



WESTEND PARK SENIOR CENTER

1226 NW 18th, San Antonio, TX (210) 207-1720

Monday-Thursday 7:00 am - 8:00 pm

Friday 7:00 am - 4:00 pm

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
|  <p><i>The Department of Human Services is committed to providing San Antonio older adults with comprehensive services that will empower the older adult community to lead active, independent, and engaged lives.</i></p> | | <p>Schedule Subject To Change Without Notice</p> | <p>1</p> <p>Loteria 9:00AM</p> <p>Dance w/ Jorge 10:15AM</p> <p>Bihl Haus Arts 1:00PM</p> | <p>2</p> <p>Chair Volleyball Pavilion 9:00AM</p> <p>Senior Circuit Class 10:30AM</p> <p>Surprise Shopping 12:00PM</p> |
| <p>5</p> <p>ZUMBA Gold 9:30PM</p> <p>BINGO 10:30AM</p> | <p>6</p>  <p>CSFP (Cheese) DISTRIBUTION 8:00AM -10:00 AM</p> <p>Senior Low Impact Fitness 1:00PM</p> | <p>7</p> <p>Senior Low Impact Fitness 9:00 AM</p> <p>Walking with WELLMED 10:00AM</p> <p>Crafts 1:00PM</p> | <p>8</p> <p>Loteria 9:00AM</p> <p>Dance w/ Jorge 10:15AM</p> <p>Bihl Haus Arts 1:00PM</p> | <p>9</p> <p>Chair Volleyball Pavilion 9:00AM</p> <p>Senior Circuit Class 10:30AM</p> <p>Surprise Shopping 12:00PM</p> |
| <p>12</p> <p>ZUMBA Gold 9:30PM</p> <p>BINGO 10:30AM</p> | <p>13</p>  <p>HOPE DISTRIBUTION 10:00 AM</p> <p>Senior Low Impact Fitness 1:00PM</p> | <p>14</p> <p>Senior Low Impact Fitness 9:00 AM</p> <p>Walking with WELLMED 10:00AM</p> <p>Crafts 1:00PM</p> | <p>15</p> <p>Loteria 9:00AM</p> <p>Dance w/ Jorge 10:15AM</p> <p>Bihl Haus Arts 1:00PM</p> | <p>16</p> <p>Chair Volleyball Pavilion 9:00AM</p> <p>Senior Circuit Class 10:30AM</p> <p>Surprise Shopping 12:00PM</p> |
| <p>19</p> <p>ZUMBA Gold 9:30PM</p> <p>BINGO 10:30AM</p> | <p>20</p> <p>CAFECITO WITH COUNCILWOMAN CASTILLO 10:30AM</p> <p>Senior Low Impact Fitness 1:00PM</p> | <p>21</p> <p>Senior Low Impact Fitness 9:00 AM</p> <p>Walking with WELLMED 10:00AM</p> <p>Crafts 1:00PM</p> | <p>22</p> <p>Loteria 9:00AM</p> <p>Dance w/ Jorge 10:15AM</p> <p>Bihl Haus Arts 1:00PM</p> | <p>23</p> <p>Chair Volleyball Pavilion 9:00AM</p> <p>Senior Circuit Class 10:30AM</p> <p>Surprise Shopping 12:00PM</p> |
| <p>26</p> <p>ZUMBA Gold 9:30PM</p> <p>BINGO 10:30AM</p> | <p>27</p> <p>Jeopardy W/ CoSA Transp. Dept. 10:00AM</p> <p>Senior Low Impact Fitness 1:00PM</p> | <p>28</p> <p>Senior Low Impact Fitness 9:00 AM</p> <p>Walking with WELLMED 10:00AM</p> <p>Crafts 1:00PM</p> | <p>29</p> <p>Loteria 9:00AM</p> <p>Dance w/ Jorge 10:15AM</p> <p>Bihl Haus Arts 1:00PM</p> | <p>30</p> <p>Chair Volleyball Pavilion 9:00AM</p> <p>Senior Circuit Class 10:30AM</p> <p>Surprise Shopping 12:00PM</p> |



Evening Schedule

Monday - Thursday *** 4PM - 8PM



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|--|---|---|
| | | | 1 Exercise Equipment Open Pool/Table Games 4PM- 8PM BINGO 5:00 PM |
| 5 Exercise Equipment Open Pool/Table Games 4PM- 8PM Loteria 5:00PM | 9 Crafts 3:30PM OATS 4:00PM Line Dancing 5:00PM | 10 Exercise Equipment Open Pool/Table Games 4PM- 8PM ZUMBA GOLD 4:00PM | 11 Exercise Equipment Open Pool/Table Games 4PM- 8PM BINGO 5:00 PM |
| 12 Exercise Equipment Open Pool/Table Games 4PM- 8PM Loteria 5:00PM | 13 Crafts 3:30PM OATS 4:00PM Line Dancing 5:00PM | 14 Exercise Equipment Open Pool/Table Games 4PM- 8PM ZUMBA GOLD 4:00PM | 15 Exercise Equipment Open Pool/Table Games 4PM- 8PM BINGO 5:00 PM |
| 19 Exercise Equipment Open Pool/Table Games 4PM- 8PM Loteria 5:00PM | 20 Crafts 3:30PM OATS 4:00PM Line Dancing 5:00PM | 21 Exercise Equipment Open Pool/Table Games 4PM- 8PM ZUMBA GOLD 4:00PM | 22 Exercise Equipment Open Pool/Table Games 4PM- 8PM BINGO 5:00 PM |
| 26 Exercise Equipment Open Pool/Table Games 4PM- 8PM Loteria 5:00PM | 27 Crafts 3:30PM OATS 4:00PM Line Dancing 5:00PM | 28 Exercise Equipment Open Pool/Table Games 4PM- 8PM ZUMBA GOLD 4:00PM | 29 Exercise Equipment Open Pool/Table Games 4PM- 8PM BINGO 5:00 PM |

BIRTHDAY'S

**Birthday Celebration
11:00 AM**

- | | |
|-------------------------|-------------|
| Maria C Lopez | 8/4 |
| Yolanda Zapata | 8/7 |
| Luis Mendez | 8/8 |
| Linda Garcia | 8/18 |
| Benicio Leon | 8/22 |
| Inocencia Zapata | 8/31 |



HOT MEALS EVERYDAY
 11:30 am - 12:30 pm
 First Come First Served Basis

OASIS COMPUTER CLASSES
TUESDAY 9:30am-11:30am

7/30-9/3 Intro to the Internet

Health Screenings
 Wednesdays 8:00 AM - 3:00PM
 Erika Solis, LVN



Reminder

- **Computer Room: No food or drinks allowed**
- **You May Not Take Meals Home (ONLY FROZEN MEALS)**
- **YOU MAY NOT RESERVE CHAIRS**