

BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, AUGUST 8

THEME: ROCK -N- ROLL 50'S | COLORS: OLIVE GREEN | DECORATE YOUR TABLE WITH THEME AND COLOR

FROZEN MEALS DISTRIBUTED THURSDAY, AUGUST 8 - BRING YOUR OWN FOOD

Jose A. Sanchez Aug. 2	Irma Garcia Aug. 7	Miguel Chairez Aug 16	Olga Ruiz Aug. 19	Josephine Rosales Aug. 27
Reynaldo Lugo Aug. 5	Mary Ann Martinez Aug. 9	Frank Serrano Aug. 18	Joseph Vasquez Aug. 21	Florinda Perales Aug. 29
Sixto Ibarra Aug. 6	Julia Gaona Aug. 16	Graciela Ontiveros Aug. 18	Consuelo Montoya Aug. 22	



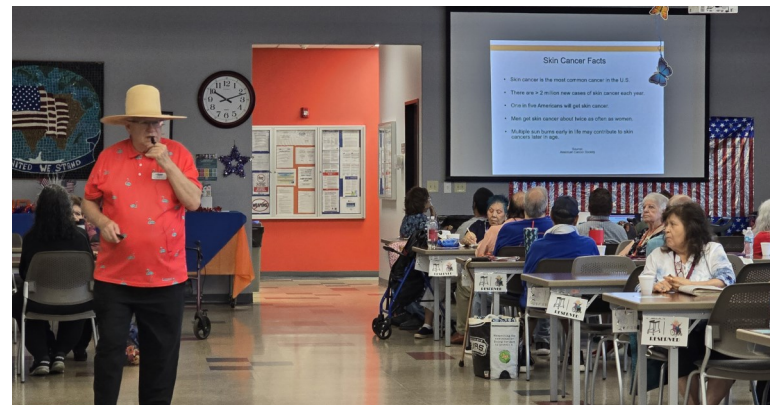
Fourth of July Spirit, District 5 style



Maria Lara, presents the National Anthem in sign language



JK The Entertainer lit up the room with music and joy



SA OASIS shares smart tips on staying safe in the sun



Mike and Rosie Calvillo Share 45th Wedding Anniversary at D5 Center



Swimming at Kingborough Park Pool




July Birthday members show birth dates



Senior Center Manager Bertha Franklin honored for 35 years of service by Senior Service Manager Debra Colorado

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 8:00 Senior Services Benefit Navigator 9:00 SA Oasis Computer Class 9:30 SNAP Assistance 10:30 YWCA Exercise Equipment Training 12:00 Bihl Haus GO! Arts Painting & Drawing 12:30 LOTERIA 2:00 Early Release
4 9:00 Jewelry Creation 9:00 Herbs On The Patio 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 3:00 Chair Volleyball Practice Normoyle Senior Center 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table 7:00 Lobby Chat	5 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 11:00 SHOPPING Trinkets & Treasures Thrift Shop 12:00 YWCA Weight Training 1:00 HEAL Nutrition Education 1:30 LOTERIA 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	6 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 10:00 SA Oasis Lifelong Adventure The Importance of Exercise 11:00 SHOPPING WalMart 12:30 POKENO 1:00 SA Oasis Computer Class 3:00 Chair Volleyball 5:00 Karaoke/Game Night 7:00 Lobby Chat	7 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:30 BINGO 1:00 Bihl Haus GO! Arts Piñatas & More 3:00 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:00 Watermelon National Day 5:30 Specialty Bingo	8 9:00 SA Oasis Computer Class 10:30 YWCA Exercise Equipment Training 12:00 Bihl Haus GO! Arts Painting & Drawing 12:00 BIRTHDAY CELEBRATION Theme: Rock-N-Roll 50's Color: Vibrant Green Frozen Meal Distributed Thursday
11 9:00 Jewelry Creation 9:00 Herbs On The Patio 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 3:00 Chair Volleyball Practice Normoyle Senior Center 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table 7:00 Lobby Chat	12 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 1:00 Caregiver SOS Program and Alzheimer's Association Present a Dementia Series "Understanding & Responding to Dementia Related Behaviors" 3:30 Flicks & Film 5:00 San Antonio Museum 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	13 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 12:00 FOOD BANK 1:00 SA Oasis Computer Class 3:00 Chair Volleyball 5:00 Chocolate Documentary 6:00 Chocolate Tasting 6:00 Game Night 7:00 Lobby Chat	14 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:30 BINGO 1:00 Bihl Haus GO! Arts Piñatas & More 3:00 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	15 8:00 Senior Services Benefit Navigator 9:00 SA Oasis Computer Class 9:30 Climate and Environment Education Health Risks Associated with Extreme Heat 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Painting & Drawing 12:30 LOTERIA
18 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 3:00 Chair Volleyball Practice Normoyle Senior Center	19 9:30 YWCA Joint Movement Urban 15 Rhythm Royale Percussion To return in September 11:00 SHOPPING Marshalls 12:00 YWCA Weight Training 1:30 LOTERIA 3:30 50's & 60's Oldies	20 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 1:00 SA Oasis Computer Class 12:30 POKENO 3:00 Chair Volleyball 5:00 Karaoke/Game Night	21 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:00 National Senior Citizen Day Special Event Movie and Nachos 1:00 Bihl Haus GO! Arts Piñatas & More 3:00 OPEN ART (Multipurpose Classroom)	22 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Painting & Drawing

