



September

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. <div>★★★★★ WE WILL BE CLOSED ON LABOR DAY</div>	2. <u>Computer Class (CL)</u> Oasis Connections guide to Cybersecurity (Online Videos) 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> <u>12:00pm-2:00pm</u> <u>Quilting</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	3. <u>Computer Class (CL)</u> iPad Basics 9:00am-11:00am iPhone Basics 1:00pm-3:00pm <u>Sewing** (AC)</u> <u>9:30am-11:00am</u> <u>Loteria (DR)</u> 5:00pm - 6:30pm	4. <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	5. <u>Bingo Dining Area</u> 1:15pm-2:00pm
8. <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	9. <u>Computer Class (CL)</u> Cybercrime: Phishing and Identity Theft 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> <u>12:00pm-2:00pm</u> <u>Quilting</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	10. <u>Computer Class (CL)</u> iPad Basics 9:00am-11:00am iPhone Basics 1:00pm-3:00pm <u>Sewing** (AC)</u> <u>9:30am-11:00am</u> <u>Golden-Agers: Minute to Win It Games (CR)</u> 10:30am - 11:30am <u>Loteria (DR)</u> 5:00pm - 6:30pm	11. <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	12. <u>Bingo Dining Area</u> 9:15am-10:00am Senior Center Month Celebration 12:00pm - 2:30pm
15. <u>Commodities</u> 1:30pm - 3:30pm <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	16. <u>Commodities</u> 7:00am - 9:00am <u>Computer Class (CL)</u> Cybercrime: Phishing and Identity Theft 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> <u>12:00pm-2:00pm</u> <u>Quilting</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	17. <u>Computer Class (CL)</u> Introduction to Email 9:00am-11:00am Digital Wallet 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Sudoku (LB)</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm	18. <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	19. <u>Bingo Store</u> 9:15am-10:00am <u>CENTER WILL CLOSE AT 2:30 PM FOR STAFF TRAINING.</u>
22. <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	23. <u>Computer Class (CL)</u> Discovering Wellness on the Web 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> <u>12:00pm-2:00pm</u> <u>Quilting</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	24. <u>Computer Class (CL)</u> Introduction to Email 9:00am-11:00am 10 Fun Things to Do with Your iPad 1:00pm-3:00pm <u>Sewing** (AC)</u> <u>9:30am-11:00am</u> <u>SAPL Book Club (LB)</u> 10:30am - 11:30am <u>Movie & Popcorn (DR)</u> 4:00pm - 6:00pm	25. <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	26. <u>Bingo Dining Area</u> 1:15pm - 2:00pm September Birthday Celebrations w/ Potluck
29. <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	30. <u>Computer Class (CL)</u> Beginners Guide to the Cloud 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Quilting</u> 1:00pm - 3:00pm <u>Arts & Crafts** (AC)</u> <u>12:00pm-2:00pm</u> <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	1. <u>Room Key</u> 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>	2.	3.

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 9:00am - 9:30am
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

- 9/01/25 - CENTER CLOSED FOR LABOR DAY. *(Frozen meals will be distributed August 29.)*
- 9/03/25 - Field Trip! Walmart 10:00am - 12:00pm *(9:45am departure.)*
- 9/03/25 - Presentation by Caregiver SOS 10:00am - 11:00am
- 9/04/25 - Planning for the unexpected: Are you prepared? *(By Deborah Romo)* 10:00am - 11:00am
- 9/05/25 - Field Trip! 20TH Annual African American Senior’s Conference (8:30 departure) 9:00am-11:30am
- 9/08/25 - Oasis Presentation: *Ten Warning Signs of Alzheimer’s* 10:30am - 11:30am
- 9/09/25 - Field Trip! Hung Fong Restaurant 4:00pm - 6:00pm *(3:45pm Departure.)*
- 9/10/25 - Golden-agers: Minute to Win It Games 10:30am - 11:30am
- 9/11/25 - Field Trip! Wood Lake Shopping 10:00am - 12:00pm *(9:30am departure.)*
- 9/12/25 - Senior Center Month Celebration 12:00pm - 2:30pm
- 9/15/25 - COMMODITIES 1:30pm - 3:30pm *(Must be on Food Bank Roster. [Applications are now closed.](#))*
- 9/16/25 - COMMODITIES 7:00am - 9:00am *(Must be on Food Bank Roster. [Applications are now closed.](#))*
- 9/16/25 - Nutrition Presentation by Tracy (Okra) 12:30pm - 1:00pm
- 9/17/25 - Pan Dulce y Cafecito Care Giver Support Group 10:00am - 11:00am
- 9/17/25 - Field Trip! Schaefer Library 10:30am - 12:00pm *(10:00am departure.)*
- 9/17/25 - Movie & Popcorn 4:00pm - 6:00pm
- 9/18/25 - Road Safety Presentation 10:00am -11:00am
- 9/19/25 - Center will close at 2:30pm for Staff Training.
- 9/22/25– Falls & Fractures in Older Adults by Wellmed 10:15 am-10:45am
- 9/24/25 - SAPL Book Club *(Theme: Historical Fiction)* 10:30am - 11:30am
- 9/25/25 - Tea with Tracy 9:30am - 10:30am
- 9/26/25 - September Birthday Celebrations w/ Potluck *(Potluck at your individual tables)*
- 9/29/25 - Volunteer Meeting 1:15pm - 1:45pm
- 9/29/25 - Senior Advisory Meeting 9:30am - 10:30am
- 9/30/25 - Nutrition Presentation by Tracy (Cucumber) 10:00am - 10:30am

Senior Center Games 2025

September 2nd—September 26th

- ⇒ Dominoes
- ⇒ Cornhole
- ⇒ Billiards
- ⇒ Basketball
- ⇒ Chair Volleyball
- ⇒ Table Tennis
- ⇒ Puzzles
- ⇒ Egg Relay Race
- ⇒ Pickleball
- ⇒ Hot Wheels Racing



September is Senior Center Month!

District 2 Senior Center Happy Hour Open House

Whether you are a first-time visitor, or a frequent participant, we invite you to join us to celebrate all that District 2 has to offer!

12:00pm - 2:30pm

Wear **BLACK** and **GOLD** to proudly showcase the colors of the District 2!

Well Med will be On Site at D2 Senior Center

7:30am-3:30pm Monday, Tuesday, Wednesday, Friday.
BMI, Blood Pressure & Blood Glucose (fasting).

(Nurses hours & days are subject to change)

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