



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 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	29 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba	30 8:00 Social Hour 9:00 Bingo 9:30 HEB Field	31 8:00 Social Hour 9:00 YMCA Chair Yoga	

11:00 Lunch	Chair Zumba 11:00 Lunch	Trip 11:00 Lunch	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	Y	
	HAPPY	7/18 Virginia Sno	ead HAPPY BIRTHDAY	

THEATER WHAT HAPPENED LAST MONTH?

JULY 1 Join us Thursday, July 3, 2025 Celebrate with us during a fun-filled day **SAN ANTONIO** featuring a pinata breaking for the birth-**FIRE MUSEUM** day guests and a July 4th celebration for **JULY 8** all the amazing seniors. Don't miss a live performance by Irma Aguilar, beloved singer and song writer! Fun, music, and MIGRATION celebration—see you there! **MOVIE | MAYAN**

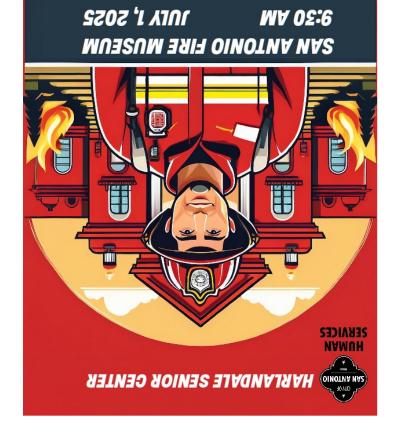
JULY 4TH & BIRTHDAY CELEBRATION



9:30 AM

9:30 AM





Field Trips

JULY 23

. 9:30 AM

DOLLAR TREE

JULY 30

. 9:30 AM

H.E.B.

FIREFIGHTING THROUGH TIME

801 E. Houston Street, San Antonio, Texas 78205 - 210-390-7236

Monday- Friday Sam-1pm

210-924-4771

5an Antonio, 7823 115 Southcross, **STJUQA** Harlandale Nutrition Center FREE PARTICIPATION FOR OLDER

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







FATHER'S DAY CELEBRATION

RUBY CITY ART MUSEUM

JUNE BIRTHDAYS