



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



AUGUST IS HAPPINESS HAPPENS MONTH.



Share your happiness and encourage others to do the same.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>Please note this calendar is tentative and subject to change without any advance notice.</p>	<p>Stop by the Dining Room on August 1st for a day filled with many festivities and performances from the center's very own members, plus a DJ, photobooth and more! Black and Gold attire encouraged but not required.</p>	<p>1 10 AM - Presentation: Oasis - Hydration - More Than Water (C1) 12 PM - Computer Class: Intro to Social Media (CR) 4 PM to 7 PM - Intermediate Pickleball</p> <p>10 AM to 2 PM 2nd Anniversary Celebration</p> <p>Note: No Karaoke today.</p>	<p>2 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>Note: All activities must conclude by 3:45 PM.</p>
<p>5 9 AM to 10:30 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Introduction to the Computer (1 of 4) (CR) 9:30 AM - Movie (C1) 1 PM - Computer Class: Google Photos (1 of 2) (CR) 1 PM - Movie (C1) 1 PM to 3 PM - Play Intermediate Bridge (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 5 PM to 7 PM - Play Advance Bridge (C2)</p>	<p>6 9 AM - Field Trip: Cinemark 16 Theater (member responsible for their own ticket - card only) (reservation required) 9:30 AM - Bingo (D) 9:30 AM - Computer Class: Intro to the Internet (6 of 6) (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 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: Meetup (CR)</p>	<p>7 9 AM to 10:30 AM - Chair Volleyball (D) 9 AM - Computer Class: Android Essentials (1 of 3) (CR) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Google Photos (1 of 2) (CR) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 4:30 PM - Movie (C1)</p> <p>9 AM to 1 PM - Medicare Benefits Counseling (NO)</p>	<p>8 12 PM - Computer Class: Finding Community on SPC (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p>	<p>9 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 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>12 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Introduction to the Computer (2 of 4) (CR) 9:30 AM - Movie (C1) 1 PM - Computer Class: Google Photos (2 of 2) (CR) 1 PM - Movie (C1) 1 PM to 3 PM - Play Intermediate Bridge (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 5 PM to 7 PM - Play Advance Bridge (C2)</p> <p>12:30 PM - Seniors In Play Ambassador Showcase (D)</p>	<p>13 9:30 AM - Computer Class: Google Maps and Calendars (1 of 2) (CR) 9:30 AM - Loteria (C1) 10 AM to 12 PM - Play National Mah Jongg League (C2) 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: Virtual Museum Tours (CR)</p>	<p>14 9 AM to 10:30 AM - Chair Volleyball (D) 9 AM - Computer Class: Android Essentials (2 of 3) (CR) 9:30 AM - Field Trip: San Antonio Fire Museum (\$6) (reservation required) 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Google Photos (2 of 2) (CR) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 4 PM - Bingo (D) 4:30 PM - Movie (C1)</p> <p>Food bank distribution today for <u>approved applicants only</u>.</p>	<p>15 9:30 AM to 10 AM - Nutrition Education: Hydration 101 (D) 10 AM to 11:30 AM - Caregiver SOS: Caregiver Support Group (C1) 12 PM - Computer Class: Intro to AI Apps (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p>	<p>16 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>Note: All activities must conclude by 3:45 PM.</p>
<p>19 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Introduction to the Computer (3 of 4) (CR) 9:30 AM - Movie (C1) 1 PM - Computer Class: Cybercrime: Whats the Best Browser for Me? (1 of 2) (CR) 1 PM - Movie (C1) 1 PM to 3 PM - Play Intermediate Bridge (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 5 PM to 7 PM - Play Advance Bridge (C2)</p>	<p>20 9:30 AM - Bingo (D) 9:30 AM - Computer Class: Google Maps and Calendars (2 of 2) (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 4:30 PM - Movie (C1) 5 PM to 6 PM - Computer Class: AI Image Generators (CR)</p> <p>10:45 AM - Talking Poetry Open-Mic Demo (D)</p> <p>Note: No Pickleball today.</p>	<p>21 9 AM - Field Trip: Bexar Heritage Center (reservation required) 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: Android Essentials (3 of 3) (CR) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Book Club Meeting: West with Giraffes by Lynda Rutledge (C1) 1 PM - Computer Class: Essential Apps for Smartphones (CR) 4:30 PM - Movie (C1) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 5:30 PM - Talking Poetry Open-Mic (D)</p> <p>9 AM to 1 PM - Medicare Benefits Counseling (NO)</p>	<p>22 9:30 AM - SAVES Program Presentation (C1) (for current & active volunteers only) 12 PM - Computer Class: Everyday Uses of AI (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D)</p> <p>9 AM to 11 AM AACOG Benefits Counseling Onsite</p>	<p>23 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 12:30 PM to 2:30 PM - Open Play Table Games (C2)</p> <p>Note: All activities must conclude by 3:45 PM.</p>
<p>26 9 AM to 10:45 AM - Chair Volleyball (D) 9:30 AM - Computer Class: Introduction to the Computer (4 of 4) (CR) 9:30 AM - New Member Orientation (CONF) 9:30 AM - Movie (C1) 1 PM - Computer Class: Cybercrime: Whats the Best Browser for Me? (2 of 2) (CR) 1 PM - Movie (C1) 1 PM to 3 PM - Play Bridge (C2) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 5 PM to 7 PM - Play Advance Bridge (C2)</p>	<p>27 9:30 AM - Loteria (C1) 9:30 AM - Computer Class: Cybercrime: Phishing and Identity Theft (1 of 2) (CR) 9:30 AM to 10 AM - Nutrition Education: Salt and Sodium Discussion (D) 10 AM to 12 PM - Play National Mah Jongg League (C2) 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)</p>	<p>28 7:30 AM - Field Trip: Toyota Motor Plant Tour (reservation required) 9 AM to 10:45 AM - Chair Volleyball (D) 9 AM - Computer Class: WhatsApp (CR) 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Beginner's Guide to the Cloud (CR) 1:30 PM to 3 PM - Chair Volleyball Team Practice (D) 4 PM - Bingo (D) 4:30 PM - Movie (C1)</p>	<p>29 2:30 PM to 7 PM - Intermediate Pickleball (D)</p>	<p>30 9 AM to 12 PM - Play 42 Dominoes (C2) 9 AM to 10:45 AM - Chair Volleyball (D) 12 PM - August 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>

