

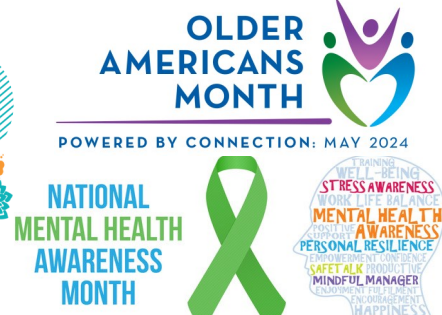


Walker Ranch Senior Center

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



hello May



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Please note this calendar is tentative and subject to change without any advance notice.</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>	<p>1 8:30 AM - Field Trip: Older Americans Month: Senior Proclamations at City Council Chambers (reservation required) 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: Microsoft PowerPoint (1 of 3) (CR) 10 AM - Seniors in Play (C1) 1 PM - Computer Class: Smart Phone Photography (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>2 9:30 AM - Bingo (D) 10 AM - Walking With WellMed 12 PM to 1:30 PM - Caregiver SOS: Caregiver Support Group (CONF) 12 PM - Computer Class: Safe Online Shopping Series: P2P Payment Services (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D) 9:30 AM to 11:30 AM CPS Energy Onsite Caregiver SOS Onsite</p>	<p>3 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>6 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: iPhone Basics (1 of 2) (CR) 9:30 AM - Bingocize (C1) (registered members only) 1 PM - Computer Class: Exploring the Internet (1 of 2) (CR) 1 PM - Play Bridge (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D)</p>	<p>7 9:30 AM - Computer Class: Intro to Computers (1 of 6) (CR) 9:30 AM - Loteria (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) 4:30 PM - Movie (C1) 5 PM to 6 PM - Computer Class: Using Facebook Marketplace (CR) 5 PM - Play Chicken Foot (C2) New Volunteer-led Activity 11:30 AM: Talk About Ted Talks (CONF)</p>	<p>8 9 AM - Field Trip: Japanese Tea Garden (reservation required) 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: Microsoft PowerPoint (2 of 3) (CR) 9 AM to 1 PM - Medicare Benefits Counseling (NO) 10 AM - Seniors in Play (C1) 1 PM - Computer Class: Smart Phone Photography (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) 5:30 PM - Talking Poetry Open Mic (D)</p>	<p>9 9 AM - Nature Walks at Walker Ranch Park with Parks and Rec 9:30 AM - Bingocize (C1) (registered members only) 10 AM - Presentation: Oasis - Getting Your Affairs In Order (D) 12 PM - Computer Class: Safe Online Shopping Series: Getting Started with PayPal (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D) Caregiver SOS Onsite</p>	<p>10 9 AM - Mother's Day Celebration (reservation required) (C1 and C2) 9:30 AM to 10:45 AM - Chair Volleyball (D) 12:30 PM - Open Play Table Games (C2) Note: No 42 Dominoes Today.</p>
	<p>13 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: iPhone Basics (2 of 2) (CR) 9:30 AM - Bingocize (C1) (registered members only) 1 PM - Computer Class: Exploring the Internet (2 of 2) (CR) 1 PM - Play Bridge (C2)</p>	<p>14 9:30 AM - Computer Class: Intro to Computers (2 of 6) (CR) 12:30 PM - Health Talks With Nurse Kristi: What Do We Know About Healthy Aging? (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: Getting Started with Instagram (CR) 5 PM - Play Chicken Foot (C2)</p>	<p>15 9 AM - Computer Class: Microsoft PowerPoint (3 of 3) (CR) 9:30 AM - Field Trip: Friedrich Wilderness Park (reservation required) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Smart Phone Photography (3 of 3) (CR) 1 PM - Book Club Meeting: Trust By Hernan Diaz (C1) 4 PM - Bingo (D) 4:30 PM - Movie (C1) 9 AM to 11 AM ACOG Benefits Counseling Onsite Food bank distribution today for <u>approved applicants only</u>.</p>	<p>16 9:30 AM - Bingocize (C1) (registered members only) 10 AM - Walking With WellMed 12 PM - Computer Class: Safe Online Shopping Series: Getting Started with Venmo (CR) 12 PM to 1:30 PM - Caregiver SOS: Healthy Living for Your Brain and Body (CONF) 2:30 PM to 7 PM - Intermediate Pickleball (D) 11:30 AM 8-Ball Tournament in the Game Room. Registration will be held the day of the tournament.</p>	<p>17 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) There will be no transportation or hot meals served today.</p>
	<p>20 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Windows Performance and Maintenance (CR) 9:30 AM - New Member Orientation (CONF) 9:30 AM - Bingocize (C1) (registered members only) 1 PM - Computer Class: Going Wireless (CR) 1 PM - Play Bridge (C2) No Karaoke Today</p>	<p>21 9:30 AM - Loteria (C1) 9:30 AM - Computer Class: Intro to Computers (3 of 6) (CR) 9:30 AM - Field Trip: Crownridge Canyon Natural Area (reservation required) 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) 5 PM to 6 PM - Computer Class: Instagram Shopping (CR) 5 PM - Play Chicken Foot (C2)</p>	<p>22 9 AM to 1 PM - Medicare Benefits Counseling (NO) 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: Discovering Wellness on the Web Through Technology (CR) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Phishing and Identity Theft (CR) 4 PM - Brook Hollow Library Presents: The Library Hour (CONF) 4:30 PM - Movie (C1) 5:30 PM - Talking Poetry Open Mic (D)</p>	<p>23 9:30 AM - Bingo (D) 9:30 AM - Bingocize (C1) (registered members only) 10 AM - Walking With WellMed 12 PM - Computer Class: Safe Online Shopping Series: Introduction to Digital Wallets (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D) Caregiver SOS Onsite</p>	<p>24 9 AM to 12 PM - Play 42 Dominoes (C2) 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Nature Walks at Walker Ranch Park with Parks and Rec 10 AM - Texas A&M AgriLife Walk N Talk (1 of 8) (registration is required) 12:30 PM - Open Play Table Games (C2)</p>
	<p>27 CENTER CLOSED TODAY IN HONOR OF MEMORIAL DAY. MEMORIAL DAY 2024 REMEMBER & HONOR</p>	<p>28 7:45 AM - Field Trip: Toyota Motor Manufacturing (reservation required) 9:30 AM - Computer Class: Intro to Computers (4 of 6) (CR) 9:30 AM - Bingocize (C1) (registered members only) 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: Instagram Posts and Stories (CR) 5 PM - Play Chicken Foot (C2)</p>	<p>29 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Beginners Guide to the Cloud (CR) 10 AM - Seniors in Play (C1) 1 PM - Computer Class: Google Calendars (CR) 12:30 PM to 2:30 PM - Play Rummikub (C2) 4:30 PM - Movie (C1)</p>	<p>30 9:30 AM - Nutrition Education: Peaches (D) 10 AM - Walking With WellMed 9:30 AM - Bingocize (C1) (registered members only) 12 PM to 1:30 PM - Caregiver SOS: Ambiguous and Anticipatory Grief TeleConnection (CONF) 12 PM - Computer Class: Safe Online Shopping Series: Digital Coupons (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D) 10 AM Produce Market Opens! (D) Caregiver SOS Onsite</p>	<p>31 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM to 10:45 AM - Chair Volleyball (D) 10 AM - Texas A&M AgriLife Walk N Talk (2 of 8) (registration is required) 12 PM - May Birthday Celebration (D) 12:30 PM - Open Play Table Games (C2)</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
- 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
- 2 PM - Meditation (**volunteer-led**) (**Art Room**)
- **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
- 5 PM - Drumming Exercise (**volunteer-led**) (**Classroom 1**)

