



HUMAN SERVICES

AUGUST 2024

Southside Lions Senior Center
 3303 Pecan Valley
 San Antonio, TX. 78210
 210-207-1760
 Mon-Thurs 7:00am-8:00pm;
 Friday 7:00am-4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 am Exploring Google 10am Google Photos 12:30 pm BINGO 1:00 pm Windows 10	2 10:00 am Seniors In Play 12:30 pm LOTERIA
5 9:00 am Intro to the Internet 12:00 pm Shopping Trip HEB 12:30 pm Cornhole 4:00 pm Art Project: Charcoal Drawing	6 9:30 am Painting 10:00 am Oasis Presents: Disaster Preparedness 12:30 pm BINGO 5:00 pm Movie & Popcorn: UP	7 9:00 am Drawing 9:30 am Volunteer Training 2:00 pm Movie & Popcorn: UP 4:00 pm Board Game: Scattergories 5:00 pm Intro to Email	8 9:00 am Exploring Google 10am Finding Community with SPC 12:30 pm BINGO 1:00 pm Windows 10 5:00 pm Karaoke & Nachos	9 9:30am Produce Market: Cantaloupe 10:00 am Seniors In Play 12:30 pm LOTERIA
12 9:00 am Intro to the Internet 12:30 pm Cornhole 4:00 pm Card Game: NERTZ	13 9:30 am Painting 12:30 pm BINGO 5:00 pm Movie & Popcorn: Carro Rojo (Spanish Movie)	14 9:00 am Drawing 9:30 am Cheese Box 2:00 pm Movie & Popcorn: Carro Rojo (Spanish Movie) 4:00 pm Badminton	15 9:00 am Exploring Google 10am Online Health Resources 10:00 am Vaccinations and Older Adults: by WellMed 12:30 pm BINGO 1:00 pm Windows 10 5:00 pm Craft: Decorating Frames	16 9:00 am Orientation 10:00 am Seniors In Play 10am: Goodwill Trip 12:30 pm LOTERIA
19 9:00 am Intro to the Internet 10:00 am Shopping Trip TARGET 12:30 pm Cornhole 5:00 pm Art Project: Print making	20 9:30 am Painting 12:30 pm BINGO 4:00 pm Cornhole 5:00 pm Movie & Popcorn: Ford vs Ferrari	21 9:00 am Drawing 9:30 am Hope Program 2:00 pm Movie & Popcorn: Ford vs Ferrari 4:00 pm Sudoku Challenge 5:00 pm Concert night: "Little Joe live in Houston." Video	22 9:00 am iPhone Basics 10am Exploring Online Health Resources 12:30 pm BINGO 1:00 pm Cybersecurity-Best Browser	23 10:00 am Seniors In Play 11:30 am August Birthdays Celebrated! 12:30 pm LOTERIA
26 9:00 am Intro to the Internet 12:30 pm Cornhole 4:00 pm Card Game: Uno Flip 5:00pm Learn to use Computer	27 9:30 am Painting 10:00 am Fatigue and Older Adults: by WellMed 12:30 pm BINGO 4:00 pm Cornhole 5:00 pm Movie & Popcorn: Argylle	28 9:00 am Drawing 9:00 am Orientation 2:00 pm Movie & Popcorn: Argylle 4:30 pm Pool Tournament	29 9:00 am iPhone Basics 10am Messaging Apps 12 pm Eggplant Presentation-Helena 12:30 pm BINGO 1:00 pm Essential Apps. 4:00 pm: Magazine Collages	30 9:00 am Orientation 10:00 am Seniors In Play 12:30 pm LOTERIA

Announcements & Events:

CSFP Cheese Box Wednesday August 14, 2024 9:30 -11:00 am & 12:00 -1:00 pm (While supplies last) ***CURRENTLY NOT ACCEPTING APPLICATIONS***

Hope Program Wednesday 21, 2024 9:30-11:00 am & 12:00 -1:00 pm (While supplies last) ***CURRENTLY NOT ACCEPTING APPLICATIONS***

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00 am Wellness Dance 10:00 am Senior Circuit (Liz) 1:00 pm Yo-Chi (Elaine) 4:00 pm Muscle Strength (Jorge)	9:00 am Chair Rise and Thrive (Elaine) 10:15 am Zumba (Veronica) 12:00 pm Low Impact Cardio (Jorge) 4:00 pm Low Impact Bootcamp (Rodney)	8:30 am Gentle Yoga (Maci) 10:00 am Dance Alegria (Urban 15) 1:00 pm Senior Circuit (Shelly) 5:00 pm Strength and Toning (Alexis)	9:15 am Walking w/ WellMed at River Center Mall 10:15 am Tai Chi (Theresa) 1:00 pm Strength and Toning (Elaine) 4:00 pm Drumming Fitness (Video)	9:00 am Low Impact Bootcamp (Rodney) 10:00 am Zumba Gold 1:00 pm Full Body Stretch (Jorge)

How to Sign-Up for a Fitness Class

- * To reserve spot call 210-207-1760 24 hours before each class to register.
- * Speak to a staff member to make reservation. (No voicemails will be accepted).
- * Tickets for entry to classes are given at check in to center, or 15 minutes prior to class.
- * Ticket will be handed only to participating member. **(Lost tickets will not be replaced)**
- * All classes are 45 minutes & are held in the Fitness Room unless otherwise noted.
- * Hand ticket to instructor when entering classroom.
- * Seating is on a first come, first served basis, no disruptions of class once started.
- **PLEASE NO LATE ARRIVALS *WE CANNOT HOLD TIME SLOTS***
- **UPON CLASS START TIME, REMAINING TICKETS WILL GO TO MEMBERS ON WAIT LIST**

Lunch

11:00-12:00 Monday-Friday

Or while supplies last

- * **Tickets are available as early as 9:00 AM**
- * **Membership card is required**
- * **Hold your ticket till 11:00 AM—Please do not lose ticket**
- * **Lunches are available while supplies last**
- * **Meals cannot be taken home**
- * **On days center is closed, frozen meal will be given**
- * **Only frozen meal can be taken home**



Calendar and instructors subject to change