



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



National Safety Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Meet the Computer (1 of 2) (CR) 9:30 AM - Bingocize (C1) (registered members only) 1 PM - Computer Class: Cybercrime Fighters: What's the Best Browser for Me? (CR) 1 PM to 3 PM - Play Bridge (C2)</p>	<p>4 9:30 AM - Computer Class: Intro to Computers (5 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 3 PM: Beginner Pickleball Skills & Drills (D) 3 PM to 7 PM Beginner Play: Pickleball (D) 5 PM to 6 PM - Computer Class: Digital Tools to Boost your Business (CR) 5 PM to 7 PM - Play Chicken Foot (C2)</p>	<p>5 9 AM - Computer Class: Learning Gmail (1 of 2) (CR) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 1 PM - Computer Class: Android Essentials (1 of 2) (CR) 12:30 PM to 2:30 PM - Play Rummikub (C2) 4 PM - Bingo (D)</p> <p>9 AM to 1 PM - Medicare Benefits Counseling (NO)</p> <p>9:45 AM - Seniors in Play Summer Showcase (D)</p>	<p>6 8:30 AM - Field Trip: San Antonio Shoes Factory Tour (reservation required) 9:30 AM - Bingo (D) 10 AM - Walking With WellMed 10 AM - Presentation: Oasis - Men's Health After 60 (C1) 12 PM to 1:30 PM - Caregiver SOS: Caregiver Support Group (CONF) 12 PM - Computer Class: Safe Online Shopping Series: Using Facebook Marketplace (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D) 9:30 AM to 11:30 AM CPS Energy Onsite</p>	<p>7 9 AM to 12 PM - Play 42 Dominoes (C2) 9 AM to 10:45 AM - Chair Volleyball (D) 10 AM - Texas A&M AgriLife Walk N Talk (3 of 8) (registration is required) (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2)</p> <p>Note: All activities must conclude by 3:45 PM.</p>
<p>10 9:30 AM - Computer Class: Meet the Computer (2 of 2) (CR) 9:30 AM - Bingocize (C1) (registered members only) 9 AM to 11 AM - Christian Dental: Dental Demonstration (CONF) 10 AM - Fire Safety Talk with San Antonio Fire Department (D) 1 PM - Computer Class: Beginners Guide to the Cloud (CR) 1 PM to 3 PM - Play Bridge (C2)</p>	<p>11 9 AM to 10:30 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Intro to Computers (6 of 6) (CR) 9:30 AM - Loteria (C1) 12:30 PM - Health Talks With Nurse Kristi: Facts On Alzheimer's (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: Crowdfunding for Entrepreneurs (CR) 5 PM to 7 PM - Play Chicken Foot (C2)</p> <p>10:45 AM - Talking Poetry Open-Mic Demonstration (D)</p>	<p>12 9 AM - Computer Class: Learning Gmail (2 of 2) (CR) 9:30 AM - Field Trip: Edwards Aquifer Authority Education Outreach Center (reservation required) 10 AM - Seniors in Play (C1) 1 PM - Computer Class: Android Essentials (2 of 2) (CR) 12:30 PM to 2:30 PM - Play Rummikub (C2) 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>Food bank distribution today for <i>approved applicants only</i>.</p>	<p>13 9:30 AM - Bingocize (C1) (registered members only) 9:30 AM to 10 AM - Nutrition Education: Healthy Eating with Diabetes (D) 10 AM - Walking With WellMed 12 PM - Computer Class: Safe Online Shopping Series: Getting Started with PayPal (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p>	<p>14 9 AM to 11 AM - Father's Day Celebration (registration required) (C1 & 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 (4 of 8) (registration is required) (CONF) 12:30 PM to 2:30 PM - Open Play Table Games (C2)</p> <p>No 42 Dominoes Today 10:30 AM Crochet Class will be held in Art Room Note: All activities must conclude by 3:45 PM.</p>
<p>17 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Google Photos (1 of 2) (CR) 9:30 AM - Bingocize (C1) (registered members only) 1 PM - Computer Class: Google Maps & Google Calendars (1 of 2) (CR) 1 PM to 3 PM - Play Bridge (C2)</p> <p>Art Class registration begins today at 9 AM. First come first, serve basis until spots fill up.</p>	<p>18 9:30 AM - Computer Class: iPad Basics (1 of 2) (CR) 10 AM to 10:30 AM - Dealing with Stress: Mindfulness & Breathing (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: Google Workspace (CR) 5 PM to 7 PM - Play Chicken Foot (C2)</p>	<p>CENTER IS CLOSED</p> <p>CELEBRATING JUNE TEENTH FREEDOM DAY</p>	<p>20 9:30 AM - Bingo (D) 10 AM - Walking With WellMed 8:30 AM - Field Trip: Cracker Barrel Shopping Trip (reservation required) 9 AM - Computer Class: Beginner's Guide to the Cloud (2 of 2) (CR) 10 AM to 11 AM - Deaf & Hard of Hearing Resource Specialists Meet & Greet (C1) 12 PM - Computer Class: Saving Money with Tech (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p> <p>9 AM to 11 AM ACOG Benefits Counseling Onsite</p>	<p>21 9 AM to 12 PM - Play 42 Dominoes (C2) 9 AM to 10:45 AM - Chair Volleyball (D) 12:30 PM to 2:30 PM - Open Play Table Games (C2)</p> <p>No Walk N Talk Today.</p> <p>Note: All activities must conclude by 3:45 PM.</p>
<p>24 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Google Photos (2 of 2) (CR) 9:30 AM - New Member Orientation (CONF) 1 PM - Computer Class: Google Maps & Google Calendars (2 of 2) (CR) 1 PM to 3 PM - Play Bridge (C2)</p>	<p>25 9:30 AM - Loteria (C1) 9:30 AM - Computer Class: iPad Basics (1 of 2) (CR) 10 AM - Field Trip: Dixie Flag & Banner Company Tour (reservation required) 12:30 PM - Health Talks With Nurse Kristi: How Smell and Taste Change As You Age (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 7 PM - Play Chicken Foot (C2)</p>	<p>26 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: Oasis Guide to Internet Safety (CR) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Book Club Meeting: The Beekeeper of Aleppo by Christy Leftri (C1) 1 PM - Computer Class: Translation Tools (CR) 4 PM - Bingo (D) 4:30 PM - Movie (C1)</p> <p>9 AM to 1 PM - Medicare Benefits Counseling (NO)</p>	<p>27 9:30 AM to 11 AM - Opera 101 (C1) 9:30 AM to 10 AM - Nutrition Education: Healthy Eating with Diabetes (D) 10 AM - Walking With WellMed 12 PM - Computer Class: Google Workspace (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p> <p>11:30 AM 8-Ball Tournament in the Game Room. Registration will be held the day of the tournament.</p>	<p>28 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 (5 of 8) (registration is required) (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2)</p> <p>Note: All activities must conclude by 3:45 PM.</p>
<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>Seniors in Play Summer Showcase</p> <p>Stop by the dining room on June 5th to see fellow members of the Walker Ranch Senior Center Seniors in Play Troupe perform!</p>	<p>Join the San Antonio Fire Department on June 10th at 10 AM in the dining room for a Fire Safety Talk in honor of National Safety Month!</p>	<p>Project Hope Distribution</p> <p>Due to the Juneteenth holiday, the distribution date for members on the food bank list will be on June 12th. Please see nutrition office for questions or concerns!</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
- 5:30 PM - Flexibility & Balance (**volunteer-led**)