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

- **NEW!** 8 AM - Low Impact Cardio
- 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

- **NEW!** 4:30 PM - Chair Aerobics
- 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 per day** to accommodate the growth of Walker Ranch Senior Center.

**For more information, see
Lupita or Elizabeth.**

VOLUNTEER-LED ACTIVITIES

Monday

- **NEW!** 8:30 AM to 9:45 AM - Tao Time (Classroom 2) *Weekly.*
- 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

- 4:30 PM - Play Jeopardy (Conference Room) *Weekly.*
- 5 PM - Bunco (Classroom 2) *3rd Tuesday.*

Wednesday

- 12:30 PM - Team Trivia (Dining Room) *Weekly.*
- 5:30 PM - Talking Poetry Open-Mic (Dining Room) *3rd Wednesday.*
- 6 PM - Eastern Mahjong (Classroom 2) *1st and 3rd Wednesday.*

Thursday

- **NEW!** 8:30 AM to 9:45 AM - Tai Chi Club (Classroom 2) *Weekly.*
- 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.*
- 1 PM - Good Grammar for Everyone (Classroom 1) *2nd and 4th Fridays.*
- 1:30 PM to 3:30 PM - The Tao of Poetics, Open Writing Workshop (Conference Room) *Last Friday.*

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 is currently not accepting new applicants.*

WALKER RANCH SENIOR CENTER WELCOMES ALL...

**ALL
ALL
ALL
ALL
ALL
ALL**

**RACES
RELIGIONS
COUNTRIES OF ORIGIN
SEXUAL ORIENTATIONS
GENDERS
ABILITIES**



**DIVERSITY, EQUITY,
INCLUSION & ACCESSIBILITY**

FIELD TRIPS

- **August 6, 9 AM - Cinemark 16 Theater - Movie: Harold and the Purple Crayon** Inside of his book, adventurous Harold can make anything come to life simply by drawing it. After he grows up and draws himself into the physical world, Harold finds he has a lot to learn about real life - and that his trusty purple crayon may set off more hijinks than he thought possible. **Member responsible for their own movie ticket. Only debit or credit card accepted.**
- **August 14, 9:30 AM - San Antonio Fire Museum (\$6 per person)** At the San Antonio Fire Museum, members will see antique fire trucks and fire-fighting equipment, artifacts dating back to the mid-1800s and beautifully archived documents and photos.
- **August 21, 9 AM - Bexar Heritage Center** Bexar County's rich history in South Central Texas is displayed in multimedia exhibits and interpretive panels from its Spanish colonial origins to a thriving modern day metropolitan region.
- **August 28, 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.*

Starting September 2nd, field trip registration will begin at 9 AM.