



Harlandale Nutrition Center
115 Southcross
San Antonio, 78221
210-924-4771
Monday- Friday 8am-1pm
Staff: Richard Ramos, NSC
Robert & Elizabeth, Chauffeur

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:00 Social Hour 9:00 Loteria 9:30 San Antonio Fire Museum 10:00 YMCA Chair Zumba 11:00 Lunch	2 8:00 Social Hour 9:00 Bingo 11:00 Lunch	3 8:00 Social Hour 9:00 YMCA Chair Yoga 9:30 July 4th & Birthday Celebration 11:00 Lunch	4 Center Closed
7 8:00 Social Hour 9:00 Bingo 9:00 Medicare/Medicaid Services 11:00 Lunch	8 8:00 Social Hour 9:00 Loteria 9:30 Migration Movie/Mayan 10:00 YMCA Chair Zumba 11:00 Lunch	9 8:00 Social Hour 9:00 Bingo 10:00 La Tiendita 11:00 Lunch	10 8:00 WellMed Nurse 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	11 8:00 Social Hour 9:00 Bingo 11:00 Lunch
14 8:00 Social Hour 9:00 Bingo 11:00 Lunch	15 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	16 8:00 Social Hour 9:00 Bingo 10:00 CSFP & HOPE Food Bank Distribution 11:00 Lunch	17 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	18 8:00 Social Hour 9:00 Bingo 11:00 Lunch
21 8:00 Social Hour 9:00 Bingo 11:00 Lunch	22 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	23 8:00 Social Hour 9:00 Bingo 9:30 Dollar Tree Field Trip 11:00 Lunch	24 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	25 8:00 Social Hour 9:00 Bingo 11:00 Lunch
28 8:00 Social Hour 9:00 Bingo 11:00 Lunch	29 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	30 8:00 Social Hour 9:00 Bingo 9:30 HEB Field Trip 11:00 Lunch	31 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	
Food Bank			WellMed Nurse	
Food Bank will be Distributed July 16 at 10:00 am. *ID CARDS AND BINS REQUIRED*			Second Thursday of the month 8:00 am - 11:00 am	
Hot Meals are served Monday through Friday 11:00am-12:00 pm			In Person Fitness Classes	
Please make a reservation for bus transportation to any trips through Chauffeur, or Richard.			Tuesdays: ◇ 10:00 am YMCA Chair Zumba Thursdays: ◇ 9:00 am YMCA Chair Yoga	
July Birthday				
<div><div></div><div>7/18 Virginia Snead</div><div></div></div>				



FREE PARTICIPATION FOR OLDER ADULTS
Eligibility Criteria
At least 60 years old • Ability to take care of personal needs • Have Mental and Physical ability to act independently
May bring and use any personal device

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INDEPENDENCE

July 4th

3 July Birthdays
9:30 AM - JULY 3RD
BBQ
Food, Live Music, Door Prizes
115 W Southcross San Antonio TX

Let's Celebrate
HARLANDALE SENIOR CENTER
HUMAN SERVICES
CITY OF SAN ANTONIO

SAN ANTONIO FIRE MUSEUM
9:30 AM
JULY 1, 2025
801 E. Houston Street, San Antonio, Texas 78205 - 210-390-7236
FIREFIGHTING THROUGH TIME

HARLANDALE SENIOR CENTER
HUMAN SERVICES
CITY OF SAN ANTONIO

JULY 2025

JULY 4TH & BIRTHDAY CELEBRATION

Join us Thursday, July 3, 2025
Celebrate with us during a fun-filled day featuring a pinata breaking for the birthday guests and a July 4th celebration for all the amazing seniors. Don't miss a live performance by Irma Aguilar, beloved singer and song writer! Fun, music, and celebration—see you there!

Field Trips

JULY 1 • 9:30 AM SAN ANTONIO FIRE MUSEUM	JULY 23 • 9:30 AM DOLLAR TREE
JULY 8 • 9:30 AM MIGRATION MOVIE MAYAN THEATER	JULY 30 • 9:30 AM H.E.B.

WHAT HAPPENED LAST MONTH?



RUBY CITY ART MUSEUM



JUNE BIRTHDAYS



FATHER'S DAY CELEBRATION