



August

District 2 Senior Center
1751 S.WW White Rd
San Antonio, TX. 78220
Phone: (210) 207-5390
Hours of Operation:
Monday - Thursday 7:00am - 8:00pm
Friday 7:00am - 4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Room Key CL - Computer Lab AC - Arts& Crafts Room DR - Dining Room LB - Library CR - Conference Room RA - Rec Area MP - Multi-Purpose Room <i>Note: Classes marked with ** are Volunteer-led classes.</i>				1. <u>Bingo Dining Area</u> 9:15am-10:00am <u>Sing for Joy (RA)</u> 10:00am - 11:00am
4. <u>Wellmed Medicare Information</u> 9:00am-11:00am <u>Beginners Painting Class (AC)</u> 9:00am-11:00am <u>Wowzitude!</u> 10:00am - 11:00am <u>Seniors In Play (MP)</u> 2:30pm - 4:00pm <u>Karaoke ** (DR)</u> 4:00pm - 6:30pm <u>Loteria (AC)</u> 5:00pm - 6:30pm	5. <u>Computer Class (CL) Cybercrime: Phishing and Identity Theft</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Quilting</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	6. <u>Computer Class (CL) iPad Basics</u> 9:00am-11:00am <u>Learning Gmail</u> 1:00pm-3:00pm <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm	7. <u>Advanced Painting & Drawing Class (AC)</u> 9:00am-11:00am <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	8. <u>Bingo Dining Area</u> 9:15am-10:00am <u>Sing for Joy (RA)</u> 10:00am - 11:00am
11. <u>Beginners Painting Class (AC)</u> 9:00am-11:00am <u>Seniors In Play (MP)</u> 2:30pm - 4:00pm <u>Karaoke ** (DR)</u> 4:00pm - 6:30pm <u>Loteria (AC)</u> 5:00pm - 6:30pm	12. <u>Computer Class (CL) Cybercrime: Phishing and Identity Theft</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> 12:00pm-2:00pm <u>Quilting</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	13. <u>Computer Class (CL) iPad Basics</u> 9:00am-11:00am <u>Learning Gmail</u> 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Sudoku (LB)</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm	14. <u>Advanced Painting & Drawing Class (AC)</u> 9:00am-11:00am <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	15. <u>Bingo Dining Area</u> 9:15am-10:00am <u>Sing for Joy (RA)</u> 10:00am - 11:00am <u>CENTER WILL CLOSE AT 2:30 PM FOR STAFF TRAINING.</u>
18. <u>Commodities</u> 1:30pm - 3:30pm <u>Wellmed Medicare Information</u> 9:00am-11:00am <u>Beginners Painting Class (AC)</u> 9:00am-11:00am <u>Seniors In Play (MP)</u> 2:30pm - 4:00pm <u>Karaoke ** (DR)</u> 4:00pm - 6:30pm <u>Loteria (AC)</u> 5:00pm - 6:30pm	19. <u>Commodities</u> 7:00am - 9:00am <u>Computer Class (CL) Google Photos</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Quilting</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	20. <u>Computer Class (CL) Cybercrime: Phishing and Identity Theft</u> 9:00am-11:00am <u>Translation Tools</u> 1:00pm-3:00pm <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Movie & Popcorn (DR)</u> 4:00pm - 6:00pm	21. <u>Advanced Painting & Drawing Class (AC)</u> 9:00am-11:00am <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	22. <u>Bingo Store (AC)</u> 9:00am - 10:00am <u>(NO BINGO)</u>
25. <u>Beginners Painting Class (AC)</u> 9:00am-11:00am <u>Senior Advisory Meeting</u> 9:30am - 10:30am <u>Seniors In Play (MP)</u> 2:30pm - 4:00pm <u>Karaoke ** (DR)</u> 4:00pm - 6:30pm <u>Loteria (AC)</u> 5:00pm - 6:30pm	26. <u>Computer Class (CL) Google Photos</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Quilting</u> 1:00pm - 3:00pm <u>Arts & Crafts** (AC)</u> 12:00pm-2:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	27. <u>Computer Class (CL) Cybercrime: Phishing and Identity Theft</u> 9:00am-11:00am <u>Discovering Wellness on the Web</u> 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>SAPL Book Club</u> 10:30am - 11:30am <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm	28. <u>Advanced Painting & Drawing Class (AC)</u> 9:00am-11:00am <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>BINGO STORE</u> 4:00pm - 5:00pm <u>GAME DAY (DR)</u> 5:00pm - 6:30pm	29. <u>Bingo Dining Area</u> 9:15am-10:00am <u>August Birthday Celebrations w/ Potluck</u>

Our Apologies: Calendar may change or be updated without advance notice.

