



HUMAN SERVICES



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>*Please make a reservation for bus transportation to any trips through the check-in kiosk.</p>	<p>(Note: Calendar subject to change without advance notice)</p>	<p>See back of calendar for fitness class information</p>	<p>1 9:30 PAWS Visit 4:00pm MOVIE </p>	<p>2 8:30-9:45am Easy Crafts Rm 155 9am OATS Technology 10am BINGO</p>
<p>5 11am-12pm Eating Out Trip * (leaving at 10:45):  4:00pm Specialty Bingo</p>	<p>6 9:30am OASIS Technology: Microsoft - Windows Essential Programs 10-11:30am Seniors in Play rm 155 1:00pm OASIS Technology: Smart Phone Photography 4:00pm BINGO</p>	<p>7 9:30 OASIS Class: Intro to the Computer 10am BINGO 1:00pm OASIS Class: Essential Apps 4:00pm Karaoke Cash in your Bob's Bucks</p>	<p>8 1pm Afternoon Commodities/CSFP Pick Up 4:00pm MOVIE</p>	<p>9 8:30-9:45am Easy Crafts Rm 155 9am OATS Technology 9:30am Nutrition Education 10am BINGO Cash in your Bob's Bucks</p>
<p>12 9:30am Store Trip*: Walmart 4:00pm Specialty Bingo</p>	<p>13 9:30am OASIS Technology: Microsoft - Windows Apps 10-11:30am Seniors in Play rm 155 1:00pm OASIS Smart Phone Photography 4:00pm BINGO</p>	<p>14 9:30 OASIS Class: Intro to the Computer 9am Oasis Presentation 10am BINGO 1pm OASIS Class: YouTube 4:00pm Karaoke</p>	<p>15 4:00pm MOVIE</p>	<p>16 8:30-9:45am Easy Crafts Rm 155 9am OATS Technology: 10am BINGO</p>
<p>19 9:30am Store Trip*: Walmart 10am Name that Tune w/ Keith Dining Rm 4:00pm Specialty Bingo</p>	<p>20 9:30am OASIS Technology: Microsoft - Windows - Files & Folders 9:00 Transportation Safety Presentation 10-11:30am Seniors in Play rm 155 1:00pm OASIS Technology: Learning Gmail 4:00pm BINGO</p>	<p>21 9am University Health: Car Fit Presentation 9:30 OASIS Class: Intro to the Computer 10am BINGO 1:00pm OASIS Class: Intro to the Internet 4:00pm Karaoke Cash in your Bob's Bucks</p>	<p>22 4:00pm MOVIE</p>	<p>23 8:30-9:45am Easy Crafts Rm 155 9am OATS Technology 9:30am Nutrition Education 10am BINGO Cash in your Bob's Bucks</p>
<p>26 9:00am Field Trip*: Japanese Tea Gardens 4:00pm Specialty Bingo 5:00pm Loteria</p>	<p>27 9:30am OASIS Technology: Security for PCs 10-11:30am Seniors in Play rm 155 1:00pm OASIS Technology: Leaning Gmail 1:00pm Start of new Jewelry Making Session 4:00pm BINGO</p>	<p>28 9:30 OASIS Class: Intro to the Computer 9:30am Nutrition Education 12:15pm August Birthday Celebration 1pm OASIS Class: Intro to the Internet 4:00pm Karaoke</p>	<p>29 4:00pm MOVIE</p>	<p>30 8:30-9:45am Easy Crafts Rm 155 9am OATS Technology: 10am BINGO</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—Rm 110

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
- ◇ 11:00am YWCA Aquatic Fitness—Pool House
(Temporary)
- ◇ 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

**Come to our monthly Question & Answer Session with Veronica in the dining room
Wednesday, August 21 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!



Temporary Nurse Schedule for August

- Wednesday, 8/7
- Friday, 8/9
- Wednesday, 8/14
- Monday, 8/19
- Wednesday, 8/21
- Friday, 8/23



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 **(RESERVATION REQUIRED)**
- ◇ 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 "Are You There God? It's Me, Margaret" by Judy Blume (1st Thursday of the month)

Friday:

- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ◇ 1pm Dominoes Rm 114
- ◇ 1-3pm Grupo Musical Rm 155

WellMed Nurse

See Below for Schedule

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 and visit with our new WellMed
Caregiver SOS Specialist every third Friday
of the month.**



CITY OF SAN ANTONIO
DEPARTMENT OF HUMAN SERVICES

**Join us on Thursdays at 11am for Aquatic
Fitness with the YWCA. Here for a limited
time only!**

