



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
Friday 7:00am - 4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Room Key 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>		1. <u>Computer Class (CL)</u> Intro to Computers 9:00am-11:00am Windows 11 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Loteria (DR)</u> 5:00pm - 6:30pm	2. <u>Drawing 101 (AC)</u> 9:00am-11:00am <u>Quilting** (AC)</u> 1:00pm - 3:00pm <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Public Input Meeting</u> 5:30pm - 7:00pm	3. <u>Sing for Joy (RA)</u> 10:00am - 11:00am <u>Bingo Dining Area</u> 1:15pm-2:00pm
6. <u>Beginners Painting (AC)</u> 9:00am-11:00am <u>Wowzitude! (CR)</u> 10:30am - 11:30am <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	7. <u>Computer Class (CL)</u> Meet the Computer 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> 12:00pm-2:00pm <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	8. <u>Computer Class (CL)</u> Intro to Computers 9:00am-11:00am Windows 11 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Movie & Popcorn (DR)</u> 4:00pm - 6:00pm	9. <u>Drawing 101 (AC)</u> 9:00am-11:00am <u>Quilting** (AC)</u> 1:00pm - 3:00pm <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	10. <u>Bingo Dining Area</u> 9:30am-10:15am <u>Sing for Joy (RA)</u> 10:00am - 11:00am WEAR PINK FOR BREAST CANCER AWARENESS 
13. <u>Beginners Painting (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 <u>Speaker for Indigenous Peoples' Day</u> 4:00pm - 5:00pm	14. <u>Computer Class (CL)</u> Meet the Computer 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> 12:00pm-2:00pm <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	15. <u>Computer Class (CL)</u> Intro to Computers 9:00am-11:00am Windows 11 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Sudoku</u> 3:30pm - 5:00pm <u>Loteria (DR)</u> 5:00pm - 6:30pm	16. <u>Drawing 101 (AC)</u> 9:00am-11:00am <u>Quilting** (AC)</u> 1:00pm - 3:00pm <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Game Time DR)</u> 4:00pm - 6:00pm	17. HEAL PROGRAM CLOSED NO BINGO NO TRANSPORTATION (CENTER WILL BE OPEN) <u>Sing for Joy (RA)</u> 10:00am - 11:00am CENTER WILL CLOSE AT 2:30 PM FOR STAFF TRAINING.
20. <u>Commodities</u> 1:30pm - 3:30pm <u>Beginners Painting (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	21. <u>Commodities</u> 7:00am - 9:00am <u>Computer Class (CL)</u> Google Photos 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> 12:00pm-2:00pm <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	22. <u>Computer Class (CL)</u> Intro to Computers 9:00am-11:00am Exploring Google 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Movie & Popcorn (DR)</u> 4:00pm - 6:00pm	23. <u>Drawing 101 (AC)</u> 9:00am-11:00am <u>Quilting** (AC)</u> 1:00pm - 3:00pm <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	24. <u>BINGO STORE</u> 9:15am - 10:00am <u>Sing for Joy (RA)</u> 10:00am - 11:00am
27. <u>Beginners Painting (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	28. <u>Computer Class (CL)</u> Google Photos 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Arts & Crafts** (AC)</u> 12:00pm-2:00pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	29. <u>Computer Class (CL)</u> Intro to Computers 9:00am-11:00am Exploring Google 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am D2 FALL FEST 4:00PM - 7:00PM	30. <u>Drawing 101 (AC)</u> 9:00am-11:00am <u>Quilting** (AC)</u> 1:00pm - 3:00pm <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	31.  RESOURCE FAIR (RA) 9:00am - 11:00am <u>Sing for Joy (LB)</u> 10:00am - 11:00am <u>Bingo Dining Area</u> 1:15pm-2:00pm October Birthday Celebrations w/ Potluck

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

Gentle Yoga 1:00pm - 1:45pm
Chair Volleyball 2:00pm - 2:45pm
Low Impact Bootcamp 4:00pm - 4:45pm

Friday

Senior Circuit Workout 8:45am - 9:30am

EVENTS

- 10/02/25 - Public Input Meeting (D2 New Senior Center) 5:30pm - 7:00pm
- 10/03/25 - Field Trip! Walmart 10:00am - 12:00pm (9:45am departure. Sign-ups start on October 1.)
- 10/06/25 - Wowzitude! (By SAPL In Conference Room) 10:30am - 11:30am
- 10/07/25 - PM Field Trip! Golden Corral 4:00pm - 6:00pm (3:15pm Departure. Sign-ups start on October 1.)
- 10/08/25 - Movie & Popcorn 4:00pm - 6:00pm
- 10/09/25 - Tea with Tracy 9:30am - 10:30am
- 10/09/25 - Field Trip! Spirit Halloween Store 10:00am - 11:30am (9:45am departure. Sign-ups start on October 1.)
- 10/10/25 - Wear Pink in Honor of Breast Cancer Awareness Month
- 10/13/25 - Oasis Presentation: *Grief and the Holidays* 10:30am - 11:30am
- 10/13/25 - Speaker on Indigenous People/Columbus Day 4:00pm - 5:00pm
- 10/14/25 - Nutrition Presentation by Tracy 10:00am - 10:30am
- 10/15/25 - Caregiver SOS Presentation: *Am I Depressed?* 10:00am - 11:00am
- 10/16/25 - Field Trip! Botanical Garden 10:00am - 12:00pm (9:30am departure. Sign-ups start on October 1.)
- 10/17/25 - HEAL Program Closed. No Meals, No Transportation (Frozen meal will be distributed 10/16/25)
- 10/17/25 - Center will close at 2:30pm for Staff Training.
- 10/20/25 - Wellmed Presentation: *Breast Cancer and Breast Cancer in Men* 10:00am - 11:00am
- 10/20/25 - COMMODITIES 1:30pm - 3:30pm (Must be on Food Bank Roster. Applications are now closed.)
- 10/21/25 - COMMODITIES 7:00am - 9:00am (Must be on Food Bank Roster. Applications are now closed.)
- 10/22/25 - Rethink your Drink Activity 10:00am - 10:30am
- 10/22/25 - Field Trip! Schaefer Library 10:30am - 12:00pm (10:00am departure. Sign-ups start on October 1.)
- 10/22/25 - Movie & Popcorn 4:00pm - 6:00pm
- 10/23/25 - Road Safety Presentation 10:00am - 11:00am
- 10/27/25 - Senior Advisory Meeting 9:30am - 10:30am
- 10/27/25 - Volunteer Meeting 1:15pm - 1:45pm
- 10/29/25 - Nutrition Presentation by Tracy 12:30pm - 1:00pm
- 10/29/25 - D2 Fall Fest 4:00pm - 7:00pm
- 10/31/25 - D2 Annual Resource Fair 9:00am - 11:00am
- 10/31/25 - October Birthday Celebrations w/ Potluck (Potluck at your individual tables)

THE FALL FEST IS ALMOST HERE! NOW IS THE PERFECT TIME TO START PLANNING YOUR COSTUME IF YOU WISH TO JOIN OUR ANNUAL COSTUME CONTEST.

FALL
FESTIVAL
WEDNESDAY, OCTOBER 29TH
4PM - 7PM

RESOURCE FAIR

Join us for a Halloween themed resource fair! where you can find free information and resources from local partners for you and your family.

Friday, October 31st
9am - 11am

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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