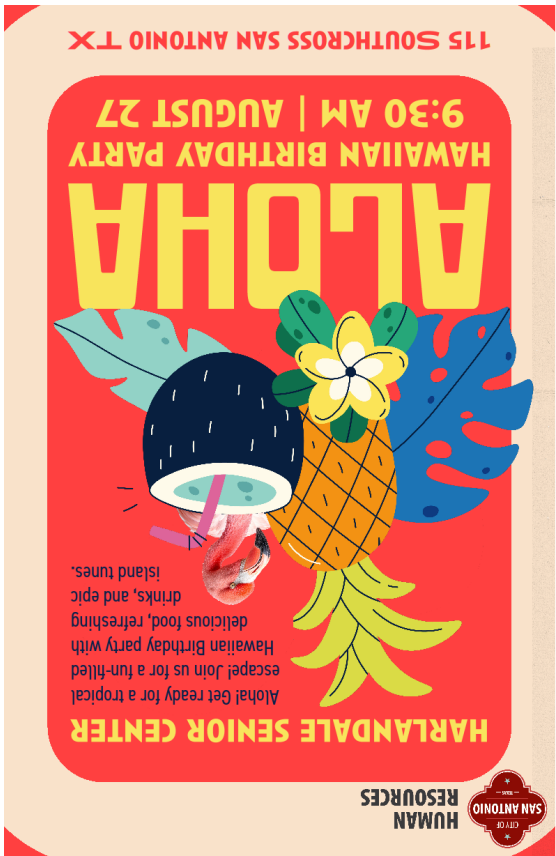


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 8:00 Social Hour 9:00 Bingo 11:00 Lunch
<b>4</b> 8:00 Social Hour 9:00 Bingo 9:00 Medicare/Medicaid Services 11:00 Lunch	<b>5</b> 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	<b>6</b> 8:00 Social Hour 9:30 Movie Morning 11:00 Lunch	<b>7</b> 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	<b>8</b> 8:00 Social Hour 9:00 Bingo 10:00 La Tiendita 11:00 Lunch
<b>11</b> 8:00 Social Hour 9:00 Bingo 11:00 Lunch	<b>12</b> 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	<b>13</b> 8:00 Social Hour 9:00 Bingo 9:30 Pico De Gallo Restaurant 11:00 Lunch	<b>14</b> 8:00 Social Hour 8:00 WellMed Nurse 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	<b>15</b> 8:00 Social Hour 9:00 Bingo 11:00 Lunch
<b>18</b> 8:00 Social Hour 9:00 Bingo 11:00 Lunch	<b>19</b> 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	<b>20</b> 8:00 Social Hour 9:00 Bingo 10:00 CSFP & HOPE Food Bank Distribution 11:00 Lunch	<b>21</b> 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch and Nutrition Education	<b>22</b> 8:00 Social Hour 9:00 Bingo 11:00 Lunch
<b>25</b> 8:00 Social Hour 9:00 Bingo 11:00 Lunch	<b>26</b> 8:00 Social Hour 9:00 Loteria 9:30 Let's Go Senior Expo! 10:00 YMCA Chair Zumba 11:00 Lunch	<b>27</b> 8:00 Social Hour 9:00 Bingo 9:30 Hawaiian Birthday Party 11:00 Lunch	<b>28</b> 8:00 Social Hour 9:00 YMCA Chair Yoga 9:30 SAMSAT AREA 21 Boeing Center Tech Port 10:00 Loteria 11:00 Lunch	<b>29</b> 8:00 Social Hour 9:00 Bingo 11:00 Lunch
Food Bank			WellMed Nurse	
Food Bank will be Distributed August 20 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	
August Birthdays				
 8/11 Oralia Vela 8/16 Gwyn Garcia 8/16 Carolina Lopez 8/23 Fidel Romero		8/26 Stella Garza 8/28 Irma Romero		



**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

**Harlandale Nutrition Center**  
115 Southcross,  
San Antonio, 78221  
210-924-4771  
Monday - Friday 8am-1pm



## AUGUST 2025

### AUGUST HAWAIIAN BIRTHDAY PARTY

**Wednesday, August 27, 2025**  
**Get ready for a tropical escape!**  
**Join us for a fun-filled Hawaiian party with delicious food, refreshing drinks, and epic island tunes.**

### Field Trips

**AUGUST 13**  
• **9:30 AM**  
**PICO DE GALLO RESTAURANT**

**AUGUST 26**  
• **9:30 AM**  
**LET'S GO SENIOR EXPO!**

**AUGUST 28**  
**SAMSAT AREA 21**  
**Boeing Center Tech Port**

## WHAT HAPPENED LAST MONTH?



**SAN ANTONIO FIRE MUSEUM**



**4TH OF JULY AND BIRTHDAY CELEBRATION**



**MAYAN THEATER MOVIE**