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.*
- 4 PM - Karaoke (Dining Room) *Weekly.*

Tuesday

- 10 AM - National Mah Jongg League (Classroom 2) *Weekly.*
- 10:30 AM - Talk About Ted Talks (Conference Room) *Weekly.*
- 4:30 PM - Play Jeopardy (Conference Room) *Weekly.*
- 5 PM - Bunco (Classroom 2) *3rd Tuesday.*

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 Wednesday.*
- 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.*
- 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 (Conference Room) *Supplies provided. Weekly.*
- 1 PM - Good Grammar for Everyone (Classroom 1) *2nd and 4th Fridays.*

PROJECT HOPE FOOD BANK DISTRIBUTION



Distribution Date

2nd Wednesday for the month of June 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

- **June 6, 8:30 AM - San Antonio Shoes Factory Tour** How does SAS create the most comfortable shoes in the world? Come and see first-hand how each pair of shoes go through up to 100 different steps, performed by approximately 80 different pairs of skilled hands, before they are declared SAS quality.
- **June 12, 9:30 AM - Edwards Aquifer Authority Education Outreach Center** Members will have the opportunity to explore interactive exhibits and displays while learning about the Edwards Aquifer Authority in this tour guide-led experience!
- **June 20, 8:30 AM - Cracker Barrel Shopping Trip** Find must-have items from Cracker Barrel's extensive assortment, including home decor, quilts, collectibles, clothing, games, and more! (2 bag limit per person).
- **June 25, 10 AM - Dixie Flag and Banner Company Tour** Founded in 1958 by Henry P. Van de Putte, Sr., Dixie Flag Banner is one of the most respected and trusted flag companies in the country. Dixie Flag has grown from a small home-based business to an industry leader specializing in U.S. Flags, International Flags, State Flags, Custom Flags & Banners, and Special Event Décor.

***All field trips are subject to change. Only one trip per member per month, based on availability.**