

# JULY



**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

SERVICES			FI	iday 7:00am-4:00pm
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Classes Mondays 9am	1 9am Painting 10am Senior Planet Smartphone Apps Digital Coupon Tools 10am WellMed Nurse:	2 9am Drawing 11am Chair V-Ball 12pm Senior Planet Smartphone Ridesharing Apps	3 9am Android Essentials 9:30am Shopping Trip to WalMart 12:30pm BINGO	IN OBSERVANCE OF INDEPENDENCE DAY
Thursdays 9am & 1pm Classes held in Computer Class #109	Alzheimer's Disease Facts 12:30pm BINGO 5pm Movie & Popcorn "Now You See Me"  *Please note on this date lunch will be served at 10:30am*	<ul><li>2pm Movie &amp; Popcorn "Now You See Me"</li><li>4pm Learn to play Sudoku</li></ul>	1pm Learning Gmail 4:30pm Darts	CLOSED
7 9am Google Photos 10am Financial Empowerment 5pm Craft: Making Dahlia Flowers	9:15am Untouchables Health Club-(Ongoing Series) 10am Senior Planet Smartphone Saving Money with Tech Apps 10am Oasis: All About Wills & Trusts 12:30pm BINGO 5pm Movie & Popcorn "East Side Sushi"	Empowerment Program (DEEP)  10am CSFP CHEESE BOX-FOOD BANK 10am CPS 12pm Senior Planet Smartphone	9am Android Essentials 10am Nutritional Ed: HEAL Meal Program 12:30pm BINGO 1pm Learning Gmail 4:30 Dominoes	9:30 Field Trip to San Antonio Art Museum 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation 2:30pm SSL Early Closure for staff meeting
9am Meet the Computer 9am Volunteers Training 10am WellMed Caregiver: Dementia Series Healthy Living for your Brain & Body 5pm Craft: Making Birthday Cards	<ul> <li>15</li> <li>9am Painting</li> <li>10am Senior Planet     Smartphone Apps Is     that AI?</li> <li>12:30pm BINGO</li> <li>5pm Movie &amp; Popcorn     "One Love"</li> </ul>	16 9am Drawing 9am DEEP 10am HOPE PROGRAM-FOOD BANK 12pm Senior Planet Smartphone Al & Disinformation Apps 2pm Movie & Popcorn "One Love" 4pm Karaoke	9am Android Essentials 10am BINGO MARKET 12:30pm BINGO 1pm What's App 4:30 Nertz Card Game	9am Orientation 9:30am Shopping Trip to Dollar Tree 10am Seniors In Play 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation 2pm Karaoke
9am Meet the Computer 10am WellMed Caregiver: Pan Dulce & Cafecito Support Group 5pm Craft: Yarn	9:15am Untouchables Health Club-(Ongoing Series) 10am Senior Planet Smartphone Apps Al Voice & Video Generators 12:30pm BINGO 5pm Movie & Popcorn "Instructions not Included"	11am Chair V-Ball 12pm Senior Planet Smartphone Apps Intro to Chatting w/Al 2pm Movie & Popcorn	<ul> <li>9am Exploring</li> <li>Google</li> <li>12:30pm BINGO</li> <li>1pm Cybercrime: <ul> <li>What is the best</li> <li>browser for me?</li> </ul> </li> <li>4pm VIA Heat &amp;</li> <li>Transportation</li> <li>4:30pm Poker</li> <li>&amp; Peanuts</li> </ul>	10am Seniors In Play 12pm Celebrate July Birthdays! 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation 2pm Karaoke
9am Cybercrime: What is the best browser for me? 10am WellMed Caregiver: Seeking Resources & how to use 5pm Craft: Origami	29 9am Painting 10am Senior Planet Smartphone Apps Banking & Finance at a Glance 12:30pm BINGO 5pm Movie & Popcorn "Julie & Julia"	<b>12pm</b> Senior Planet Smartphone Apps	31 9am Exploring Google 12:30pm BINGO 1pm Cybercrime: Phishing and Identity Theft 2pm Chair Volleyball Scrimmage 4:30pm Cornhole	Smartphone Classes Tuesdays 10am Wednesday 10am Classes held in Computer Class #109

#### **July Announcements & Events:**

CSFP Cheese Box Wednesday July 9, 2025 10:00-10:45am & 12:00-3:45pm

\*NO NEW APPLICATIONS FOR CSFP CHEESE BOX UNTIL FURTHER NOTICE\*

HOPE Program Wednesday July 16, 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\*

#### **Monday**

10:30am Line Dancing (Jessica) \*NEW TIME\* 1pm Yo-Chi (Jessica) 4pm Muscle Strength (Jorge)

## **Tuesday**

9am Chair Rise and Thrive (Nora)
10:15am Zumba (Veronica)
12pm Low Impact Cardio (Jorge)
4pm Low Impact Bootcamp (Rodney)

#### Wednesday

8:30am Gentle
Yoga (Maci)
10am Dance Alegria
(Urban 15) \*No Class July 2nd
1pm Senior Circuit
(Shelly)
5pm Strength and
Toning (Alexis)

### **Thursday**

9:15am Walking Trip (Outdoor/ Indoor) 10:15am Tai Chi (Theresa) 1pm Strength & Toning (Jessica)

\*2pm-5pm Last Thursday of month Chair Volleyball Scrimmage

# **Friday**

9am Low ImpactBootcamp (Rodney)10:30am Senior Circuit (Mark)1pm Full Body Stretch (Jorge)

#### Sign-Up for a Fitness Class

- \* To reserve spot call <u>210-207-1760</u>24 hours before each class to register or reserve in person with staff.
- \* Tickets for entry to classes are given at check in to center, or when previous class is done.
- 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 basis, no disruptions of class once started.
- O NO LATE ARRIVALS-NO ENTRY AFTER 5 MINUTES OF CLASS START TIME.
- O UPON CLASS START TIME, REMAINING TICKETS WILL GO TO MEMBERS ON STANDBY LIST
- O TENNIS SHOES MUST BE WORN IN FITNESS CLASSROOM & GYM AREA AT ALL TIMES

# Lunch at Southside Lions Center 11:00-12:00 Monday-Friday

- \* 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.\*



Class starts July 9, 2025 9am-11am \*Please note the class is 2 hours\*

Diabetes Education Empowerment Program (DEEP) is a class for our participating seniors to learn prevention & control of diabetes.

Chris Horton, facilitator will be leading DEEP class.

DEEP will be a two-hour long session, meeting once a week on Wednesdays for 8 weeks starting July 9, 2025 9am-11am.

\*Members who signed up in May will be placed first\*



#### **July Events**

Lunch served at 10:30am July 1, 2025

Darts
Thursday July 3, 2025 4:30PM
\*Signup June 30th\*

Untouchables Series (Ongoing Series) Tuesday July 8th & July 22, 2025 9:15am

Field Trip to San Antonio Art League Museum Friday July 11, 2025 at 9:30 AM \*Signup July 7th\*

SSL Dining Room VIA Presentation & Resource Tables "Heat & Transportation" Thursday July 24, 2025 4:00PM-6:00PM

> Nertz Card Game Thursday July 17, 2025 4:30PM \*Signup July 14th\*

> Poker & Peanuts Thursday July 24, 2025 4:30PM \*Signup July 21st\*

Calendar and Instructors subject to change