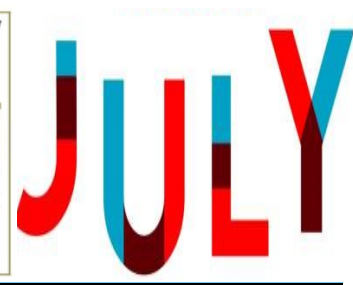




# Walker Ranch Senior Center

835 W. Rhapsody  
San Antonio, TX, 78216  
210-207-5280

Monday - Thursday: 7 AM - 8 PM  
Friday: 7 AM - 4 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Beginner's Guide to the Cloud (CR) 9:30 AM - Movie (C1) 1 PM - Computer Class: Going Wireless (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 5 PM to 7 PM - Play Advance Bridge (C2)</p>	<p><b>2</b> 9:30 AM - Computer Class: Intro to the Internet (1 of 6) (CR) 9:30 AM - Loteria (C1) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Ask A Grandkid (C1) 2 PM to 3 PM: Beginner Pickleball Skills &amp; Drills (D) 3 PM to 7 PM Beginner Play: Pickleball (D) 4:30 PM - Movie (C1)</p>	<p><b>3</b> 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: Microsoft PowerPoint Basics (1 of 4) (CR) 1 PM - Computer Class: Microsoft Excel Basics (1 of 4) (CR) 12:30 PM to 2:30 PM - Play Rummikub (C2) 4 PM - Bingo (D)</p> <p>1:30 PM to 2:30 PM Financial Empowerment Center Onsite</p> <p>No Seniors in Play Today</p>	 <p><b>CLOSED FOR THE FOURTH OF JULY</b></p>	<p><b>5</b> 9 AM to 12 PM - Play 42 Dominoes (C2) 9 AM to 10:45 AM - Chair Volleyball (D) 10 AM - Texas A&amp;M AgriLife Walk N Talk (6 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><b>8</b> 9 AM to 10:30 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Microsoft Word (1 of 4) (CR) 9:30 AM - Movie (C1) 1 PM - Computer Class: Microsoft Publisher (1 of 4) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 5 PM to 7 PM - Play Advance Bridge (C2)</p>	<p><b>9</b> 9:30 AM - Computer Class: Intro to the Internet (2 of 6) (CR) 9:30 AM - Field Trip: Santikos Theater Summer Movie (reservation required) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Ask A Grandkid (C1) 2 PM to 7 PM Beginner Play: Pickleball (D) 4:30 PM - Movie (C1) 5 PM to 6 PM - Computer Class: Exploring Online Health Resources (CR)</p> <p>10:45 AM - Talking Poetry Open-Mic Demonstration (D)</p>	<p><b>10</b> 9 AM to 10:30 AM - Chair Volleyball (D) 9 AM - Computer Class: Microsoft PowerPoint Basics (2 of 4) (CR) 10 AM to 11 AM - Medicare 101 Q&amp;A With Laura Moss (CONF) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Microsoft Excel Basics (2 of 4) (CR) 4:30 PM - Movie (C1) 5:30 PM - Talking Poetry Open-Mic (D)</p> <p>9 AM to 1 PM - Medicare Benefits Counseling (NO)</p>	<p><b>11</b> 9:30 AM to 10 AM - Nutrition Education: Health Benefit of Pineapples (D) 10 AM - Presentation: Oasis - Disaster Preparedness (C1) 12 PM to 1:30 PM - Caregiver SOS: Caregiver Support Group (CONF) 12 PM - Computer Class: Internet of Things: Healthcare (CR) 2 PM to 3 PM - Ask A Grandkid (CONF) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p>	<p><b>12</b> 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9 AM - Nature Walks at Walker Ranch Park with Parks and Rec 10 AM - Texas A&amp;M AgriLife Walk N Talk (7 of 8) (registration is required) (CONF) 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><b>15</b> 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Microsoft Word (2 of 4) (CR) 1 PM - Computer Class: Microsoft Publisher (2 of 4) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 5 PM to 7 PM - Play Advance Bridge (C2)</p> <p>9 AM to 11 AM Resource Fair (C1)</p>	<p><b>16</b> 9:30 AM - Computer Class: Intro to the Internet (3 of 6) (CR) 9:30 AM - Loteria (C1) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Ask A Grandkid (C1) 2 PM to 3 PM: Beginner Pickleball Skills &amp; Drills (D) 3 PM to 7 PM Beginner Play: Pickleball (D) 4:30 PM - Movie (C1) 5 PM to 6 PM - Computer Class: Internet of Things: Wearables (CR)</p>	<p><b>17</b> 9 AM to 10:30 AM - Chair Volleyball (D) 9 AM - Computer Class: Microsoft PowerPoint Basics (3 of 4) (CR) 9 AM - Field Trip: Holocaust Memorial Museum of San Antonio (reservation required) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Book Club Meeting: Memphis by Tara M. Stringfellow (C1) 1 PM - Computer Class: Microsoft Excel Basics (3 of 4) (CR) 4 PM - Bingo (D) 4:30 PM - Movie (C1)</p> <p>Food bank distribution today for <u>approved applicants only</u>.</p>	<p><b>18</b> 9:30 AM - Bingo (D) 9 AM - Computer Class: Beginner's Guide to the Cloud (CR) 12 PM - Computer Class: Mobile Health Apps (CR) 2 PM to 3 PM - Ask A Grandkid (CONF) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p> <p>9 AM to 11 AM ACOG Benefits Counseling Onsite</p>	<p><b>19</b> 9 AM to 12 PM - Play 42 Dominoes (C2) 9 AM to 10:45 AM - Chair Volleyball (D) 10 AM - Texas A&amp;M AgriLife Walk N Talk (8 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><b>22</b> 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Microsoft Word (3 of 4) (CR) 9:30 AM - Movie (C1) 1 PM - Computer Class: Microsoft Publisher (3 of 4) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 5 PM to 7 PM - Play Advance Bridge (C2)</p> <p>12:30 PM Seniors in Play Ambassador Showcase</p>	<p><b>23</b> 9:30 AM - Computer Class: Intro to the Internet (4 of 6) (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Ask A Grandkid (C1) 2 PM to 7 PM Beginner Play: Pickleball (D) 4:30 PM - Movie (C1) 5 PM to 6 PM - Computer Class: Fitness Apps (CR)</p>	<p><b>24</b> 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: Microsoft PowerPoint Basics (4 of 4) (CR) 10 AM to 11 AM - Medicare 101 Q&amp;A With Laura Moss (CONF) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Microsoft Excel Basics (4 of 4) (CR) 4:30 PM - Movie (C1)</p> <p>9 AM to 1 PM - Medicare Benefits Counseling (NO)</p>	<p><b>25</b> 9:30 AM to 10 AM - Nutrition Education: Broccoli - The Power Veggie (D) 9:30 AM - Field Trip: Dixie Flag &amp; Banner Company Tour (reservation required) 12 PM - Computer Class: Mindfulness Apps (CR) 2 PM to 3 PM - Ask A Grandkid (CONF) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p>	<p><b>26</b> 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 12 PM - July Birthday Celebration (D) 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><b>29</b> 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Microsoft Word (4 of 4) (CR) 9:30 AM - New Member Orientation (CONF) 9:30 AM - Movie (C1) 1 PM - Computer Class: Microsoft Publisher (4 of 4) (CR) 1 PM to 3 PM - Play Bridge (C2) 5 PM to 7 PM - Play Advance Bridge (C2)</p>	<p><b>30</b> 9:30 AM - Loteria (C1) 9:30 AM - Computer Class: Intro to the Internet (5 of 6) (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Ask A Grandkid (C1) 2 PM to 7 PM Beginner Play: Pickleball (D) 4:30 PM - Movie (C1)</p>	<p><b>31</b> 7:30 AM - Field Trip: Toyota Motor Plant Tour (reservation required) 10 AM to 11 AM - Medicare 101 Q&amp;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 - Computer Class: Translation Tools (CR) 4 PM - Bingo (D) 4:30 PM - Movie (C1)</p>	<p><b>Legend:</b> 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><b>Please note this calendar is tentative and subject to change without any advance notice.</b></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.\*\***

