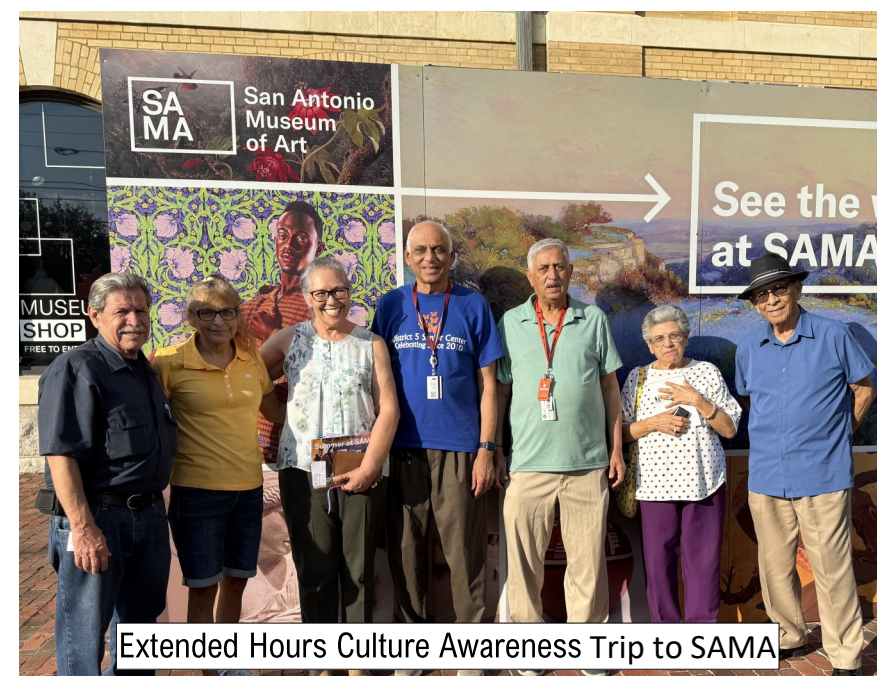
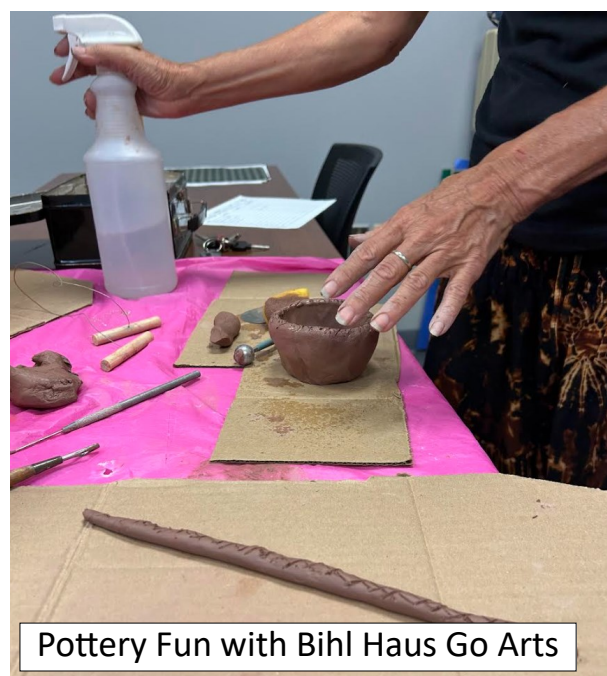


BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, SEPTEMBER 12

Center Members ONLY


THEME: FOOTBALL SEASON-LET'S TAILGATE | COLORS: SAPPHIRE BLUE
DECORATE YOUR TABLE WITH THEME AND COLOR | HOT MEAL SERVED

Thakor Dullabh	Sept 5	Maria C Rendon	Sept 12	Alfredo Fernandez	Sept 19	Abelardo Ebaben	Sept 26	Domingo Navarro	Sept 27
Gloria G Martinez	Sept 6	Francisco Casto	Sept 13	Maria Lozano	Sept 20	Maria Hernandez	Sept 26	Mary A Munoz	Sept 29
Mary Lou Casares	Sept 7	Nidia Gutierrez	Sept 13	Maria T. Gonzalez	Sept 25	Jerry Girela	Sept 26	Maria R Vigial	Sept 30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <div>CENTER CLOSED</div>  <div>Frozen Meal Distributed Friday, Aug. 29</div>	2 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 1:30 LOTERIA 3:30 Flicks, Film & Popcorn 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	3 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 10:00 SA Oasis Lifelong Adventure "Put Pain In Its Place" 11:00 SHOPPING H.E.B. 12:00 Bead Fusion Creations 12:30 POKENO 1:00 SA Oasis Computer Class 3:00 Chair Volleyball 5:00 Karaoke/Game Night	4 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:30 BINGO 1:00 Bihl Haus GO! Arts Crafts Creations 3:00 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:00 National Grandparents' Day 5:30 Specialty Bingo	5 8:00 Senior Services Benefit Navigator 9:00 Grandparents Appreciation 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Painting & Drawing 12:30 LOTERIA <div>2:00 Early Release</div>
8 9:00 Herbs On The Patio 10:00 YWCA Low Impact Cardio 2:00 Older Adults Technology Services (OATS) 2:00 Chair Volleyball 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table	9 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 "Dementia Conversations" 3:30 Flicks, Film & Popcorn 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	10 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 12:00 Bead Fusion Creations 12:00 FOOD BANK 1:00 SA Oasis Computer Class 3:00 Chair Volleyball 4:00 Game Night/Cornhole & Shuffle Board Tournament	11 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:30 BINGO 1:00 Bihl Haus GO! Arts Crafts Creations 3:00 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:00 Loteria Parade 5:30 Specialty Bingo	12 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: Football Season Let's Tailgate Color: Sapphire Blue
15 9:00 Jewelry Creation 9:00 Herbs On The Patio 9:30 H.E.A.L. Nutrition Education 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 2:00 Chair Volleyball 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table 5:00 Cultural Awareness The Pearl Viva Dieciséis Event	16 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 12:30 16 Septiembre Observance 1:30 LOTERIA 3:30 Cultural Awareness Collins Garden Library 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	17 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:00 - 2:00 AARP Driver Safety Course 9:45 YWCA Joint Movement 11:00 FotoSeptiembre Gallery 1:00 SA Oasis Computer Class 12:00 Bead Fusion Creations 12:30 POKENO 3:00 Chair Volleyball 3:30 National Ice Cream Cone Day 5:00 Karaoke/Game Night	18 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:30 BINGO 1:00 Bihl Haus GO! Arts Crafts Creations 3:00 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	19 8:00 Senior Services Benefit Navigator 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Painting & Drawing 12:30 LOTERIA
22 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 2:00 Chair Volleyball	23 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 1:30 LOTERIA 4:00 <i>Sabor Lation</i> Birthday Celebration	24 9:00 Stitch In Time Sewing 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 4:00 Dance Talent Show & Mexican Tribute	25 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 11:00 National Senior Center Month Recognition of Nonagenarian Club Members (ages 90+) <div>Frozen Meal Distributed Wednesday</div> 1:00 Bihl Haus GO! Arts Crafts Creations	26 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Painting & Drawing 12:30 LOTERIA

4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Tournament	5:30 What's Happening This Week 5:30 SPECIALTY BINGO	Mariachi Tribute 5:00 Open Mic 5:00 Game Night	3:00 OPEN ART 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	
29 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 11:00 SHOPPING Fiesta Dollar 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 2:00 Chair Volleyball 3:30 Happy Anything Anniversary 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table	30 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 11:00 Mujer Arts Exhibit 12:00 YWCA Weight Training 1:00 H.E.A.L. Nutrition Education 1:30 LOTERIA 3:30 PM Flicks, Film & Popcorn 5:30 What's Happening This Week 5:30 SPECIALTY BINGO			

 **with Nurse Erika**
Health Screenings
 8:00 - 3:00 Tuesday, Thursday & Friday

Medicaid/Medicare Assistance
Ruby Garcia
 Independent Insurance Agent WellMed / Partner -Medicare Pro
 9:00-11:00 Tuesdays

