

CITY OF

SAN ANTONIO

TEXAS

HUMAN

SERVICES

# August

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
<div><div></div><div><div>Join us for the FUN!</div><div>coming soon</div><div>Senior Center Games</div><div>September 2nd-September 26th</div></div></div>				<div>1</div> <div>9am Nutritional Ed: Dragonfruit</div> <div>9:30am Shopping Trip to HEB</div> <div>10am Seniors In Play</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2pm Karaoke</div>
<div>4</div> <div>9am Google Photos</div> <div>9am MOGO Insurance Rep. Unidad Gonzalez</div> <div>10am Financial Empowerment</div> <div>5pm Craft: Quilling</div>	<div>5</div> <div>9am Painting</div> <div>9:15am Untouchables Health Club-(Ongoing Series)</div> <div>10am Senior Planet Smartphone Apps-Meal Kit Services</div> <div>12:30pm BINGO</div> <div>5pm Movie &amp; Popcorn “The War w/Grandpa”</div>	<div>6</div> <div>9am Drawing</div> <div>9am Diabetes Ed. Empowerment Program (DEEP)</div> <div>10am CPS</div> <div>11am Chair V-Ball</div> <div>12pm Senior Planet Smartphone Apps-Digital Scrapbooking Tools</div> <div>2pm Movie &amp; Popcorn “The War w/Grandpa”</div> <div>4pm Evening LOTERIA</div>	<div>7</div> <div>9am Exploring Google</div> <div>12:30pm BINGO</div> <div>1pm Cybercrime: Phishing and Identity Theft</div> <div>4:30 Casino Night: Poker-Dice-Blackjack</div>	<div>8</div> <div>10am Seniors In Play</div> <div>10am WellMed Nurse Vaccinations &amp; Older Adults</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2:30pm SSL Early Closure for staff meeting</div>
<div>11</div> <div>9am Meet the Computer</div> <div>9am Volunteers Training</div> <div>9am MOGO Insurance Rep. Unidad Gonzalez</div> <div>10am WellMed : Understanding how Dementia affects Communication.</div> <div>5pm Art Project: Abstract Ink</div>	<div>12</div> <div>9am Painting</div> <div>10am Senior Planet Smartphone Apps-Digital Legacy at a Glance</div> <div>10am Oasis: 10 Warning Signs of Alzheimer’s Dementia</div> <div>12:30pm BINGO</div> <div>5pm Movie &amp; Popcorn “Cinderella Man”</div>	<div>13</div> <div>9am Drawing</div> <div>9am DEEP</div> <div>10am CSFP CHEESE BOX-FOOD BANK</div> <div>12pm Senior Planet Smartphone Apps-Finding Money Saving Programs Online</div> <div>2pm Movie &amp; Popcorn “Cinderella Man”</div> <div>4pm Karaoke</div>	<div>14</div> <div>9am Windows 11</div> <div>12:30pm BINGO</div> <div>1pm Translation Tools</div> <div>4:30 Olympic Practice: Cornhole-Darts-Paper Airplanes-Egg Race</div>	<div>15</div> <div>9:30am Shopping Trip to Family Dollar</div> <div>10am Seniors In Play</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2pm Karaoke</div>
<div>18</div> <div>9am Meet the Computer</div> <div>9am MOGO Insurance Rep. Unidad Gonzalez</div> <div>10am WellMed Caregiver Support: Pan Dulce &amp; Cafecito</div> <div>5pm Craft: Creating Dahlia Flowers</div>	<div>19</div> <div>9am Painting</div> <div>9:15am Untouchables Health Club-(Ongoing Series)</div> <div>12:30pm BINGO</div> <div>5pm Movie &amp; Popcorn “Gran Turismo”</div>	<div>20</div> <div>9am Drawing</div> <div>9am DEEP</div> <div>10am HOPE PROGRAM- FOOD BANK</div> <div>12pm Senior Planet Smartphone Apps Intro to Selling Online</div> <div>2pm Movie &amp; Popcorn “Gran Turismo”</div> <div>4pm Evening BINGO</div>	<div>21</div> <div>9am Windows 11</div> <div>12:30pm BINGO</div> <div>1pm Technology Q &amp; A: All about Apple</div> <div>4:30pm Poker Tournament</div>	<div>22</div> <div>9am Produce Market Topic: Bell Pepper</div> <div>10am Seniors In Play</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2pm Karaoke</div>
<div>25</div> <div>9am Cybercrime: What is the best browser for me?</div> <div>9am MOGO Insurance Rep. Unidad Gonzalez</div> <div>10am WellMed Teleconnection-How to use &amp; optimal Brain aging presentation</div> <div>5pm Art Presentation: Color Theory</div>	<div>26</div> <div>9am Painting</div> <div>9am Financial Empowerment-Scams that target homeowners &amp; veterans</div> <div>10am Senior Planet Smartphone Apps Digital Vaults</div> <div>12:30pm BINGO</div> <div>5pm Movie &amp; Popcorn “Field of Dreams”</div>	<div>27</div> <div>9am Orientation</div> <div>9am Drawing</div> <div>9am DEEP</div> <div>11am Chair V-Ball</div> <div>12pm Senior Planet Smartphone Apps Healthcare &amp; Tech at a Glance</div> <div>2pm Movie &amp; Popcorn “Field of Dreams”</div> <div>4:30pm Pool Tournament</div>	<div>28</div> <div>9am Windows 11</div> <div>12:30pm BINGO</div> <div>1pm All about Passwords</div> <div>1:30pm Bingo Market</div> <div>2pm Chair Volleyball Scrimmage</div> <div>4:30 Olympic Practice: Cornhole-Darts-Paper Airplanes-Egg Race</div>	<div>29</div> <div>10am Seniors In Play</div> <div>10am Lunch &amp; Shop at Cracker Barrel</div> <div>12pm Celebrate August Birthdays!</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2pm Karaoke</div>

