



6157 NW Loop 410, San Antonio, TX 78238 \* 210-780-7444 \* Monday-Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8:30a Advanced Guitar</b> <a href="#">9a How to clean your phone and make room Computer Class</a> 9:15a Loteria <b>10a Beginning Guitar</b> <b>11:30a Intermediate Guitar</b> <b>12n Bereavement class</b> <a href="#">Repair your feelings through Art With Silvia Sarinana</a></p> 	<p><b>9:30 Jewelry Class</b> <b>10a Knitters &amp; Crocheters</b> 11a ESL Beginners <a href="#">12:45p Tour of Calgary, Canada</a></p> <p><b>Don't miss Word Puzzle with Luis tomorrow at 11:00a</b></p>	<p>8:30 Advanced Guitar 9a Jam with Robert Cruz <b>11:00a Word Puzzle With Luis</b> 12:20 Bingo <a href="#">1p Computer Class</a> <a href="#">Get rid of your cable and Use a fire stick</a></p> 	<p><b>CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</b></p>	<p><b>9:30a Field Trip to Ingram Park Mall</b> <b>Lunch on your own.</b> <b>10a Movie</b> <a href="#">10a Knitters Crocheters</a> <a href="#">12n Quilting</a> 12:30 Karaoke <b>1p Movie</b></p> 
<p><b>8:30a Advanced Guitar</b> <a href="#">9a NO Computer Class</a> 9:15a Loteria <b>9:30a Field Trip to Daiso Japanese Store</b> <b>10a Beginning Guitar</b> <b>11:30a Intermediate Guitar</b> <b>12n Bereavement class</b> <a href="#">Repair your feelings through Art With Silvia Sarinana</a></p>	<p><b>9:30 Jewelry Class</b> <b>9:30a Walkers on the Go</b> <b>10a Knitters &amp; Crocheters</b> 10:30a Volunteer Tax Saving Program 11a ESL Beginners <a href="#">12:45 Tour of TBA</a></p> 	<p>8:30 Advanced Guitar 9a Jam with Robert Cruz <b>9:30 Field Trip Northwest Theatre Movie, Popcorn &amp; Soda \$5.00 "Migration"</b> 10:00 Medicare made clear Know your benefits 12:20 Bingo <a href="#">1p Computer Class</a> <a href="#">Get rid of your cable and</a></p>	<p><b>9:30 Jewelry Class</b> <b>9:45a No Tour Today</b> <b>10a Spanish Class</b> 11a ESL Beginners <b>1p FOOD BANK</b></p> <p><b>Clear your calendars For the 30th it's Free Fresh Produce day 9:30am</b></p>	<p><b>10a Movie</b> <a href="#">10a Nutrition with Natalie</a> <a href="#">10a Knitters &amp; Crocheters</a> <a href="#">12n Quilting</a> <b>12:30p Birthday Cup Cakes</b> 12:30p Karaoke <b>1p Movie</b></p> 
<p><b>8:30a Advanced Guitar</b> <a href="#">9a How to clean your Computer and make space Computer Class</a> 9:15a Loteria <b>10a Beginning Guitar</b> <b>10:30a Field Trip Incredible Pizza \$11.00</b> <b>11:30a Intermediate Guitar</b> <b>12n Bereavement class</b> <a href="#">Repair your feelings through Art With Silvia Sarinana</a></p>	<p><b>9:30 Jewelry Class</b> <b>10a Knitters &amp; Crocheters</b> <b>10a Food Bank Cooking Class</b> <b>10a Drug Awareness for the Elderly to include prescriptions</b> 11a ESL Beginners <a href="#">12:45 Charles Dickens London Tour</a></p>	<p>8:30a Advanced Guitar 9am Jam with Robert Cruz <a href="#">10a Cooking with Jennifer Come watch and taste!</a> <b>9:30a Field Trip Northwest Movie "Puss &amp; Boots"</b> <b>Popcorn and Soda \$5.00</b> 12:20 Bingo <a href="#">1p Computer Class</a> <a href="#">Get rid of your cable and Use a fire stick</a></p>	<p><b>9:30 Jewelry Class</b> <a href="#">9:45a Tour of JERUSALEM, ISRAEL</a> <b>10a Spanish Class</b> <b>10a AACOG Services and what They have to offer!</b> 11a ESL Beginners <a href="#">12:15p Name That Tune</a></p> 	<p><b>10a Movie</b> <a href="#">10a Knitters &amp; Crocheters</a> <a href="#">12n Quilting</a> <b>12:30 Summer Dance Beach a Go Go! Party</b> <b>1p Movie</b></p> 
<p><b>8:30a Advanced Guitar</b> <a href="#">9a NO Computer Class</a> <b>9a RUMMIKUB TOURNEY</b> 9:15a Loteria <b>10a Beginning Guitar</b> <b>10a Oasis presents Senior Bullying with Russell Gainor</b> <b>11:30a Intermediate Guitar</b> <b>12n Bereavement class</b> <a href="#">Repair your feelings through Art With Silvia Sarinana</a></p> 	<p><b>9a CHAIRVOLLEY BALL TOURNEY</b> <b>9:30 Jewelry Class</b> <b>9:30a Walkers on the Go</b> <b>10a Knitters &amp; Crocheters</b> 11a ESL Beginners <a href="#">12:45 Tour of TBA</a></p> 	<p>8:30a Advanced Guitar <b>9a BILLARDS TOURNEY</b> 9am Jam with Robert Cruz 12:20 Bingo <a href="#">1p Computer Class</a> <a href="#">Get rid of your cable and Use a fire stick</a></p> 	<p><b>9a PING PONG TOURNEY</b> <b>9:30 Jewelry Class</b> <a href="#">9:30a Tour of Batumi Georgia</a> <b>10a Spanish Class</b> 11a ESL Beginners</p> 	<p><b>10a Movie</b> <a href="#">10a Knitters &amp; Crocheters</a> <b>10:30a Poetry Reading Day</b> <b>Sign up required</b> <a href="#">12n Quilting</a> 12:30 Karaoke <b>1p Movie</b></p> 
<p><b>8:30a Advanced Guitar</b> <a href="#">9a NO Computer Class</a> 9:15a Loteria <b>10a Beginning Guitar</b> <b>10:00 Field Trip—Animal Care Services, Lunch on your own</b> <b>11:30a Intermediate Guitar</b> <b>12n Bereavement class</b> <a href="#">Repair your feelings through Art With Silvia Sarinana</a></p>	<p><b>9:30 Jewelry Class</b> <b>10a Knitters &amp; Crocheters</b> <b>9:30a Fresh Produce Market</b> <b>Sign up required for Free Box</b> 11a ESL Beginners <a href="#">12:30 Tour of Lima, Peru</a></p> <p><b>PLAY FAMILY FEUD WITH LUIS TOMORROW!</b></p>	<p>8:30a Advanced Guitar 9am Jam with Robert Cruz <b>9:45a Let Play Family Feud With Luis, Sign up required</b> <b>10A Over the counter meds and Grocery plans</b> 12:20 Bingo <a href="#">1p NO Computer Class</a></p>	<p><b>FIELD TRIPS</b></p> <p>Wed * July 5th * 9:30a <a href="#">Ingram Mall</a> <a href="#">Lunch on your own</a></p> <p>Monday * July 8th * 9:30a <a href="#">Daiso Japanese Store</a></p> <p>Wed* July 10th * 9:30a <a href="#">Northwest Theatre</a> <a href="#">Movie, Popcorn &amp; Soda \$5.00</a></p>	<p><b>FIELD TRIPS</b></p> <p>Mon * July 15th * 10:30a <a href="#">Incredible Pizza \$11.00</a></p> <p>Wed * July 17th * 9:30a <a href="#">Movie, Popcorn &amp; Soda \$5.00</a></p> <p>Mon * July 29th * 9:30a <a href="#">Animal Care Services</a> <a href="#">Lunch on your own</a></p>

