



Walker Ranch Senior Center
 835 W. Rhapsody
 San Antonio, TX. 78216
 210-207-5280
 Monday - Thursday: 7 AM - 8 PM
 Friday: 7 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 CENTER IS CLOSED IN OBSERVANCE OF CESAR CHAVEZ DAY</p>  <p>CESAR CHAVEZ DAY</p>	<p>2 Art class starts today! 9:15 AM - Walk-A-Thon Opening Ceremony (D) 9:30 AM - Loteria (C1) 9:30 AM - Computer Class: Intro to the Internet (5 of 6)(CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM: Beginner Pickleball Skills & Drills (D) 3 PM to 7 PM Beginner Play: Pickleball (D) 4:30 PM - Movie (C1) New! 5 PM - Play Chicken Foot (C2)</p>	<p>3 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM to 1 PM - Medicare Benefits Counseling (NO) 9 AM - Computer Class: PowerPoint Basics (1 of 4) (CR) 10 AM - Seniors in Play (C1) 1 PM - Computer Class: Windows 10 (1 of 3) (CR) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 4 PM - Bingo (D) 4:30 PM - Movie (C1)</p>	<p>4 Art class starts today! 9:30 AM - Field Trip: Fiesta Store Shopping Trip (reservation required) 10 AM - Walking With WellMed 10 AM: Oasis Presentation: Veteran's Resources (C1) 12 PM to 1:30 PM - Caregiver SOS: Caregiver Support Group (CONF) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p> <p>9:30 AM to 11:30 AM CPS Energy Onsite</p>	<p>5 Art class starts today! 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM to 10:45 AM - Chair Volleyball (D) 12:30 PM - Open Play Table Games (C2) 1 PM to 2 PM - Nature Walks at Walker Ranch Park with Parks and Rec</p>
<p>8 Art class starts today! TOTAL SOLAR ECLIPSE EVENT TODAY! 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Learning Gmail (1 of 3) (CR) 9:30 AM - Bingocize (C1) (registration required) 1 PM - Computer Class: Windows 10 (1 of 3) (CR) 1 PM - Play Bridge (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) NEW! Conversational Chinese starts today at 1:30 PM in Classroom 1. Registration is required!</p>	<p>9 9:30 AM - Sharing Info and Answering Questions on Voting by Mail with League of Women Voters (D) 9:30 AM - Computer Class: Intro to the Internet (6 of 6)(CR) 10 AM - Focus Group for House Sharing (reg. required)(C1) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 7 PM Beginner Play: Pickleball (D) 4:30 PM - Movie (C1) 5 PM to 6 PM - Computer Class: Exploring and Downloading Apps (CR) New! 5 PM - Play Chicken Foot (C2)</p>	<p>10 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: PowerPoint Basics (2 of 4) (CR) 10 AM - Seniors in Play (C1) 1 PM - Computer Class: Windows 10 (2 of 3) (CR) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 4:30 PM - Movie (C1) NEW! 5:30 PM - Talking Poetry Open Mic (D)</p>	<p>11 9:30 AM - Bingo (D) 10 AM - Walking With WellMed 9:30 AM - Bingocize (C1) (registration required) 12 PM to 1:30 PM - Caregiver SOS: Ambiguous and Anticipatory Grief TeleConnection (CONF) 12 PM - Computer Class: Safe Online Shopping Series: Online Shopping (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p>	<p>12 8:30 AM - Field Trip: San Antonio Zoo Local Day (reservation required, member is responsible for their own entrance fee) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM to 10:45 AM - Chair Volleyball (D) 12:30 PM - Open Play Table Games (C2)</p>