August Announcements & Events:

CSFP Cheese Box Wednesday August 13, 2025 10:00-10:45am & 12:00-3:45pm

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HOPE Program Wednesday August 20, 2025 10:00-10:45am & 12:00-3:45pm

\*FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST\*

\*San Antonio Food Bank is now accepting 15 applications per program\*  
Monday-Friday 2:00-3:00 PM-Please see Helena, Nutritionist

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:30am Line Dancing (Jessica) 1pm Yo-Chi (Jessica) 4pm Muscle Strength (Jorge)	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) <i>*No Class on August 20th &amp; August 27th*</i> 1pm Senior Circuit (Shelly) 5pm Strength and Toning (Alexis)	9:15am Walking Trip (Outdoor/ Indoor) 10:15am Tai Chi (Theresa) 1pm Strength & Toning (Jessica)  *2pm-5pm Last Thursday of month Chair Volleyball Scrimmage	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 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.

- **NO LATE ARRIVALS-NO ENTRY AFTER 5 MINUTES OF CLASS START TIME.**
- **UPON CLASS START TIME, REMAINING TICKETS WILL GO TO MEMBERS ON STANDBY LIST**
- **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.\**

<p><u><b>Member Eligibility Criteria for Comprehensive Senior Center and Program* Participation:</b></u></p> <p>1. Member is 60 years of age or older, or is an individual married to a participant 60 years of age or older who attends the Center with the qualified member.</p> <p>2. Member demonstrates cognitive and physical ability to act independently or shall have a caregiver accompany Member at all times.</p> <p>3. Member is able to attend to personal needs (e.g., feeding oneself, taking medication as directed by a doctor, using the restroom, etc.) or shall have a caregiver accompany Member at all times.</p> <p>4. Member should use and maintain any personal assistive devices necessary for mobility (e.g., wheelchair, walker, crutches, etc.) as Center staff and volunteers may not provide mobility assistance.</p> <p>5. Member acknowledges that the City may use Member’s image in photographs or other media forms. Should Member not consent to such use, he/she shall deliver a written refusal to the Senior Center Manager.</p> <p><b>*Excludes Senior Nutrition Program (SNP)</b></p> <p><u><b>Member Eligibility Criteria for Senior Nutrition Program Participation:</b></u></p> <p>1. Member is 60 years of age or older, or is: an individual married to a member 60 years of age or older who participates in the nutrition program and attends with the qualified member; a person with disabilities under 60 years of age who resides with a senior member 60 years of age or older and accompanies the qualified senior to participate in the nutrition program; or an individual that resides in an apartment complex where meals are served due to an existing Senior Nutrition Project in operation.</p> <p>2. Members that bring dependent individuals with disabilities under 60 years of age must remain in their company at all times.</p> <p>3. Member acknowledges that the City may use Member’s image in photographs or other media forms. Should member not consent to such use, he/she shall deliver a written refusal to the Senior Center Manager.</p> <p><b>Note:</b> Center staff and volunteers are not permitted to serve as personal attendants or caregivers. The Senior Center does not provide personal hygiene assistance (toileting, hand washing), mobility assistance, feeding and other personal care, nor does it provide wheelchairs or other mobility devices to members.</p>	<p><u><b>August Events</b></u></p> <p>Casino Night Thursday August 7, 2025 4:30PM <u>*Signup August 4th*</u></p> <p>Senior Planet Smartphone Apps <u><b>NO CLASS</b> on Tuesday August 19, 2025</u></p> <p>Poker Tournament Thursday August 21, 2025 4:30PM <u>*Signup August 18th*</u></p> <p>Produce Market Friday August 22, 2025 9AM <u>*Signup August 15th*</u></p> <p>Pool Tournament Wednesday August 27,2025 4:30PM <u>*Signup August 25th*</u></p> <p>Lunch &amp; Shop at Cracker Barrel Friday August 29, 2025 10am <u>*Signup August 25th*</u></p>
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Southside Lions Senior Center has an assortment of board games, playing cards, Jenga, Dominoes & other games to play for your enjoyment!