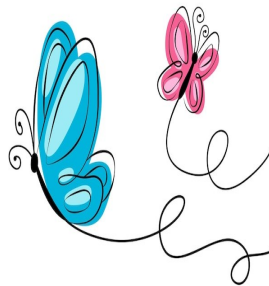




**HUMAN
SERVICES**



MAY



Southside Lions Senior Center
3303 Pecan Valley
San Antonio, TX. 78210
210-207-1760
Mon-Thurs 7:00am-8:00pm;
Friday 7:00am-4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Honoring SSL Mothers on May 8, 2025	1 9am Chat GPT 10am Senior Planet Tech Hour 12:30pm BINGO 1pm All about Passwords	2 CENTER CLOSED Fiesta San Jacinto Day
5 9am Windows 11 10am Senior Planet Tech Hour 10am WellMed: Dementia Series 5pm Craft: Making Mother's Day Cards	6 9:30am Painting 9:30am Shopping Trip to WalMart 10am Oasis: CPS Rebate Program 12:30pm BINGO 5pm Movie & Popcorn "Mama Mia"	7 9am Presentation of Older Americans Proclamation 9am Drawing 10am WellMed: Sleep Health 11am Chair V-Ball 11:30am Project Mend 2pm Movie & Popcorn "Mama Mia"	8 9am Ipad Basics 10am Senior Planet Tech Hour 11am Honoring SSL Mothers 12:30pm BINGO 1pm Beginner's Guide to the Cloud	9 CENTER CLOSED ALL CALL STAFF TRAINING
12 9am Windows11 10am Senior Planet Tech Hour 10am WellMed: Dementia Series 5pm Art Project: Print Making	13 9:30am Painting 9:30am Produce Market 12:30pm BINGO 5pm Movie & Popcorn "Selena"	14 9am Drawing 10am CSFP- CHEESE BOX FOOD BANK 2pm Movie & Popcorn "Selena" 4pm Poker & Peanuts	15 9am Ipad Basics 10am WellMed Nurse: Fun ways to stay active 10am Senior Planet Tech Hour 12:30pm BINGO 1pm You Tube	16 10am Seniors In Play 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation 2pm Karaoke
19 9am Windows 11 10am Senior Planet Tech Hour 10am WellMed: Dementia Series 5pm Art Project: Contour Drawing	20 9:30am Painting 10am Support Group w/Enrique 11:30am Project Mend 12:30pm BINGO 5pm Movie & Popcorn "Dos Tipos De Cuidado"	21 9am Drawing 10am HOPE PROGRAM- FOOD BANK 11am Chair V-Ball 2pm Movie & Popcorn "Dos Tipos De Cuidado"	22 9am MS Word 10am Senior Planet Tech Hour 12:30pm BINGO 1pm 10 Fun things to do with your Ipad	23 9am All about "311" 9:30am Shopping Trip to Family Dollar 10am Seniors In Play 12:30pm LOTERIA 1:30pm All about "311" 1:30pm Fitness Area Machine Orientation 2pm Karaoke
26 CENTER CLOSED MEMORIAL DAY	27 9:30am Painting 10am WellMed Nurse: Depression 12:30pm BINGO 5pm Movie & Popcorn "Dunkirk"	28 9am Drawing 9:30am Nutritional Education: Hydration 11am Chair V-Ball 2pm Movie & Popcorn "Dunkirk" 4:30pm Pool Tournament	29 9am MS Word 10am Senior Planet Tech Hour 12:30pm BINGO 1pm What is a Virtual Tour?	30 9:30am Field Trip World Heritage Center 10am Seniors In Play 12pm Celebrate May Birthdays! 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation 2pm Karaoke

MAY Announcements & Events:

CSFP Cheese Box Wednesday May 14,2025 10:00-10:45am & 12:00-3:45pm

NO NEW APPLICATIONS FOR CSFP CHEESE BOX UNTIL FURTHER NOTICE

HOPE Program Wednesday May 21,2025 10:00-10:45am & 12:00-3:45pm

NO NEW APPLICATIONS FOR HOPE Program UNTIL FURTHER NOTICE

FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9am Line Dancing (Jessica) 1pm Yo-Chi (Jessica) 4pm Muscle Strength (Jorge) 6pm Power Hour Workout	9am Chair Rise and Thrive (Nora) 10:15am Zumba (Veronica) 12pm Low Impact Cardio (Jorge) 4pm Low Impact Bootcamp (Rodney)	8:30am Gentle Yoga (Maci) 10am Dance Alegria (Urban 15) 1pm Senior Circuit (Shelly) 5pm Strength and Toning (Alexis) 6pm Power Hour Workout	9:15am Walking Trip (Outdoor/ Indoor) 10:15am Tai Chi (Theresa) 1pm Strength & Toning (Jessica) 5pm Walking Group 6pm Power Hour Workout	9am Low Impact Bootcamp (Rodney) 10:30am Senior Circuit (Mark) 1pm Full Body Stretch (Jorge)

Sign-Up for a Fitness Class

- * To reserve spot call [210-207-1760](tel:210-207-1760) 24 hours before each class to register.
- * Speak to a staff member to make reservation. (No voicemails will be accepted).
- * Tickets for entry to classes are given at check in to center, or 15 minutes prior to class.
- * Ticket will be handed only to participating member. **(Lost tickets will not be replaced)**
- * All classes are 45 minutes & are held in the Fitness Room unless otherwise noted.
- * Hand ticket to instructor when entering classroom.
- * Seating is on a first come, first served basis, no disruptions of class once started.
- o **PLEASE NO LATE ARRIVALS *WE CANNOT HOLD TIME SLOTS***
- o **UPON CLASS START TIME, REMAINING TICKETS WILL GO TO MEMBERS ON WAIT LIST**

Lunch at Southside Lions Center
11:00-12:00 Monday-Friday
(or while supplies last)



- * Lunch tickets are available as early as 9:00 AM
 - * Membership card is required
 - * Hold your ticket till 11:00 AM—Please do not lose ticket
 - * Lunches are available while supplies last
 - * Meals cannot be taken home, with the exception of frozen meals for center closure.
- *On the dates center is closed frozen or shelf stable meals will be given to take home.**

<div></div> <p>Southside Lions Senior Center Wednesday May 20, 2025 11:30am</p> <p>Free repairs for Walkers, Wheelchairs, Can, and other medical equipment.</p> <p>Bring your damaged mobility equipment.</p>	<p><u>May Field Trips*Presentations*Events</u></p> <p>Presentation of Older Americans Proclamation City Council Chambers May 7, 2025 9:00 AM (Signup May 1, 2025 starting at 7:00 AM 12 Member Limit)</p> <p>World Heritage Center May 30, 2025 9:30 AM (Signup May 28, 2025 starting at 7:00 AM 12 Member Limit)</p> <p>Produce Market Presentation May 13, 2025 9:30 PM (Signup May 5, 2025)</p> <p>Please note: no boxes allowed on bus</p>
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Calendar and Instructors subject to change