<p>15 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Learning Gmail (2 of 3) (CR) 9:30 AM - Bingocize (C1) (registration required) 1 PM - Computer Class: Windows 10 (2 of 3) (CR) 1 PM - Play Bridge (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D)</p>	<p>16 9 AM - UTSA Study Graduation (D) 9:30 AM - Loteria (C1) 9:30 AM - Computer Class: Cybersecurity: Phishing and ID Theft (CR) 12:30 PM - Health Talks With Nurse Kristi: Sexuality and Intimacy in Older Adults (C1) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM: Beginner Pickleball Skills & Drills (D) 3 PM to 7 PM Beginner Play: Pickleball (D) 4 PM - Brook Hollow Library Presents: The Library Hour (C1) 5 PM to 6 PM - Computer Class: Intro to TikTok (CR) New! 5 PM - Play Chicken Foot (C2)</p>	<p>17 9 AM - Computer Class: PowerPoint Basics (3 of 4) (CR) 9 AM to 1 PM - Medicare Benefits Counseling (NO) 9:30 AM - Field Trip: Crownridge Canyon Natural Area (reservation required) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Windows 10 (3 of 3) (CR) 1 PM - Book Club Meeting: The Night Watchman by Louise Erdrich (C1) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 4 PM - Bingo (D) 4:30 PM - Movie (C1) Food bank distribution today for <u>approved applicants only.</u></p>	<p>18 9:30 AM - Nutrition Class: Discover the Benefits of Whole Grains (D) 9:30 AM - Bingocize (C1) (registration required) 10 AM - Walking With WellMed 12 PM - Computer Class: Online Shopping Series: Shopping on Amazon (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p> <p>Caregiver SOS Onsite</p> <p>11:30 AM 9-Ball Tournament in the Game Room. Registration will be held the day of the tournament.</p>	<p>19 9 AM to 12 PM - Play 42 Dominoes (C2) 9 AM to 10:45 AM - Chair Volleyball (D) 12:30 PM - Open Play Table Games (C2) 1 PM to 2 PM - Nature Walks at Walker Ranch Park with Parks and Rec</p>
<p>22 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Learning Gmail (3 of 3) (CR) 9:30 AM - Bingocize (C1) (registration required) 1 PM - Computer Class: Windows 10 (3 of 3) (CR) 1 PM - Play Bridge (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D)</p> 	<p>23 9:30 AM - Nutrition Class: Discover the Benefits of Whole Grains (D) 9:30 AM - Computer Class: iPhone Q&A (CR) 9:45 AM - Field Trip: Greenest Home in San Antonio (reservation required) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 7 PM Beginner Play: Pickleball (D) 4:30 PM - Movie (C1) 5 PM to 6 PM - Computer Class: Creating Videos on TikTok (CR) New! 5 PM - Play Chicken Foot (C2)</p>	<p>24 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: PowerPoint Basics (4 of 4) (CR) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Microsoft Word: Intro to Translation Tools (CR) 4:30 PM - Movie (C1) New! 5:30 PM - Talking Poetry Open Mic (D)</p> <p>12 PM to 2 PM Birthday Celebration! (D)</p>	<p>25 8:30 AM - Field Trip: Senior Fiesta (reservation required) 9:30 AM - Bingo (D) 9:30 AM - Bingocize (C1) (registration required) 10 AM - Walking With WellMed 2:30 PM to 7 PM - Intermediate Pickleball (D)</p> <p>No 12 PM Computer Class Today</p> <p>Caregiver SOS Onsite</p>	<p>26 CENTER CLOSED TODAY IN OBSERVANCE OF FIESTA SAN JACINTO DAY</p> 
<p>29 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - New Member Orientation (CONF) 9:30 AM - Computer Class: Cybersecurity: What's the Best Browser for Me? (CR) 9:30 AM - Bingocize (C1) (registration required) 1 PM - Computer Class: Discovering Wellness on the Web through Technology (CR) 1 PM - Play Bridge (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D)</p>	<p>30 9:30 AM - Field Trip: The Pearl Shopping Trip (reservation required) 9:30 AM - Computer Class: Going Wireless (CR) 9:30 AM - Bingocize (C1) (registration required) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 7 PM Beginner Play: Pickleball (D) 4:30 PM - Movie (C1) 5 PM to 6 PM - Computer Class: Intro to Selling Online (CR) New! 5 PM - Play Chicken Foot (C2)</p>	<p>Please note this calendar is tentative and subject to change without any advance notice.</p>		
			<p>Stop by & see Morgan Zachmeyer, Caregiver Specialist, on Thursdays! Free support for caregivers.</p>  	<p>Legend: Art Room (A) Classroom 1 (C1) Classroom 2 (C2) Computer Room (CR) Conference Room (CONF) Consulting Office (CO) Dining Room (D) Fitness Room (F) Game Room (GR) Nurse's Office (NO)</p>

