



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>3 9:30am Field Trip: Japanese Tea Garden 4:00pm Specialty Bingo</p>	<p>4 9:30am OASIS Technology: Google: Maps 10:00-11:30am Seniors in Play 1:00pm OASIS Technology: Intro to the Internet 4:00pm BINGO</p>	<p>5 9:30-11:30am OASIS Class: SmartPhone Photography 9am UT Health Nursing Students 10am BINGO 1pm OASIS Class: Meet the Computer 4:00pm Karaoke</p>	<p>6 9:30am PAWS Visit 9:45am Walking w/ WellMed 4:00pm MOVIE </p>	<p>7 8:30-9:45am Easy Crafts Rm 155 9am OATS Technology: 9:30am Nutrition Education 10am BINGO</p>
<p>10 11am-12pm Eating Out Trip (leaving at 10:45):  4:00pm Specialty Bingo</p>	<p>11 9:30am OASIS Technology: Google: Timeline & Travel 10-11:30am Seniors in Play rm 155 1:00pm OASIS Technology: Intro to the Internet 4:00pm BINGO</p>	<p>12 9:30-11:30am OASIS Class: SmartPhone Photography 9am Oasis Presentation 10am BINGO 1:00pm OASIS Class: Meet the Computer 4:00pm Karaoke Cash in your Bob's Bucks</p>	<p>13 1pm Afternoon Commodities/CSFP Pick Up 4:00pm MOVIE</p>	<p>14 8:30-9:45am Easy Crafts Rm 155 9am Vibrant Works Presentation 9am OATS Technology: 10am BINGO Cash in your Bob's Bucks</p>
<p>17 9:30am Store Trip: Wal-Mart 10am Name that Tune w/ Keith Dining Rm (3rd Monday of the month) 4:00pm Specialty Bingo 5:00pm Loteria</p>	<p>18 9:30am OASIS Technology: YouTube 10am WellMed Nurse Presentation 10-11:30am Seniors in Play Showcase 1:00pm OASIS Technology: Intro to the Internet 4:00pm BINGO</p>	<p>19 CLOSED </p>	<p>20 9am AACOG Presentation 9:45am Walking w/ WellMed 4:00pm MOVIE</p>	<p>21 8:30-9:45am Easy Crafts Rm 155 9am OATS Technology: 10am BINGO 1:30pm SAFB Nutrition Demonstration</p>
<p>24 9:30am Store Trip: PopShelf 4:00pm Specialty Bingo</p>	<p>25 9:30am OASIS Technology: Google: YouTube Music 9am UT Health Nursing Students 10am SALSA Presentation: Aging in Place 10:00-11:30am Seniors in Play 1:00pm OASIS Technology: Intro to the Internet 4:00pm BINGO</p>	<p>26 9:30-11:30am OASIS Class: iPhone Q&A 10am BINGO 1:00pm OASIS Class: Discovering Wellness through Technology 4:00pm Karaoke Cash in your Bob's Bucks</p>	<p>27 9:45am Walking w/ WellMed 4:00pm MOVIE</p>	<p>28 8:30-9:45am Easy Crafts Rm 155 9am OATS Technology: Spotify 9:30am Nutrition Education 10am BINGO Cash in your Bob's Bucks</p>
<p>*Please make a reservation for bus transportation to any trips through the check-in kiosk. See front desk for assistance*</p>	<p>*See back of calendar for more class information*</p>	<p>(Note: Calendar subject to change without advance notice)</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
- ◇ 1pm Jewelry Making w/Sandy Rm 118
- ◇ 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
- ◇ 2pm Kathy's Social Dancers Rm 142

Thursday:

- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ◇ 10am Book Club w/ Marilyn Lott Rm 143 Discussing "Counterfeit" by Kirstin Chen (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, June 26 at 9am.



CITY OF SAN ANTONIO
DEPARTMENT OF HUMAN SERVICES

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!



Commodities schedule.

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



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



Join Sandy in our new jewelry making class on Tuesdays at 1pm in rm 118.

Join Kathy's Social Dancers class on Wednesdays at 2pm in rm 142.