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.*
- 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.*
- **NEW** 11:30 AM - Talk About Ted Talks (Conference Room) *Weekly.*
- 1 PM - Learn to Play National Mah Jongg League (Classroom 2) *Weekly. Registration required.*
- 4:30 PM - Play Jeopardy (Conference Room) *Weekly.*
- 5 PM - Bunco (Classroom 2) *3rd Tuesday.*

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.*
- 5:30 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

- **May 1, 8:30 AM - Senior Proclamations** Join members from other centers at City Council Chambers for a reading of Senior Proclamations in honor of Older Americans' month.
- **May 8, 9:00 AM - Japanese Tea Garden** Take a trip to the garden, which has a glorious history of over 90 years!
- **May 15, 9:30 AM - Friedrich Wilderness Park Nature Walk** Friedrich Wilderness Park offers approximately 10 miles of hiking trails with varying degrees of difficulty. It is home for rare birds, terrestrial orchids, steep hills and deep canyons.
- **May 21, 9:30 AM - Crownridge Canyon Natural Area Nature Walk** 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.
- **May 29, 8:30 AM - Toyota Motor Manufacturing** A new truck rolls off the line every 60 seconds at Toyota Motor Manufacturing, Texas—find out more in this educational tour of the Toyota Plant! **Valid photo ID and closed toed shoes are required. No videos or photographs allowed at the Toyota Plant.**

**All field trips are subject to change.*

****Only one trip per member per month, based on availability.**