



**HUMAN SERVICES**



**Bob Ross Senior Center**  
2219 Babcock Rd.  
San Antonio, TX. 78229  
210-207-5300

**Monday-Thursday 7am-8pm**  
**Friday 7am-4pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*Please make a reservation for bus transportation to any trips through the check-in kiosk. See front desk for assistance*</b></p>	<p><b>(Note: Calendar subject to change without advance notice)</b></p> <p><b>*See back of calendar for more class information*</b></p>	<p><b>1</b> <b>9:30-11:30am OASIS Class: MS Excel—Basics</b> <b>10am BINGO</b> <b>1pm OASIS Class: Cybercrime: Phishing and Identity Theft</b> <b>4:00pm Karaoke</b></p>	<p><b>2</b> <b>9:30am Store Trip: Wal-Mart</b> <b>4:00pm MOVIE</b></p>	<p><b>3</b> <b>8:30-9:45am Easy Crafts Rm 155</b> <b>9am OATS Technology: Digital Coupon Tools</b> <b>9:30am Nutrition Education</b> <b>10am BINGO</b></p>
<p><b>6</b> <b>9:45am Walking w/ WellMed</b> <b>4:00pm Specialty Bingo</b></p>	<p><b>7</b> <b>9:30am OASIS Technology: Google: Gmail Intro</b> <b>10-11:30am Seniors in Play rm 155</b> <b>11am-12pm Eating Out Trip:</b></p>  <p><b>1:00pm OASIS Technology: iPad Basics</b> <b>4:00pm BINGO</b></p>	<p><b>8</b> <b>9:30-11:30am OASIS Class: MS Excel—Basics</b> <b>9am Oasis Presentation</b> <b>9:45am Walking w/ WellMed</b> <b>10am BINGO</b> <b>1:00pm OASIS Class: Cybercrime: Phishing and Identity Theft</b> <b>4:00pm Karaoke</b></p> <p><b>Cash in your Bob's Bucks</b></p>	<p><b>9</b> <b>1pm Afternoon Commodities/CSFP Pick Up</b> <b>4:00pm MOVIE</b></p>	<p><b>10</b> <b>8:30 am WellMed Caregiver SOS Presentation: Talking To Your Healthcare Providers</b> <b>8:30-9:45am Easy Crafts Rm 155</b> <b>9am OATS Technology: Podcasts at a Glance</b> <b>10am BINGO</b></p> <p><b>Cash in your Bob's Bucks</b></p>
<p><b>13</b> <b>9:45am Walking w/ WellMed</b> <b>4:00pm Specialty Bingo</b> <b>5:00pm Loteria</b></p>	<p><b>14</b> <b>9:30am OASIS Technology: Google Drive - Cloud Storage</b> <b>10am WellMed Nurse Presentation</b> <b>10-11:30am Seniors in Play rm 155</b> <b>1:00pm OASIS Technology: iPad Basics</b> <b>4:00pm BINGO</b></p>	<p><b>15</b> <b>9:30-11:30am OASIS Class: MS Excel—Basics</b> <b>9:30am SAILS Presentation</b> <b>9:45am Walking w/ WellMed</b> <b>10am BINGO</b> <b>1:00pm OASIS Class: Learning Gmail</b> <b>4:00pm Karaoke</b></p>	<p><b>16</b> <b>9:30am Store Trip: Wal-Mart</b> <b>4:00pm MOVIE</b></p>	<p><b>17</b> <b>8:30-9:45am Easy Crafts Rm 155</b> <b>9am OATS Technology: Online Shopping</b> <b>10am BINGO</b> <b>1:30pm SAFB Nutrition Class</b></p>
<p><b>20</b> <b>9am WellMed Caregiver SOS Services Presentation</b> <b>10am Name that Tune w/ Keith Dining Rm (3rd Monday of the month)</b> <b>11am Edwards Aquifer Education Outreach Center (leaving at 10am)</b> <b>4:00pm Specialty Bingo</b></p>	<p><b>21</b> <b>9:30am OASIS Technology: Google: Photos</b> <b>10:00-11:30am Seniors in Play</b> <b>1:00pm OASIS Technology: Intro to the Internet</b> <b>4:00pm BINGO</b></p>	<p><b>22</b> <b>9:30-11:30am OASIS Class: MS Excel—Basics</b> <b>9:45am Walking w/ WellMed</b> <b>10am BINGO</b> <b>1:00pm OASIS Class: Cybersecurity: Learning Gmail</b> <b>4:00pm Karaoke</b></p> <p><b>Cash in your Bob's Bucks</b></p>	<p><b>23</b> <b>9:30am Store Trip: Wal-Mart</b> <b>4:00pm MOVIE</b></p>	<p><b>24</b> <b>8:30-9:45am Easy Crafts Rm 155</b> <b>9am OATS Technology: Spotify</b> <b>9:30am Nutrition Education</b> <b>10am BINGO</b></p> <p><b>Cash in your Bob's Bucks</b></p>
<p><b>27</b></p> <p><b>CLOSED</b></p>  <p><b>MEMORIAL DAY</b> REMEMBER &amp; HONOR</p>	<p><b>28</b> <b>9:30am OASIS Technology: Google: Calendar, Keep, Tasks</b> <b>10:00-11:30am Seniors in Play</b> <b>10am Hallmark College Presentation</b> <b>1:00pm OASIS Technology: Intro to the Internet</b> <b>4:00pm BINGO</b></p>	<p><b>29</b> <b>9:30-11:30am OASIS Class: Cybercrime: What's the Best Browser for Me?</b> <b>9:45am Walking w/ WellMed</b> <b>10am BINGO</b> <b>12:30pm May Birthday Celebration Dining Rm</b> <b>1:00pm OASIS Class: Exploring the Internet</b> <b>4:00pm Karaoke</b></p>	<p><b>30</b> <b>9:30am Store Trip: Wal-Mart</b> <b>10am Hallmark College Presentation</b> <b>4:00pm MOVIE</b></p>	<p><b>31</b> <b>8:30-9:45am Easy Crafts Rm 155</b> <b>9am OATS Technology: YouTube</b> <b>10am BINGO</b></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
- ◇ **4:00PM YMCA LINE DANCE—RM 110**
- ◇ **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
- ◇ **12:30pm Line Dancing Rm 110 (RESERVATION REQUIRED)**
- ◇ 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 “The Chosen“ by Chaim Potok (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

### 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 to our monthly Question & Answer Session with Veronica in the dining room Wednesday, May 29 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!



**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](mailto:mzachmeyer@wellmed.net)



**Commodities schedule.**

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



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