GROUP FITNESS SCHEDULE

MONDAY

- 9 AM - Line Dance
- 10 AM - Tai Chi (**volunteer-led**)
- 11:30 AM - Low Impact Cardio
- 1 PM - Circuit
- 2 PM - Yoga (**Vinyasa Flow**)
- **Extended Hour Group Fitness Schedule**
- 5 PM - Yoga (**Yin**)

TUESDAY

- 9 AM - Circuit
- 10 AM - Zumba
- 11 AM - Joint & Movement
- 12 PM - Silver Sneakers Classic
- 1 PM - Line Dance
- 2 PM - Meditation (**volunteer-led**) (**Art Room**)
- 3 PM - Zumba Gold
- **Extended Hour Group Fitness Schedule**
- 5:30 PM - Line Dance

WEDNESDAY

- 8:15 AM - Zumba
- 10 AM - Yoga
- 11 AM - Strength & Toning
- 1 PM - Circuit
- **Extended Hour Group Fitness Schedule**
- 5 PM - Belly Dancing

THURSDAY

- 8 AM - Body Swag
- 9 AM - Low Impact Boot Camp
- 10 AM - Tai Chi (**volunteer-led**)
- 11 AM - Zumba Gold
- 12 PM - Yoga (**Vinyasa Flow**)
- 1 PM - Circuit
- 2 PM - Strength & Toning
- 3 PM - Mobility & Stretch
- **Extended Hour Group Fitness Schedule**
- 4:30 PM - Tai Chi
- **NEW!** 5 PM - Drumming Exercise (**volunteer-led**) (**Classroom 1**)
- 5:30 PM - Flexibility & Balance (**volunteer-led**)

FRIDAY

- 9:15 AM - Pilates
- 10 AM - Strength
- 11 AM - Line Dance
- 12 PM - Sit & Be Fit
- 1 PM - Hip Hop
- 2:15 PM - Core and Balance Boot Camp

FITNESS CLASS RESERVATION PROCESS

- Class registration **begins at 7:30 AM by calling 210-207-5280** the day before a class. In person registration may be done the day before a class or the day of. **Please note that leaving a voicemail is not considered as a reservation.**
- Tickets for entry into the fitness classes are distributed **15 minutes before class.** To pick up a ticket, line up by the front desk and wait to be called.
- Line up outside of the classroom and wait for the instructor to take your ticket. Instructor will provide a sign in sheet - sign in on your assigned number.

Late Arrival Policy: Open slots will be given to members on the wait list **one** minute before class begins. No late admittance.

Note: Limit of 2 classes per day, based on class availability.

Note: There is **no** "spot saving" for any fitness class.

****All classes may be accommodated as needed.****

VOLUNTEER-LED ACTIVITIES

Monday

- 9 AM - Craft Time (Art Room) *Supplies provided. Weekly.*
- 10 AM - Name That Tune (Classroom 2) *2nd Monday. Weekly.*
- 12:15 PM - Brain Games (Classroom 1) *Weekly.*
- 1:30 PM - Women's Billiards for Beginners (Game Room) *Weekly. Registration required.*
- 1:30 PM - Learn Conversational Chinese (Classroom 1) *Weekly. Registration required.*
- 4 PM - Karaoke (Dining Room) *Weekly.*