EXERCISE CLASSES

Monday

Well-Med Chair Exercise 9:45am - 10:15am
Line Dancing 1:00pm - 1:45pm
Senior Strength 2:00pm - 2:45pm
Chair Volleyball 4:00pm - 4:45pm

Tuesday

Walking with Wellmed 8:30am - 9:00am
Cardio Dance 10:30am - 11:15am
Sit & Be Fit 1:00pm - 1:45pm
Pickleball 4:00pm - 4:45pm

Wednesday

Senior Circuit Workout 9:00am - 9:45am
Chair Volleyball 10:00am - 10:45am
Line Dancing 1:00pm - 1:45pm
Core & Balance 4:00pm - 4:45pm

Thursday

Well-Med Chair Exercise 9:45am - 10:15am
Gentle Yoga 1:00pm - 1:45pm
Chair Volleyball 2:00pm - 2:45pm
Low Impact Bootcamp 4:00pm - 4:45pm

Friday

Senior Circuit Workout 8:30am - 9:15am

EVENTS

- 8/01/25 - Field Trip! Walmart 10:00am - 12:00pm (9:45am departure. Sign-ups start on July 31.)
- 8/04/25 - Vaccinations and Older Adults by Wellmed 9:00am - 9:30am
- 8/04/25 - SAPL Wowzitude! Destination: Vienna, Austria 10:00am - 11:00am
- 8/05/25 - Field Trip! San Antonio Art League and Museum 10:00am - 12:00pm (9:30am departure. Sign-ups start on July 31.)
- 8/06/25 - Pan Dulce y Cafecito Care Giver Support Group 10:00am - 11:00am
- 8/07/25 - Financial Exploitation Presentation “Identity Theft: How to Stay Safe” 10:00am - 11:00am
- 8/11/25 - OASIS Presentation “Disaster Preparedness” 10:30am - 11:30am
- 8/12/25 - Tea with Tracy 9:30am - 10:30am
- 8/12/25 - Field Trip! Black Bear Diner 4:00pm - 6:00pm (3:45pm Departure. Sign-ups start on August 4.)
- 8/13/25 - Field Trip! Schaefer Library 10:30am - 12:00pm (10:00am departure. Sign-ups start on August 4.)
- 8/14/25 - ACOG Presentation 10:00am - 11:00am
- 8/14/25 - Nutrition Presentation by Tracy 12:30pm - 1:00pm
- 8/15/25 - Center will close at 2:30pm for Staff Training.
- 8/18/25 - COMMODITIES 1:30pm - 3:30pm (Must be on Food Bank Roster. Applications are now closed.)
- 8/19/25 - COMMODITIES 7:00am - 9:00am (Must be on Food Bank Roster. Applications are now closed.)
- 8/20/25 - Volunteer Meeting 9:30am - 10:00am
- 8/20/25 - Presentation by Caregiver SOS “Optimal Brain Aging” 10:00am - 11:00am
- 8/20/25 - Movie & Popcorn 4:00pm - 6:00pm
- 8/21/25 - Road Safety Presentation 10:00am - 11:00am
- 8/25/25 - Senior Advisory Meeting 9:30am - 10:30am
- 8/26/25 - Nutrition Presentation by Tracy 10:00am - 10:30am
- 8/27/25 - SAPL Book Club (Theme: Fantasy) 10:30am - 11:30am
- 8/28/25 - Food Bank Presentation (w/ Cooking Demo) 10:00am - 11:00am
- 8/29/25 - August Birthday Celebrations w/ Potluck (Potluck at your individual tables)

SENIORS IN PLAY

MONDAYS

2:30pm - 4:00pm

Founded by Tony Plana, Seniors in Play is course that guides seniors through an innovative and playful theatrical program, encouraging them to use the dramatic exploration of personal identity in order to develop confidence, communication and expression.

SENIOR CENTER GAMES

Coming September 2025

- Chair Volleyball
- Billiards
- Basketball
- Hot Wheels Racing
- Cornhole
- Table Tennis
- Dominoes
- Puzzles
- Paper Airplane Toss
- Pickle Ball
- Jumbo Egg Relay Race

Registration begins Thursday, July 31

More details coming soon...

Well Med will be On Site at D2 Senior Center

8:00am-3:30pm Monday - Thursday.

BMI, Blood Pressure & Blood Glucose (fasting).

(Nurses hours & days are subject to change)

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