



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



OCTOBER 2025

BIRTHDAY CELEBRATIONS

Thursday, October 30, 2025
Come Party With Us!
We're having a blast with music, food, and door prizes!
Wear you favorite costume and join the fun!
Don't miss it—Let's celebrate together!

Field Trips

- | | |
|---|---|
| October 10 <ul style="list-style-type: none">10:30 AM
Agarita + Azul Barrientos, Carver Community Cultural Center | October 23 <ul style="list-style-type: none">10:30 AM
Sea Island Restaurant |
| October 22 <ul style="list-style-type: none">9:30 AM
AgeTech Resource Fair | October 29 <ul style="list-style-type: none">9:30 AM
Bargains Depot Goliad |

WHAT HAPPENED LAST MONTH?



HONG FUNG RESTAURANT

WORLD HERITAGE CENTER

DIEZ Y SEIS DE SEPTIEMBRE & BIRTHDAY CELEBRATION

CELEBRITY BINGO HOSTED BY COUNCILWOMAN PHYLLIS VIAGRAN