Tuesday

- 10 AM - National Mah Jongg League (Classroom 2) *Weekly.*
- 1 PM - Learn to Play National Mah Jongg League (Classroom 2) *Weekly. Registration required.*
- 4:30 PM - Play Jeopardy (Conference Room) *Weekly.*

Wednesday

- 9 AM - Quilting Time (Art Room) *3rd Wednesday.*
- 10 AM - Learn to Play Hand & Foot (Classroom 2) *Weekly.*
- 12:30 PM - Team Trivia (Dining Room) *Weekly.*
- 4 PM - The Tao of Poetry Open Writing Workshop (Conference Room) *Last Wednesday.*
- 5 PM - Talking Poetry Open-Mic (Dining Room) *2nd and 4th Wednesdays.*
- 6 PM - Eastern Mahjong (Classroom 2) *1st and 3rd Wednesday.*

Thursday

- 9 AM - Open Art Studio Time (Art Room) *Previous art experienced preferred, bring your own supplies. 1st and 3rd Thursday.*
- 10 AM - Socrates Café (Conference Room) *Weekly.*
- 10 AM - Beginner Bridge (Classroom 2) *Weekly.*
- 10 AM - Bunco (Art Room) *Registration required. 2nd Thursday.*
- 12:30 PM to 2:30 PM - Karaoke (Dining Room) *Weekly.*
- 1 PM - Learn to Play Eastern Mahjong (Classroom 2) *Weekly.*
- 1 PM - Guitar Classes (Classroom 1) *Beginner and intermediate classes alternate every week. Registration required. Weekly.*
- 2 PM - Jam Session (Classroom 1) *Weekly.*

Friday

- 9:30 AM - Knitting (Art Room) *Bring your own supplies. Weekly.*
- 10:30 AM - Crochet (Classroom 1) *Supplies provided. Weekly.*
- 1 PM - Good Grammar for Everyone (Classroom 1) *2nd and 4th Fridays.*

PROJECT HOPE FOOD BANK DISTRIBUTION



Distribution Date

3rd Wednesdays between 9:30 and 11 AM. Approved applicants **MUST** bring an ID in order to pick up box.

Walker Ranch Senior Center is currently not accepting new applicants.

WALKER RANCH SENIOR CENTER WELCOMES ALL...

ALL RACES
ALL RELIGIONS
ALL COUNTRIES OF ORIGIN
ALL SEXUAL ORIENTATIONS
ALL GENDERS
ALL ABILITIES



DIVERSITY, EQUITY, INCLUSION & ACCESSIBILITY

FIELD TRIPS

- **April 4, 9:30 AM - Fiesta Store Shopping Trip** Fiesta at North Star welcomes everyone who wants to learn, experience, and purchase a little bit of Mexico and beyond. The store offers a large array of items including forever home art & clothing!
- **April 12, 8:30 AM - San Antonio Zoo Local Day (\$8)** Members are responsible for their entrance fee. Make sure to bring an ID or utility bill showing Bexar County residency!
- **April 17, 9:30 AM - Crownridge Canyon Natural Area** Crownridge Canyon was the first City natural area developed as part of the Edwards Aquifer Protection ballot initiative. The 200-acre preserve features Level 1 ADA trails and Level 4 hiking trails through a variety of habitats. Features include a canopy level bridge overlook, beautiful forested canyon bottoms, hillside vistas, and restored grasslands.
- **April 23, 9:45 AM - Greenest Home in San Antonio** Over the last 20 years, member Alan Montemayor and his wife Hamilton have slowly evolved their Castle Hills home into a showcase of what San Antonio residents can do to live a greener lifestyle!
- **April 25, 8:30 AM - Senior Fiesta** Seniors will enjoy live entertainment, a health and wellness fair, and activities at this free event.
- **April 30, 9:30 AM - The Pearl Shopping Trip** The Pearl is a thriving and vibrant community, home to many spirited visionaries who each paint a unique portrait of the South Texas past, present and future!

***All field trips are subject to change. **Only one trip per member per month, based on availability.**