# FITNESS CLASS SCHEDULE

You may sign up in person at 7:15 am or you may start calling at 7:30 am to sign up for a class on that same day

*All classes are first come, first serve. Voicemail NOT accepted to sign up for aerobics classes*

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am		GET MOVING	GET MOVING	GET MOVING	CARDIO DRUMMING
10:00 am	CARDIO DANCE	YOGA	CHAIR CIRCUIT	CARDIO DANCE	MUSCLE MATTERS
11:00 am	ZUMBA GOLD	ZUMBA GOLD	YOGA	ZUMBA GOLD	YOGA
12:00 pm	LINE DANCING	MUSCLE MATTERS	FEEL THE BEAT	FLAMENCO	CARDIO DANCE
1:00 pm	FEEL THE BEAT	CARDIO DANCE	BELLY DANCING	STRENGTH 45	CHAIR CIRCUIT
2:00 pm	FOLKLORICO	QIGONG	TAI CHI	QIGONG	

**Please Note: Strength 45 Class is held at 12:00 pm on the 3rd Thursday of the month.**

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# GAME SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG CHAIR VOLLEYBALL DOMINOES / RUMIKUB BILLIARDS	PING PONG CHAIR VOLLEYBALL DOMINOES / RUMIKUB BILLIARDS	PING PONG DOMINOES / RUMIKUB BILLIARDS	PING PONG DOMINOES / RUMIKUB BILLIARDS	PING PONG DOMINOES / RUMIKUB BILLIARDS

# ANNOUNCEMENTS

**WALKERS**  
on the Go!  
2nd and 4th Tuesday  
of the month  
9:30 am

Sign up  
at Front Desk



**VISIT**  
**OUR VIRTUAL**  
**SENIOR CENTER**

Scan the QR code  
using your smartphone camera.  
Tap the notification to open the link.



Enjoy guided activities  
to do from  
the comfort of  
your own home!

Join us on Tuesdays and  
Thursdays a tour!




**EVERY**  
**WEDNESDAY**

**WEAR YOUR**  
**CENTER T-SHIRT**


**DO YOU HAVE**  
**QUESTIONS ABOUT**  
**MEDICARE?**

visit the Medicare  
Information Center






Located Next to  
WellMed Clinic

**Drug Awareness**  
I'm a senior  
this can't effect me!  
OR CAN IT?



**HEALTH AND**  
**WELLNESS CLASS**  
With Nurse Bertha  
First Thursday  
of the Month



Health Screenings	Lunch	Caregiver SOS	Important Numbers to Know
Wednesdays & Fridays (unless otherwise noted)	Lunch Check In Opens at 9:45 am Daily	Are you providing care to a family member or loved one?	<b>S.A.P.D</b> Non-Emergency: (210) 207-7273 <b>Emergency: 911</b> <b>Texas Abuse Hotline 1-800-252-5400</b> When you suspect abuse, neglect, or financial exploitation.
Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available	All Meals Are Served On a First Come, First Serve Basis	<b>SERVICES INCLUDE:</b> Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes Please see Cindy Robles For more information	<b>Alamo Service Connection</b> (210) 477-3275 / 1-866-231-4922 Referral and assistance for seniors, people with disabilities, and veterans.
	Lunch Time is at 11:30 am		<b>City of San Antonio 311</b> Potholes, stray animals, downed street signs, trash collection. <b>United Way 211</b> Crisis + Emergency, Disaster Assistance, Food, Health, Housing + Utilities, Jobs + Support, Reentry, Veterans