>12:15-2:00 LOTERIA</b></p> <p><b>3:00-4:00 Introduction to Chess</b> <b>4:00-5:00 YMCA Zumba</b> <b>5:00-6:00 Older Adults, Technology</b> <b>5:00-7:00 ⑧ BALL TEAMS</b></p>	<p><b>14 9:30-10:15</b> <b>YWCA Joint Movement</b></p> <p>10:00-11:00 Urban 15 Rhythm Royale Percussion</p> <p>12:15-1:00 YWCA Weight Training</p> <p>1:00 Nutrition Education Inflammation Fighting Foods</p> <p><b>1:30-2:45 LOTERIA</b></p> <p><b>3:00-5:00 Chair Volleyball</b> <b>5:30-7:00 SPECIALTY BINGO</b></p>	<p><b>15 9:00am - 7:00pm</b> <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> <b>Joint Movement</b></p> <p>9:30 Seniors Conjunto Dance <b>RESERVATION REQUIRED</b></p> <p><b>12:30-2:00 POKENO</b></p> <p><b>3:00-4:00 Introduction to Chess</b> <b>3:00-5:00 Chair Volleyball</b> <b>5:00-7:00 Movie Nite</b> <b>"Take the Lead"</b></p>	<p><b>16</b> 9:00-10:00 D5WellMed / Mission Walkers</p> <p>10:00-10:45 YWCA Yo-Chi</p> <p><b>11:30—12:30 POPUP</b> <b>BUTTERFLY OUTLET</b></p> <p><b>12:15 BINGO</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Drawing April 4 - June 20</p> <p><b>3:00 Ball Drummiń</b> <b>4:00-5:00 YMCA CHAIR YOGA</b> <b>5:30-7:00 Specialty Bingo</b></p>	<p><b>17</b></p> <p><b>QUARTERLY STAFF</b> <b>TRAINING</b> <b>NO MEALS SERVED OR</b> <b>TRANSPORTION</b></p> <p><b>PICK UP FROZEN MEALS ON</b> <b>THURSDAY</b></p> <p>9:30 SA Oasis Computer Class</p> <p>10:30-11:30 YWCA Exercise Equipment Training</p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Painting April 5 - June 21</p> <p><b>1:00-2:30 LOTERIA</b></p>
<p><b>20</b></p> <p>9:00-10:00 Jewelry Creation</p> <p>9:00 Healthy Neighborhoods "Herbs On The Patio" Presentation On Herbs</p>	<p><b>21 9:30-10:15</b> <b>YWCA Joint Movement</b></p> <p>10:00-11:00 Urban 15 Rhythm Royale Percussion</p>	<p><b>22 9:00am- 7:00pm</b> <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>23</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><b>24</b></p> <p>9:30 SA Oasis Computer Class</p> <p>10:30-11:30 YWCA Exercise Equipment Training</p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts</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 4:00-5:00 YMCA Zumba 5:00-6:00 Older Adults, Technology 5:00-7:00 <b>8</b> BALL TEAMS</p>	<p>Rhythm Royale Percussion</p> <p>12:15-1:00 YWCA Weight Training</p> <p>1:00 San Antonio Food Nutrition Education</p> <p>3:00-5:00 Chair Volleyball</p> <p>5:30-7:00 SPECIALTY BINGO</p>	<p>9:45-10:30 YWCA Joint Movement</p> <p><b>11:00 SHOPPING</b> Texas Thrift Store</p> <p><b>12:30-2:00 POKENO</b></p> <p>3:00-4:00 Introduction to Chess 3:00-5:00 Chair Volleyball</p>	<p><b>12:15 BINGO</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Drawing April 4 - June 20</p> <p><b>3:00 Ball Drummiñ</b></p> <p>4:00-5:00 YMCA CHAIR YOGA 5:30-7:00 Specialty Bingo</p>	<p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Painting April 5 - June 21</p> <p><b>1:00-2:30 LOTERIA</b></p>
<p><b>27</b></p> <p><b>CENTER CLOSED</b></p>  <p><b>MEMORIAL DAY</b> REMEMBER &amp; HONOR</p>	<p><b>28</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 Nutrition Education Inflammation Fighting Food</p> <p><b>1:30-2:45 LOTERIA</b></p> <p>3:00-5:00 Chair Volleyball 5:30-7:00 SPECIALTY BINGO</p>	<p><b>29</b></p> <p>9:00am- 7:00pm Stitch In Time Sewing</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>12:30-2:00 POKENO</b></p> <p>3:00-4:00 Introduction to Chess 3:00-5:00 Chair Volleyball</p>	<p><b>30</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 April 4 - June 20</p> <p><b>3:00 Ball Drummiñ</b></p> <p>4:00-5:00 YMCA CHAIR YOGA 5:30-7:00 Specialty Bingo</p>	<p><b>31</b></p> <p>9:30 SA Oasis Computer Class</p> <p><b>10:30-11:30 YWCA Exercise Training</b></p> <p>1:00-3:00 Bihl Haus <b>GO!</b> Arts Painting April 5 - June 21</p> <p><b>12:30 Memorial Day Observation</b></p> <p><b>1:00-2:30 LOTERIA</b></p>

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

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

*You have earned your day of leisure.  
It's time for you to sit back and  
enjoy life. Good luck, have a  
fantastic retirement life.*

Happy Retirement  
Harry Miller,  
Caregiver Specialist



**GONE FISHING**

**SA OASIS COMPUTER CLASS**

**WEDNESDAY**

9:00-11:00 May 1 - May 29—Introduction to the Internet  
1:00-3:00 May 1 - May 15— Exploring Google  
1:00-3:00 May 22 - May 29—iPad Basics

**FRIDAY**

9:00-11:00 May 3 - May 10—Meet the Computer  
9:00-11:00 May 17 - May 24 —iPhone Basics  
9:00 - 11:00 May 31—Beginners Guide to the Cloud

**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** 

⇒ **4:00-5:00 Thursdays CHAIR YOGA**

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

⇒ **4:00-4:45 Mondays ZUMBA**  
Zumba Gold is an excellent way to strengthen the bones and muscles.

**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

# MAY 2024

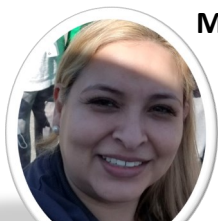
## Happy Mother's Day

I LOVE YOU

2:00 - 4:00 PM Thursday, May 9  
In Honor of District 5 Senior Center Mothers  
Join Us For A Cup Of Afternoon Tea and Treats!  
**Bring Your Favorite Tea Cup**



**HAPPY**  
**NURSES**  
**WEEK**



Nurse Erika

Monday, May 6, 2024 – Sunday, May 12, 2024

The world is a better  
place because of all  
that you do!



### Older Americans Month 2024 Theme "Powered by Connection"

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). Which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Knowing the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Join us in promoting the benefits of connecting with others. Here are some ways you can participate.

- Connect older adults with local services, that can help them overcome obstacles to achieving or maintaining meaningful relationships.
- Promote resources that help older adults engage, like community events, social clubs, and volunteer opportunities.

### 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**