 
Caregiver SOS Program and the Alzheimer's Association
A Dementia Presentation
 1:00 - September 9, 2025
 "Dementia Conversations"
 How to have difficult conversations with loved ones about dementia, planning, and connection with those who can help.
 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
 9:30 Thursday, September 4 - Advisory Council Meeting
 1:00 Monday, September 8 - All Volunteers 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	Sept 3-27	Windows 11
9:00-11:00	Sept 24	iPhone Basics
1:00-3:00	Sept 3	Google Photos
1:00-3:00	Sept 10	Discovering Wellness on the Web
1:00-3:00	Sept 24	iPad Basics
FRIDAY		
9:00-11:00	Sept 5	Technology Q&A: Come Ask Your Question
9:00-11:00	Sept 12-19	Google Calendar
9:00-11:00	Sept 26	MS Excel Basics

SAN ANTONIO SENIOR PLANET FROM AARP Older Adult Technology (OATS) 2:00-3:00 Monday FREE In-Person Technology Lecture For Older Adults	
Sept 8	Entertainment Program Series Session 9:Students choice
Sept 15	Entertainment Program Series Session 10:Students choice
Sept 22	Graduation Entertainment Program Series
Sept 29	Digital Tools for Brain Health

the YMCA 
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
 3:00 - 5:00 Wednesday

BUTTERFLY POPUP OUTLET
11:30 - 1:00 Last Wednesday
 Play Bingo, Loteria, Pokeno WIN
 "Butterfly Bucks"
 Redeem Butterfly Bucks for Prizes.

SEPTEMBER 2025

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

NATIONAL HISPANIC HERITAGE MONTH

ACTIVITIES AND EVENTS

5:00 pm Monday, Sept. 15
The Pearl—Viva Dieciséis Event

12:30 Tuesday, Sept. 16
16 de Septiembre Celebration

11:00 Wednesday, Sept. 17
FotoSeptiembre Gallery

4:00 Tuesday, Sept. 23
Sabor Latino Birthday Celebration

4:00 Wednesday, Sept. 24
Dance Talent Show & Mariachi Tribute

11:00 Tuesday, Sept. 30
Mujer Arts Exhibit

National Senior Center Month

The National Senior Center Month 2025 Theme is "Powering Possibilities Flip the Script". To Challenge outdated stereotypes about aging and instead highlight the positive contributions and vital roles older adults play in their communities.

Recognition of
Nonagenarian Club Members
ages 90+ years

11:00 Thursday, September 25

Lunch Catered by Arizona Cafe

Grandparents Appreciation



5:00 pm Thursday, September 4
Food & Special Gifts for Grandparents

9:00 am Friday, September 5
Coffee and Pan Dulce

Member Orientation to Policies and Procedures

COMPUTER LAB ROOM #113
9:00 am Tuesdays
1:00 pm Thursdays

MULTIPURPOSE ROOM #116
5:00 pm Wednesdays

SENIOR CENTER GAMES 2025

The 2025 Senior Center Games are approaching!

SEPTEMBER 2ND – SEPTEMBER 26TH

The Senior Center Games provide members of DHS City operated Senior Centers an opportunity to participate in a variety of solo and co-ed tournaments!

- 9/2 Opening Ceremony: Northeast - 9am
Dominioes: Northeast - 11:30am
- 9/4 Men's Billiards Round 1: Doris Griffin - 8:30am
Women's Billiards Round 1: Southside Lions - 8:30am
- 9/8 Chair Volleyball Round 1: Normoyle - 8:30am
- 9/10 Puzzles: District 2 - 1:30pm
Plane Toss: District 2 - 2pm
- 9/12 Pickle Ball Round 1: Walker Ranch 8:30am
- 9/15 Hot Wheel Racing: Bob Ross - 1pm
Cornhole: Bob Ross - 1:30pm
- 9/17 Basketball Shooting Challenge: Normoyle - 8:30am
- 9/19 Table Tennis: Alicia Trevino Lopez - 1pm
- 9/22 Pickle Ball Finals: Walker Ranch - 9am
- 9/23 Men's & Women's Billiards Finals: Southside Lions - 9am
- 9/24 Chair Volleyball Finals: Robinette - 9am
- 9/26 Relay Race: Walker Ranch - 8am
Closing Ceremony: Walker Ranch - 10am

Hope to see you there,
LET THE GAMES BEGIN!



DISTRICT 5 SENIOR CENTER

2701 S. Presa | San Antonio, TX 78210 (210) 207-5270
Active Adult Center for Entertainment (AAE)
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