

AUGUST



National Immunization Awareness Month

INTERNATIONAL PEACE MONTH



Walker Ranch Senior Center
835 W. Rhapsody
San Antonio, TX, 78216
210-207-5280

Monday - Thursday: 7 AM - 8 PM
Friday: 7 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note that this calendar is tentative and subject to change without any advance notice.</p>	<p><u>Legend:</u> Art Room (A) Classroom 1 (C1) Classroom 2 (C2) Computer Room (CR) Conference Room (CONF) Consulting Office (CO) Dining Room (D) Fitness Room (F) Game Room (GR) Nurse's Office (NO) Outdoor Courts (OC)</p>	<p>SENIORS IN PLAY SHOWCASE August 26th at 12:30 PM in the Dining Room</p>	<p>SWING Dance AUG 7TH 5 PM</p> <p>COME ON OUT TO THE DINING ROOM AND LET THE GOOD TIMES SWING!</p>	<p>1</p> <p>3-Year Anniversary Today!</p> <p>Note: Activities in Classrooms 1 & 2 are cancelled for today.</p> <p>Note: Activities must conclude by 3:45 PM.</p>
<p>4 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11:30 AM - Computer Class: Google Maps (1 of 2) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 1 PM to 3 PM - Computer Class: Google Calendars (1 of 2) (CR) 4:30 PM - Movie (C1) 5 PM to 7 PM - Play Progressive Bridge (C2) Field trip registrations today at 9:30 AM</p>	<p>5 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:30 AM - Bingo (D) 9:30 AM to 11:30 AM - Computer Class: Windows 11 (3 of 3) (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: Painted Passages: Discovering Buenos Aires, Argentina's Art Scene (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Computer Class: Outdoor Adventure Apps (C1)</p>	<p>6 9 AM to 11 AM - Computer Class: Exploring the Internet (2 of 3)(CR) 9 AM - Walking With Nurse Tiffany 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 12:30 PM - Team Trivia (A) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM to 3 PM - Computer Class: Google Maps (1 of 2) (CR) 4:30 PM - Loteria (D) 9 AM to 1 PM - Medicare Benefits Counseling (CO)</p>	<p>7 10 AM - Presentation with Oasis: Love Where You Live For Life (C1) 10 AM - Virtual Tour: The Adriatic's Secret Jewel: Live from Trieste, Italy (CR) 4:30 PM - Video Tour: Amazon Rainforest: Wildlife of the Amazon Jungle (CR) 9:30 to 11:30 AM CPS Energy Onsite 5 PM Retro Swing Night in the Dining Room</p>	<p>8 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 1 PM - Good Grammar for Everyone (C1) Note: Activities must conclude by 2:15 PM. The center closes at 2:30 PM for staff training.</p>
<p>11 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11:30 AM - Computer Class: Google Maps (2 of 2) (CR) 1 PM to 3 PM - Computer Class: Google Calendars (2 of 2) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 4:30 PM - Movie (C1) 5 PM to 7 PM - Play Progressive Bridge (C2) 9:30 AM Information Table for Senior Center Games</p>	<p>12 9:45 AM - Field Trip: Market Square Shopping Trip (2 bag limit) (reservation required) 9:30 AM - Loteria (C1) 9:30 AM to 11:30 AM - Computer Class: Exploring Google (1 of 3) (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: Windy City Wonders: Live from Chicago (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Computer Class: Intro to Google Photos (C1) 12:30 PM Women's Pool Tournament in the Game Room. Registration will be the day of the tournament.</p>	<p>13 9 AM to 11 AM - Computer Class: Exploring the Internet (3 of 3)(CR) 9 AM - Walking With Nurse Tiffany 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM to 3 PM - Computer Class: Google Maps (2 of 2) (CR) 4:30 PM - Bingo (D) 9:30 AM Plant Swap Art Room (must bring at least one plant, cuttings, seedlings, etc. to participate)</p>	<p>14 9:30 AM - Nutrition Education: Healthy Ways to Satisfy Your Sweet Tooth as You Age (D) 10 AM - Virtual Tour: Where History Takes a Stroll: Budapest, Hungary's Heroes and Hidden Gems (CR) 10 AM to 11 AM - Caregiver SOS: Men's Support Group (C1) 4:30 PM - Video Tour: Forbidden Tomb of Genghis Khan (CR) 5 PM - Hot Wheels Race (A)</p>	<p>15 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 10 AM - Health Talks with Nurse Tiffany - Vaccinations & Older Adults (CONF) 12:30 PM to 2:30 PM - Open Play Table Games (C2) Note: Activities must conclude by 3:45 PM.</p>