4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table 7:00 Lobby Chat	Birthdays Celebration 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	5:00 Espada Park Ham & Cheese Sandwiches Picnic 7:00 Lobby Chat	(Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	12:30 LOTERIA
25 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 3:00 Chair Volleyball Practice Normoyle Senior Center 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table 7:00 Lobby Chat	26 9:30 YWCA Joint Movement Urban 15 Rhythm Royale Percussion To return in September 12:00 YWCA Weight Training 1:30 LOTERIA 5:00 Culture Awareness Dine On A Dime 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	27 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 11:30 Butterfly OUTLET 1:00 SA Oasis Computer Class 3:00 Chair Volleyball 5:00 Happy Anything Anniversary 5:00 Open Mic/Game Night 7:00 Lobby Chat	28 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:30 BINGO 1:00 Bihl Haus GO! Arts Piñatas & More 3:00 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	29 9:30 YWCA Strength & Flex 10:30 River City Produce Market Nutrition Education & Food Demo 1:00 Bihl Haus GO! Arts Piñatas & More 12:30 LOTERIA



with Nurse Erika

Health Screenings

8:00 - 3:00 Tuesday, Thursday & Friday

Medicaid/Medicare Assistance

Ruby Garcia

9:00-11:00 Tuesdays

Independent Insurance Agent
WellMed / Partner –Medicare Pro




Caregiver SOS Program and the Alzheimer's Association

A Dementia Presentation

1:00 - August 12, 2025

"Understanding Dementia Affects Communication"

Learn how dementia affects our ability to communicate

Laura Keown Caregiver Specialist (210) 207-5272

DHS Benefit Navigators

8:00 - 1:00 1st and 3rd Fridays

- Find programs matching your needs.
- Apply for local and non-profit services.
- Get answers to complete assistance applications.

BRAIN CHALLENGE

HIDDEN PICTURES Tuesdays and Thursdays

VOLUNTEERS

10:00 Tuesday, August 19 - All Volunteers Meeting

10:00 Tuesday, August 26 - Advisory Council Meeting

YWCA FUN AND FIT Exercise Classes		
10:00 - 10:45	Monday	Low Impact Cardio
9:30 -10:15	Tuesday	Joint Movement
12:00 -12:45	Tuesday	Weight Training
No Exercise Class First Wednesday		
9:45 -10:30	Wednesday	Joint Movement
9:30 -10:15	Thursday	Strength & Flex
10:30-11:30 Every Second Friday Exercise Equipment Training w/Personal Trainer		
10:30-11:30	Friday	Cardio Dance

SA OASIS COMPUTER CLASSES WEDNESDAY		
9:00-11:00	Aug 6 - 13	Meet the Computer
9:00-11:00	Aug 20 - 27	Technology Q&A: Come Ask Your Question
1:00-3:00	Aug 13	Fitness Apps: Tracking your Health and Fitness
1:00-3:00	Aug 20	Cybercrime: What's the Best Browser for Me?
1:00-3:00	Aug 27	All About Passwords
FRIDAY		
9:00-11:00	Aug 15	MS Word
9:00-11:00	Aug 22	Online Shopping
9:00-11:00	Aug 29	You Tube

SAN ANTONIO SENIOR PLANET FROM AARP Older Adult Technology (OATS) 2:00-3:00 Monday FREE In-Person Technology Lecture For Older Adults	
Aug 7	Entertainment Program Series Session 5:Students choice
Aug 11	Entertainment Program Series Session 6:Students choice
Aug 18	Entertainment Program Series Session 7:Students choice
Aug 25	Entertainment Program Series Session 8:Students choice



4:00-5:00 Mondays MOVEMENT AND DANCE

Movement and Dance can improve your physical and mental health, as well as your social skills.

4:00-5:00 Thursdays CHAIR YOGA

Yoga supports stress management, mental health, mindfulness, healthy eating weight loss and quality sleep.

BROWSIN' ON A BUDGET/ DINE ON A DIME

AFFORDABLE STORES AND RESTAURANTS

CULTURAL AWARENESS

Documentaries, films, and movies.

Travel to museums restaurants, and events.

FOR DATES AND TIMES SEE FLIERS

Chair Volleyball

3:00 - 5:00 Monday Normoyle Gymnasium

3:00 - 5:00 Wednesday Practice D5 Center

BUTTERFLY POPUP OUTLET

11:30 - 1:00 Last Wednesday

Play Bingo, Loteria, Pokeno WIN

"NEW Butterfly Bucks"

Redeem Butterfly Bucks for Prizes.

AUGUST 2025

Look inside to discover activities and presentations designed to engage and inspire



NATIONAL SENIOR CITIZENS DAY

On August 21, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they gave throughout their lives.

Movie & Nachos

12:00 Thursday, August 21, 2025

We invite you to enjoy a fun afternoon with a great movie and tasty nachos!

Sponsored by WellMed | Featured Film: *Queen Bees*

DISTRICT 5 SENIOR CENTER

2701 S. Presa | San Antonio, TX 78210 (210) 207-5270

Active Adult Center for Entertainment (AACE)

Activities from Monday -Thursday 7:15 - 7:45 and Friday 7:15 - 3:45

MEALS SERVED DAILY

11:00 MONDAY -THURSDAY & 11:30 FRIDAY

We Are Butterflies!
We Come Alive at District 5 Senior Center!
Our Colors Are Royal Blue and Burnt Orange



FREE PARTICIPATION FOR OLDER ADULTS

Eligibility Criteria

- At least 60 years old
- Ability to take care of personal needs
- Have Mental and Physical ability to act independently

May bring and use any personal device necessary for mobility

VISIT OR CALL FOR MORE DETAILS