



JUNE 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>3</p> <p>9am Intro to Internet</p> <p>12pm Shopping Trip HEB</p> <p>12:30pm Cornhole</p> <p>4pm Card Game: Nertz</p>	<p>4</p> <p>9:30am Painting</p> <p>10am WellMed Presents: Alzheimer Awareness </p> <p>12:30pm BINGO</p> <p>4pm Cornhole</p> <p>5pm Movie & Popcorn "Queen of Katwe"</p>	<p>5</p> <p>9am Drawing</p> <p>9:30am Hope Program & CSFP Program </p> <p>1pm Caregiver Support Group</p> <p>2pm Movie & Popcorn "Queen of Katwe"</p>	<p>6</p> <p>9am Cybersecurity</p> <p>10am Intro to Photo Editing</p> <p>12:30pm BINGO</p> <p>1pm IPAD Basics</p> <p>5pm Crafting w/ Magazines</p>	<p>7</p> <p>11:30am Seniors In Play Showcase </p> <p>12:30pm LOTERIA </p>
<p>10</p> <p>9am Intro to Internet</p> <p>12:30pm Cornhole</p> <p>4pm Art Project: Watercolors</p>	<p>11</p> <p>9:30am Painting</p> <p>10am Oasis Presents: Hoarding Disorder</p> <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "Ready Player One"</p>	<p>12</p> <p>9am Drawing</p> <p>9am Produce Market </p> <p>2pm: Movie & Popcorn "Ready Player One"</p> <p>4pm Board Game: Scattergories</p>	<p>13</p> <p>9am Cybersecurity</p> <p>10am Intro to Social Media</p> <p>12:30pm BINGO</p> <p>1pm IPAD Basics</p> <p>5pm Karaoke </p>	<p>14</p> <p>9:15am Field Trip</p> <p>10am Seniors In Play</p> <p>12:30pm LOTERIA </p>
<p>17</p> <p>9am Intro to Internet</p> <p>12:30pm Cornhole</p> <p>4pm Card Game: Uno</p>	<p>18</p> <p>9:30am Painting</p> <p>10am WellMed Presents: How smell and taste change with age </p> <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "Where the Heart Is"</p>	<p>19</p> <p>CENTER CLOSED IN OBSERVANCE OF</p> <p>JUNE TEENTH </p>	<p>20</p> <p>9am IPhone Basics</p> <p>10am Community with SPC</p> <p>12:30pm BINGO</p> <p>1pm Meet the Computer</p> <p>5pm Crafting: Origami</p>	<p>21</p> <p>9am Orientation</p> <p>10am Seniors In Play</p> <p>12:30pm LOTERIA </p>
<p>24</p> <p>9am YouTube</p> <p>10am Shopping Trip Dollar Tree</p> <p>12:30pm Cornhole</p> <p>5pm Art Project: Charcoal Drawing</p>	<p>25</p> <p>9:30am Painting</p> <p>12:30pm BINGO</p> <p>5pm Movie & Popcorn "Nacho Libre"</p>	<p>26</p> <p>9am Drawing</p> <p>9am Orientation</p> <p>12:15pm Healthy Grocery Shopping</p> <p>2pm Movie & Popcorn "Nacho Libre"</p> <p>4:30pm Pool Tourney</p>	<p>27</p> <p>9am IPhone Basics</p> <p>10am Intro to Selling online</p> <p>12:30pm BINGO</p> <p>1pm Meet the Computer</p> <p>5pm Karaoke </p>	<p>28</p> <p>10am Seniors In Play</p> <p>11:30am June Birthdays Celebrated!</p> <p>12:30pm LOTERIA </p>

We Did It!
Southside Lions Senior Center
has been
Nationally
Accredited



JUNE Announcements & Events:

Hope Program Wednesday June 5, 2024 9:30-11am & 12:00-1pm
(While supplies last)

***BOTH FOOD BANK PROGRAMS ON SAME DAY!**



CSFP Cheese Box Wednesday June 5, 2024 9:30-11am & 12:00-1pm
(While supplies last)

Fathers Day Celebration Friday June 14th @ 10am. Root Beer Floats and Cupcakes.

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)	9:15am: Walking group: River center	9am: Low Impact Bootcamp (Rodney)
1pm: Yo-Chi (Elaine)	10:15am Zumba (Theresa)	10:am Dance Alegria (Urban 15)	10:15am: Tai Chi (Theresa)	1pm: Full Body Stretch (Jorge)
4:00pm: Muscle Strength (Jorge)	12pm: Low Impact Cardio (Jorge)	1pm: Senior Circuit (Shelly)	1pm: Strength and Toning (Elaine)	
	4pm: Low Impact Bootcamp (Rodney)	4pm: Strength and Toning (Jorge)	4pm: Drumming Fitness (Video)	

How to Sign-Up for a Fitness Class

- *To reserve spot call 210-207-1760 24 hours before each class to register.
- *Speak to a staff member to make reservation. (No voicemails will be accepted).
- *Tickets for entry to classes are given at check in to center, or 15 minutes prior to class.
- *Ticket will be handed only to reservist. **(Lost tickets will not be replaced)**
- *All classes are 45 minutes long and are held in the Fitness Room unless otherwise noted.
- *Hand ticket to instructor when entering classroom.
- *Seating is on a first come, first served basis, no disruptions of class once started.
- ***LATE ARRIVALS: We cannot hold slots.**

Once a class starts, remaining tickets 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

SENIOR CENTER POLICIES

By attending the Center or participating in Center activities, Member acknowledges that he/she meets the following Member Eligibility Criteria for Comprehensive Senior Center participation and/or Senior Nutrition Program participation and is subject to the Center's Rules of Conduct. Furthermore, a violation of the Eligibility Criteria or Rules of Conduct will subject Member or his/her guest to Disciplinary Action and may result in suspension or ban from the Center. The City's decision will be final.

Member Eligibility Criteria for Comprehensive Senior Center and Program* Participation:

- *1. Member is 60 years of age or older, or is an individual married to a participant 60 years of age or older who attends the Center with the qualified member.
- *2. Member demonstrates cognitive and physical ability to act independently or shall have a caregiver accompany Member at all times.
- *3. Member is able to attend to personal needs (e.g., feeding oneself, taking medication as directed by a doctor, using the restroom, etc.) or shall have a caregiver accompany Member at all times.
- *4. Member should use and maintain any personal assistive devices necessary for mobility (e.g., wheelchair, walker, crutches, etc.) as Center staff and volunteers may not provide mobility assistance.

Calendar and instructors subject to change