<p>18 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11:30 AM - Computer Class: Cybercrime: Phishing and Identity Theft (1 of 2) (CR) 10 AM - SAVES Program Presentation (must be an active volunteer) (C1) 12:45 PM - SAVES Program Presentation (must be an active volunteer) (C1) 1 PM to 3 PM - Computer Class: Fitness Apps: Tracking your Health and Fitness (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 4:30 PM - Movie (C1) 5 PM to 7 PM - Play Progressive Bridge (C2)</p>	<p>19 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9 AM to 1 PM - AARP Smart Driver Class (C1) (registration required) 9:15 AM - Field Trip: San Antonio River Authority - Salitrillo Wastewater Treatment Plant Tour (reservation required) 9:30 AM to 11:30 AM - Computer Class: Exploring Google (2 of 3) (CR) 9:30 AM - Bingo with District Clerk of Bexar County (D) 10 AM to 12 PM - Play National Mah Jongg League (C2) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 1 PM - Virtual Tour: Hola, Barcelona! A City Bursting with Life (CR) 2 PM to 3 PM - Computer Class: Digital Scrapbooking (C1) 9 AM to 1 PM - Medicare Benefits Counseling (CO) 10 AM Ping Pong Tournament in the Game Room. Open Draw Blind Doubles. Registration will be the day of the tournament.</p>	<p>20 9 AM to 11 AM - Computer Class: Online Shopping and Payments (CR) 9 AM - Walking With Nurse Tiffany 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM to 3 PM - Computer Class: Cybercrime: What's the Best Browser for Me? (CR) 1 PM - Book Club Meeting: The Briar Club by Kate Quinn (C1) 4:30 PM - Loteria (C1) 5:30 PM - Talking Poetry Open-Mic (CONF) 8:45 AM Food Bank distribution today for applicants approved through Walker Ranch Senior Center only - Drivers License or Photo ID is required to pick up commodities. 9 AM to 11 AM - ACOG Benefits Counseling (CO)</p>	<p>21 10 AM to 11 AM - Caregiver SOS: Caregiver Support Group (C1) 10 AM - Virtual Tour: Colors of the Medina: Marrakesh, Morocco in Motion (CR) 4:30 PM - Video Tour: Holy Grail in America: Truth of the Knights Templar (CR) 5 PM - Hot Wheels Race (A) 11:30 AM Pool Tournament in the Game Room. Registration will be the day of the tournament.</p>	<p>22 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - DJ JoJo's Power Hour (D) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 1 PM - Good Grammar for Everyone (C1) Note: Activities must conclude by 3:45 PM.</p>
<p>25 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11:30 AM - Computer Class: Cybercrime: Phishing and Identity Theft (2 of 2) (CR) 9:30 AM - Member Orientation (CONF) 1 PM to 3 PM - Computer Class: Accessibility Settings: Making Your Laptop/PC Easier to Use (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 4:30 PM - Movie (C1) 5 PM to 7 PM - Play Progressive Bridge (C2)</p>	<p>26 9:30 AM - Loteria (C1) 9:30 AM to 11:30 AM - Computer Class: Exploring Google (3 of 3) (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 1 PM - Virtual Tour: Mystery Location (CR) 2 PM to 3 PM - Computer Class: Digital Storytelling (C1) 12:30 PM Seniors in Play Ambassador Showcase in the Dining Room 4:15 PM Plant Swap Art Room (must bring at least one plant, cuttings, seedlings, etc. to participate)</p>	<p>27 9 AM to 11 AM - Computer Class: ChatGPT (CR) 9 AM - Walking With Nurse Tiffany 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 12:30 PM - Team Trivia (A) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM to 3 PM - Computer Class: Digital Wallet (CR) 4:30 PM - Bingo (D)</p>	<p>28 9:30 AM - Nutrition Education: The Secret Powers of Thyme, Mint, and Turmeric for Healthy Aging (D) 9:30 AM - Field Trip: San Antonio Airport Tour (reservation required) 10 AM - Caregiver SOS: Acceptance is Key to a Positive Caregiving Journey TeleConnection (C1) 10 AM - Virtual Tour: Sunlight & Stone: A Journey Through Tel Aviv, Israel (CR) 4:30 PM - Video Tour: Unveiling their Secrets: The Mysteries of the Knights Templar (CR) 5 PM Tea Party (D)</p>	<p>29 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 12 PM - August Birthdays Celebration (D) Note: Activities must conclude by 3:45 PM.</p>


