

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CENTER CLOSED</p>  <p><i>Cesar Chavez Day</i></p>	<p>2</p> <p>9:30am OASIS Technology: Exploring the Internet</p> <p>10-11:30am Seniors in Play rm 155</p> <p>1:00pm OASIS Technology: Intro to the Computer (wk 5)</p> <p>4:00pm BINGO</p>	<p>3</p> <p>9:30-11:30am OASIS Class: Exploring Google</p> <p>10am BINGO</p> <p>10:30am TX South Hearing Screenings</p> <p>1pm OASIS Class: Going Wireless</p> <p>4:00pm Karaoke</p>	<p>4</p> <p>9:30am Store Trip: Wal-Mart</p> <p>9:30am PAWS Visit</p> <p>4:00pm MOVIE</p> 	<p>5</p> <p>8:30-9:45am Easy Crafts Rm 155</p> <p>9am OATS Technology: Saving Money w/Tech</p> <p>9:30am Nutrition Education</p> <p>10am BINGO</p>
<p>8</p> <p>9:45am Walking w/ WellMed</p> <p>4:00pm Specialty Bingo</p>	<p>9</p> <p>9:30am OASIS Technology: Exploring the Internet</p> <p>10-11:30am Seniors in Play rm 155</p> <p>11am-12pm Eating Out Trip:</p> <p>Luby's</p> <p>1:00pm OASIS Technology: Intro to the Computer (wk 6)</p> <p>4:00pm BINGO</p>	<p>10</p> <p>9:30-11:30am OASIS Class: MS Word (Pt 2)</p> <p>9am Oasis Presentation</p> <p>9:45am Walking w/ WellMed</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Beginners Guide to the Cloud</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>11</p> <p>1pm Afternoon Commodities/CSFP Pick Up</p> <p>4:00pm MOVIE</p>	<p>12</p> <p>8:30 am WellMed Caregiver SOS Services Presentation</p> <p>8:30-9:45am Easy Crafts Rm 155</p> <p>9am OATS Technology: Intro to Smartphone Photography</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>15</p> <p>9:45am Walking w/ WellMed</p> <p>9am WellMed Caregiver SOS Presentation: Dementia vs. Alzheimer</p> <p>10am Name that Tune w/ Keith Dining Rm (3rd Monday of the month)</p> <p>4:00pm Specialty Bingo</p> <p>5:00pm Loteria</p>	<p>16</p> <p>9:30am OASIS Technology: Android Basics</p> <p>10am WellMed Nurse Presentation</p> <p>10-11:30am Seniors in Play rm 155</p> <p>1:00pm OASIS Technology: Cybersecurity</p> <p>4:00pm BINGO</p>	<p>17</p> <p>9:30-11:30am OASIS Class: MS Word (Pt 2)</p> <p>9:30am Nutrition Education</p> <p>9:45am Walking w/ WellMed</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Discovering Wellness on the Web</p> <p>4:00pm Karaoke</p>	<p>18</p> <p>9:30am Store Trip: Wal-Mart</p> <p>4:00pm MOVIE</p>	<p>19</p> <p>8:30-9:45am Easy Crafts Rm 155</p> <p>9am OATS Technology: Food Delivery Apps</p> <p>10am BINGO</p> <p>12:30pm Anniversary Fiesta Celebration</p>
<p>22</p> <p>9:45am Walking w/ Wellmed</p> <p>4:00pm Specialty Bingo</p>	<p>23</p> <p>9:30am OASIS Technology: Android Basics</p> <p>10:00-11:30am Seniors in Play</p> <p>1:00pm OASIS Technology: Cybersecurity - Phishing and Identity Theft</p> <p>4:00pm BINGO</p>	<p>24</p> <p>9:30am League of Women's Voters Presentation</p> <p>9:30-11:30am OASIS Class: MS Word (Pt 2)</p> <p>9:45am Walking w/ WellMed</p> <p>10am BINGO</p> <p>12:30pm April Birthday Celebration Dining Rm</p> <p>1:00pm OASIS Class: Cybersecurity: Which Browser is best for Me?</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>25</p> <p>9:30am Store Trip: Wal-Mart</p> <p>4:00pm MOVIE</p>	<p>26</p> <p>CENTER CLOSED</p> 
<p>29</p> <p>9:45am Walking w/ Wellmed</p> <p>4:00pm Specialty Bingo</p> <p>5:00pm Loteria</p>	<p>30</p> <p>9:30am OASIS Technology: Google Class</p> <p>10:00-11:30am Seniors in Play</p> <p>4:00pm BINGO</p>	<p>(Note: Calendar subject to change without advance notice)</p>	<p>*Please make a reservation for bus transportation to any trips through the check-in kiosk. See front desk for assistance*</p>	<p>*See back of calendar for more class information*</p>

