



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:00 Social Hour 9:00 Bingo 11:00 Lunch	2 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	3 8:00 Social Hour 9:00 Bingo 11:00 Lunch
211-8	7 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	8 8:00 Social Hour 9:00 Bingo 10:00 La Tiendita 11:00 Lunch	9 8:00 WellMed Nurse 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	10 8:00 Social Hour 9:00 Bingo 10:30 Agarita + Azul Barrientos, Carver Community Cultural Center 11:00 Lunch
	14 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	15 8:00 Social Hour 9:00 Bingo 10:00 CSFP & HOPE Food Bank Distribution 11:00 Lunch	16 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	Closed Staff Training
8:00 Social Hour	21 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	22 8:00 Social Hour 9:00 Bingo 9:30 AgeTech Resource Fair Barbara "Robbie" Robinette Community & Senior Center 11:00 Lunch	23 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 10:30 Sea Island Restaurant	24 8:00 Social Hour 9:00 Bingo 11:00 Lunch
8:00 Social Hour 9:00 Bingo 11:00 Lunch	28 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	29 8:00 Social Hour 9:00 Bingo 9:30 Bargains Depot Goliad 11:00 Lunch	30 8:00 Social Hour 9:00 YMCA Chair Yoga 9:30 Birthday Celebrations 10:00 Loteria 11:00 Lunch	31 8:00 Social Hour 9:00 Bingo 11:00 Lunch
Food Bank			WellMed I	

\*ID CARDS AND BINS REQUIRED\*

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

#### **October Birthdays**



**GLORIA PEREZ 10/7 GUADALUPE SALAZAR 10/17 GUADALUPE ALMARAZ 10/20 MARIA ELVA SANCHEZ 10/20** 

**LIDIA VALDEZ 10/21 FELIPE MOCTEZUMA 10/21** 



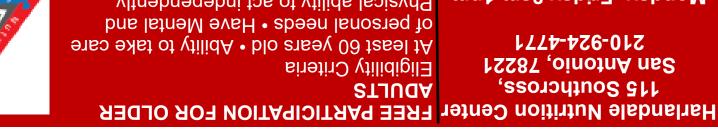


Monday- Friday 8am-1pm

1774-426-012 **San Antonio, 7822** 115 Southcross,

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 **STJUGA** 









# OCLOBES 5052

IARLANDALE SENIOR CENTER

#### **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**

10:30 AM **Agarita + Azul Barrientos, Carver Community Cultural** Center

#### October 22

. 9:30 AM **AgeTech Resource Fair** 

#### October 23

10:30 AM **Sea Island Restaurant** 

#### October 29

9:30 AM **Bargains Depot Goliad** 

### WHAT HAPPENED LAST MONTH?