GROUP FITNESS SCHEDULE
<div>MONDAY</div> <ul style="list-style-type: none">9 AM - Line Dance10 AM - Tai Chi (volunteer-led)11:30 AM - Low Impact Cardio1 PM - Circuit2 PM - Yoga3 PM - Barre/Pilates5 PM - Yoga (Yin)
<div>TUESDAY</div> <ul style="list-style-type: none">8 AM - Low Impact Cardio9 AM - Circuit10 AM - Zumba11 AM - Joint & Movement12:15 PM - Silver Sneakers Classic1:15 PM - Line Dance3 PM - Circuit4:30 PM - Chair Aerobics5:30 PM - Line Dance
<div>WEDNESDAY</div> <ul style="list-style-type: none">8:15 AM - Zumba10 AM - Yoga11 AM - Strength & Toning1 PM - Circuit4:30 PM - Belly Dancing
<div>THURSDAY</div> <ul style="list-style-type: none">8 AM - Body Swag9 AM - Low Impact Boot Camp10 AM - Tai Chi (volunteer-led)11 AM - Zumba Gold12 PM - Yoga (Vinyasa Flow)1 PM - Circuit2 PM - Strength & Toning3 PM - Mobility & Stretch4:30 PM - Tai Chi (Intermediate)
<div>FRIDAY</div> <ul style="list-style-type: none">9:15 AM - Pilates10 AM - Strength11 AM - Line Dance12 PM - Sit & Be Fit1 PM - Core & Balance Boot Camp

FITNESS CLASS RESERVATION PROCESS
<ul style="list-style-type: none">Class registration <u>begins at 7:30 AM by calling 210-207-5280</u> the day before a class. In person registration may also be done the day before a class or the day of. Limit one class per day, however, if there is availability, member may wait in line 10 minutes before a fitness class starts. <u>Please note that leaving a voicemail is not considered as a reservation.</u>Tickets for entry into the fitness classes are distributed <u>10 minutes before class.</u> To pick up a ticket, line up by the front desk and wait to be called.If the previous fitness class has not finished, please wait outside the room until class has concluded. Once class has concluded, wait for the instructor to take your ticket. Instructor will then provide a sign in sheet - sign in on your assigned number.If you would like to take a second class and there are available spots the day of, spots will be assigned to members who are present and in the standby line <u>10 minutes</u> before class starts, with priority given to members who are not registered for another class or who have not taken a class. <p>Late Arrival Policy: Open slots will be given to members waiting in line <u>one</u> minute before class begins. <i>No late admittance.</i></p> <p>Note: Limit of <u>1</u> class per day, based on class availability.</p> <p>Note: There is <u>no</u> “spot saving” for any fitness class.</p> <p>**All classes may be accommodated as needed.**</p>

FITNESS EQUIPMENT ORIENTATION
<p><i>Learn how to start, stop & adjust machines!</i></p> <p>Join Walker Ranch Senior Center staff every Thursday at 3:15 PM for a basic introduction to fitness equipment.</p> <p><u>Please consult your medical provider should you have any questions regarding medical advice.</u></p>

CAREGIVER SOS
<p>Caregiver SOS provides support resources and education for caregivers and their loved ones.</p> <p>Caregivers are invited to join the Caregiver SOS Men’s Support group on the 2nd Thursday of the month at 10 AM in Classroom 1 or the Support Group on the 3rd Thursday of the month at 10 AM in Classroom 1.</p> <p>For more information, call (726) 567-4321.</p>