In Person Fitness Classes

Monday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:30am YMCA Tai Chi—Rm 110
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 11:00am YMCA Aquatic Exercise—Pool House
- ◇ 1:00pm YWCA ZUMBA Gold—Rm 142
- ◇ 1:30pm YMCA Strength & Cardio—Rm 110
- ◇ 1:30pm YWCA Aquatic Exercise—Pool House
- ◇ 5:30pm YMCA Zumba GOLD—Rm 110

Tuesday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Strength & Cardio—Rm 142
- ◇ 1:30pm YMCA ZUMBA—Rm 110
- ◇ 1:30pm YWCA Wellness Dance—Rm 142
- ◇ 5:30pm YMCA Chair Yoga—Rm110

Wednesday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:30am YMCA Chair Yoga—Rm 142
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 11:00am YMCA Aquatic Exercise—Pool House
- ◇ 11:00am YWCA Sit and Stretch—Rm 142
- ◇ 11:00am YMCA ZUMBA Gold—Rm 110
- ◇ 1:00pm YWCA Aquatic Fitness—Pool House
- ◇ 1:30pm YMCA Muscle and Mind—Rm 110

Thursday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:15am YMCA Strength & Cardio—Rm 142
- ◇ 1:30pm YMCA ZUMBA—Rm 110
- ◇ 1:30pm YWCA Wellness Dance—Rm 142
- ◇ 5:00pm YMCA Strength & Cardio—Rm 110

Friday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 11:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:15am YMCA Strength & Cardio—Rm 110
- ◇ 1:30pm YMCA Strength & Cardio—Rm 110
- ◇ 1:30pm YWCA Cardio Dance—Rm 142

Volunteer Led Activities

Monday:

- ◇ 9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 118
- ◇ 10:30am Advanced Tai Chi w/ Xu Lan Ruan Rm 110
- ◇ 1pm Dominoes Rm 114

Tuesday:

- ◇ 9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 118
- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110
- ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry
- ◇ 1:00pm Loteria Dining Rm

Wednesday:

- ◇ 9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 118
- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110
- ◇ 9am Gentle Hands Rm 143 w/ Mari Elena (2nd & 4th Wednesday of the month)
- ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry
- ◇ 12:15pm Karaoke Dining Rm
- ◇ 1pm Quilting Group Rm 155
- ◇ 1pm Dominoes Rm 114

Thursday:

- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ◇ 10am Book Club w/ Marilyn Lott Rm 143 Discussing “Front Desk” by Kelly Yang (1st Thursday of the month)

Friday:

- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ◇ 1pm Dominoes Rm 114
- ◇ 12:30pm Grupo Musical Dining Rm
- ◇ 1pm Card Games Rm 155

WellMed Nurse

Monday - Thursday from 8am-12pm & 1pm-3pm

Bihl Haus Art Classes on MONDAYS

- ◇ 9:30am-11:30am Beginning Drawing—Rm 155
- ◇ 1pm-3pm Beginning Painting—Rm 155

Come to our monthly Question & Answer Session with Veronica in the dining room Wednesday, April 24 at 9am.



Want information on Medicare?

Come see Corina Gomez every Tuesday from 9:00am-11:30am in front of the computer lab to learn what benefits are available to you!



Commodities schedule.

- No longer drive thru
- Pick up will be in the cafeteria
- After lunch by group



HAVE LUNCH WITH US!

Hot Meals are served Monday through Friday from 11:15am-12:15pm in the Nutrition Area.

Meal tickets can be picked up between 8:00am-11:00am (or until all tickets have been issued out).



Come by to see the Caregiver SOS Specialist in Room 116, or around the center for FREE: See flyer for more information

-Coaching—Support groups—
Stress Busting—Education—

866-390-6491

mzachmeyer@wellmed.net



Do you like to play card games? Come in Fridays at 1 pm to join other interested members in a friendly round of cards.