## NOTICE TO FITNESS ENTHUSIASTS

Attention Members: Beginning in September, a new pilot program will be launched in which members will only be allowed to register for **ONE** fitness class to accommodate the growth of Walker Ranch Senior Center.  
**For more information, see Lupita or Elizabeth.**

## 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 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 Poetics, 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

3rd Wednesdays between 9:30 & 11 AM. Approved applicants **MUST** bring an ID in order to receive the food box.

**Walker Ranch Senior Center will be accepting 20 applicants. Sign up will begin Monday, July 8th from 9 AM to 10 AM, on a first come, first serve basis until slots fill.**

## 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

- **July 9, 9:30 AM - Santikos Theater Summer Movie: Migration** A family of ducks feels stuck in their daily routine until a visit from migrating ducks inspires them to explore the world. Their journey teaches them about life, each other, and the importance of expanding horizons.
- **July 17, 9 AM - Holocaust Memorial Museum of San Antonio** Members will be able to visit a living memorial of the Holocaust in San Antonio with 3 primary interactive exhibits.
- **July 25, 9:30 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. **Member must be able to maneuver through warehouse setting without assistance. Closed toed shoes are recommended.**
- **July 31, 7:30 AM - Toyota Motor Plant Tour** A new truck rolls off the line every 60 seconds at Toyota Motor Manufacturing, Texas—find out more in this educational tour of the Toyota Plant! **Valid photo ID and closed toed shoes are required. No phones, cameras or purses allowed on tour.**

*\*All field trips are subject to change.*

*Only one trip per member per month, based on availability.*