VOLUNTEER-LED ACTIVITIES
<div>Monday</div> <ul style="list-style-type: none">9 AM to 9:45 AM - Tai Chi Club (Classroom 2) <i>Weekly.</i>10 AM - Name That Tune (Classroom 2) <i>2nd Monday.</i>12:30 PM - Women’s Billiards for Beginners (Game Room) <i>Weekly. Registration required.</i>1:30 PM - Intermediates Women’s Billiards (Game Room) <i>Weekly. Registration required.</i>2:30 PM - Advanced Women’s Billiards (Game Room) <i>Weekly. Registration required.</i>4 PM - Karaoke (Dining Room) <i>Weekly.</i>
<div>Tuesday</div> <ul style="list-style-type: none">3 PM - Bunco (Classroom 2) <i>3rd Tuesday. Registration required.</i>4:30 PM - Play Jeopardy (Conference Room) <i>Weekly.</i>
<div>Wednesday</div> <ul style="list-style-type: none">12:30 PM - Team Trivia (Art Room) <i>Weekly.</i>2:30 PM - Meditation (Art Room) <i>Weekly. Registration required.</i>
<div>Thursday</div> <ul style="list-style-type: none">9 AM to 9:45 AM - Tao Club (Classroom 2) <i>Weekly.</i>9 AM to 11 AM - Open Art Studio Time (Art Room) <i>Bring your own supplies. 1st and 3rd Thursday.</i>9:30 AM to 11:30 AM - Socrates Café and Talk About Ted Talks (Conference Room) <i>Weekly.</i>10 AM to 12 PM - Beginner Bridge (Classroom 2) <i>Weekly.</i>12:30 PM to 2 PM - Karaoke (Dining Room) <i>Weekly.</i>12:30 PM - Learn to Play Eastern Mahjong (Classroom 2) <i>Weekly.</i>1 PM to 1:45 PM - Beginners Guitar Classes (Classroom 1) <i>Registration required. Weekly.</i>1:45 PM to 2:30 PM - Intermediate Guitar Classes (Classroom 1) <i>Registration required. Weekly.</i>2:30 PM - Jam Session (Classroom 1) <i>Weekly.</i>
<div>Friday</div> <ul style="list-style-type: none">1:30 PM to 3:30 PM - The Tao of Poetics, Open Writing Workshop (Conference Room) <i>Last Friday.</i>

PROJECT HOPE FOOD BANK DISTRIBUTION
<div><div><div><div>Distribution Date</div><div>3rd Wednesdays between 9 AM & 10 AM. Distribution tickets may be picked up beginning at 8:45 AM. Commodities pickup is reserved for Walker Ranch Senior Center & SA Food Bank approved applicants only. A valid Drivers License or photo ID is required at pickup.</div></div></div><div><i>Next distribution date: August 20th</i></div></div>

FIELD TRIPS
<ul style="list-style-type: none">August 12, 9:45 AM - Market Square Shopping Trip Take a stroll down the colorful plaza and find out why the Historic Market Square is where the culture of San Antonio comes alive! (2 bag limit per person)August 19, 9:15 AM - San Antonio River Authority - Salitrillo Wastewater Treatment Plant Tour How does the water you flush down a toilet or the water you pour down the drain get cleaned safely before it’s released into the environment? That’s the work of a wastewater treatment plant. Let the San Antonio River Authority’s Utilities team take you on an up-close-and-personal tour of the wastewater treatment process.August 28, 9:30 AM - San Antonio Airport Tour Members will be able to enjoy a behind the scenes tour of the baggage claims area and a tour with a representative of Southwest Airlines. Please bring a Texas Drivers License or ID. No large purses or backpacks allowed. <p><i>*All field trips are subject to change.</i></p> <p><i>**Only one trip per member per month, based on availability.</i></p> <p>NOTE: Field trip registrations will begin at 9:30 AM on August 4th.</p>

SENIOR CENTER GAMES
<p>Want to know more about the games that will be offered, the schedule, or how to get involved? Be sure to stop by the information table on the August 11th at 9:30 AM to see how you can represent Walker Ranch Senior Center in September!</p> <p>Staff will answer all your questions, share more details, and help you find the perfect game to join.</p>

<div>ALL ARE WELCOME</div>
