



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

			Rickey Harris, Chaulleur	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Social Hour 9:00 Bingo Dia de los Muertos Celebration 11:00 Lunch	4 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	5 8:00 Social Hour 9:00 Bingo 11:00 Lunch	6 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	7 8:00 Social Hour 9:00 Bingo 9:30 World Heritage Center 11:00 Lunch
10 8:00 Social Hour 9:00 Bingo 9:30 Veterans Day Celebration 11:00 Lunch	Center Closed  HAPPY  VETERANS  DAY!	12 8:00 Social Hour 9:00 Bingo 9:30 Tea Party 11:00 Lunch	13 8:00 WellMed Nurse 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	14 8:00 Social Hour 9:00 Bingo 10:00 La Tiendita 11:00 Lunch
13 8:00 Social Hour 9:00 Bingo 10:00 Nutrition Education 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 9:30 Bargains Depot Goliad 11:00 Lunch	16 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	17 8:00 Social Hour 9:00 Bingo 11:00 Lunch
17 8:00 Social Hour 9:00 Bingo 11:00 Lunch	18 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	19 8:00 Social Hour 9:00 Bingo 9:00 Medicare/Medicaid Services 10:00 CSFP & HOPE Food Bank Distribution 11:00 Lunch	20 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 10:30 Hung Fong Chinese Restaurant	21 Center Closed Staff Training
24 8:00 Social Hour 9:00 Bingo 11:00 Lunch	9:00 Loteria	26 8:00 Social Hour 9:00 Bingo 9:30 Thanksgiving Breakfast and Birthday Celebration 11:00 Lunch		ing Day!
Food Bank			WellMed I	Vurse

Food Bank	WellMed Nurse
Food Bank will be Distributed October 19 at 10:00 *ID CARDS AND BINS REQUIRED*	a.m. Second Thursday of the month 8:00 a.m 11:00 a.m.
Hot Meals are served Monday through Friday 11:00a.m12:00 p.m.	In Person Fitness Classes
*Place make a recorrection for bug transportation	Tuesdays:  > 10:00 a.m. YMCA Chair Zumba

\*Please make a reservation for bus transportation to any trips through Chauffeur, or Richard.\*

**November Birthday** 







**SEBAICES** 

Monday- Friday 8a.m. -1p.m.

1774-426-012 **San Antonio, 78221** 115 Southcross, Harlandale Mutrition Center

306 Roosevelt Ave \$106 Roosevelt XT 0inotin Ans

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MA 05:6 Your story is part of it, too

Discover Our World Heritage Story

**HERITAGE CENTER** 

HARLANDALE SENIOR CENTER

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** 

FREE PARTICIPATION FOR OLDER









## NOVEMBER 2025

## **Thanksgiving Breakfast & Birthday Celebration**

Wednesday, November 26, 2025

Join us for a cozy morning filled with good food, joyful music, and wonderful company as we give thanks for another beautiful year together!

## **Field Trips**

**November 7** · 9:30 A.M. **World Heritage** Center November 20

· 10:30 A.M. **Hung Fong Chinese Restaurant**  **November 15** 

. 10:30 A.M. **Bargains Depot** Goliad

## WHAT HAPPENED LAST MONTH?

