BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, OCTOBER 10

Center Members ONLY

THEME: PUMPKIN PATCH | COLORS: ORANGE / PINK

DECORATE YOUR TABLE WITH THEME AND COLORS | FROZEN MEAL DISTRIBUTED THURSDAY OCTOBER 9

Larry Lockhart	Oct 5	Anthony Flores	Oct 10	Margarita Pantoja	Oct 16	Martha Velazquez	Oct 21	Margarita Ortega	Oct 27
Naran Bhakta	Oct 6	David Guzman	Oct 12	Rosario Calvillo	Oct 17	Benjamin Dominguez	Oct 23	Juanita Torres	Oct 29
Rogelio Carmona	Oct 8	Teresa Villarreal	Oct 15	Miguel Calvillo	Oct 19				

2025 Senior Center Games

National Senior Center Month Celebration included
Bexar County Commissioner, Precinct 1, Rebecca Clay-Flores,
City Council District 3 Chief of Staff, Ruben Lezalde

CENTURY CLUB MEMBER
Maria Rendon

Extended Hours Culture Awareness
Hispanic Craft at
Collins Garden Library

Bihl Haus Arts Students created
Hispanic Display for Septiembre 16

SEPTEMBER Birthday members show birth dates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 10:00 SA Oasis Lifelong Adventure **"San Antonio Food Bank: Nutrition by Addition"** **12:00 Bead Fusion Creations** **12:30 POKENO** 1:00 SA Oasis Computer Class **5:00 Game Night**	**2** **9:30 YWCA Strength & Flex** **10:30 WellMed/Mission Walkers** **12:30 BINGO** 1:00 Bihl Haus **GO!** Arts Adventures in Arts 501 **3:00 OPEN ART (Multipurpose Classroom)** **4:00 YMCA CHAIR YOGA** **5:00 What's Happening Next Week** **5:30 Specialty Bingo**	**3** **8:00 Senior Services Benefit Navigator** 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus **GO!** Arts Drawing 101 **12:30 LOTERIA** **2:00 Early Release Staff Monthly Meeting**
6 9:00 Jewelry Creation 9:00 Herbs On The Patio 9:30 San Antonio Fall Senior Expo **10:00 YWCA Low Impact Cardio** **12:15 LOTERIA** **2:00 Domino for Beginners** **2:00 Older Adults Technology Services (OATS)** **4:00 YMCA Movement and Dance** **5:00 Scarecrow Decorating Contest** **5:00 Game Night/Billiards Table**	**7** **9:30 YWCA Joint Movement** 10:00 Urban 15 Rhythm Royale Percussion **11:00 Trinkets and Treasures Resale Shop** **12:00 YWCA Weight Training** **1:30 LOTERIA** **3:30 Soup and Chili Cook Off Contest** **5:30 What's Happening This Week** **5:30 SPECIALTY BINGO**	**8** 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class **9:45 YWCA Joint Movement** **12:00 FOOD BANK** 1:00 SA Oasis Computer Class **4:00 Karaoke/Game Night**	**9** **9:30 YWCA Strength & Flex** **10:30 WellMed/Mission Walkers** **12:30 BINGO** 1:00 Bihl Haus **GO!** Arts Adventures in Arts 501 **3:00 OPEN ART (Multipurpose Classroom)** **4:00 YMCA CHAIR YOGA** **5:00 What's Happening Next Week** **5:00 National Pizza Month Celebration** **5:30 Specialty Bingo**	**10** 9:00 SA Oasis Computer Class 10:30 YWCA Exercise Equipment Training **Frozen Meal Distributed Thursday, October 9** 12:00 Bihl Haus **GO!** Arts Drawing 101 **12:00 BIRTHDAY CELEBRATION** Theme: Pumpkin Patch! Color: Orange and Pink
13 9:00 Jewelry Creation 9:00 Herbs On The Patio **10:00 YWCA Low Impact Cardio** **11:00 SHOPPING** Wal-Mart **12:15 LOTERIA** **2:00 Domino for Beginners** **2:00 Older Adults Technology Services (OATS)** **2:00 Chair Volleyball Workout** **4:00 YMCA Movement and Dance** **5:00 Game Night/Billiards Table**	**14** 9:00 Vibrant Works, "Falls Prevention Workshop: Healthy Steps for Older Adults" **9:30 YWCA Joint Movement** 10:00 Urban 15 Rhythm Royale Percussion **12:00 YWCA Weight Training** **12:00 Texas A&M AgriLife "Si,Yo Puedo" Diabetes Nutrition Education (Multipurpose Classroom)** **1:30 LOTERIA** **4:00 National Dessert Day Party** **5:00 What's Happening This Week** **5:30 SPECIALTY BINGO**	**15** 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class **9:45 YWCA Joint Movement** **10:30 Pumpkin Patch Towers of The Americas** **12:00 Bead Fusion Creations** **12:30 POKENO** 1:00 SA Oasis Computer Class **3:30 Dine On A Dime** **Pasta Celebration Dough Pizzeria** **5:00 Game Night**	**16** 9:00 Vibrant Works, "Falls Prevention Workshop: Healthy Steps for Older Adults" **9:30 YWCA Strength & Flex** **10:30 WellMed/Mission Walkers** **12:30 BINGO** 1:00 Bihl Haus **GO!** Arts Adventures in Arts 501 **3:00 OPEN ART (Multipurpose Classroom)** **4:00 YMCA CHAIR YOGA** **5:00 What's Happening Next Week** **5:30 Specialty Bingo**	**17** **QUARTERLY TRAINING** **NO TRANSPORTATION** **NO HOT MEALS** **Frozen Meal Distributed Thursday, October 16** **8:00 Senior Services Benefit Navigator** 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus **GO!** Arts Drawing 101 **12:30 LOTERIA**
20 9:00 Herbs On The Patio 9:30 **H.E.A.L.** Nutrition Education **10:00 Guitar Grooves Steward Ulrich (Multipurpose Room)** **10:00 YWCA Low Impact Cardio** **11:00 SHOPPING** Texas Thrift **12:15 LOTERIA** **2:00 Domino for Beginners** **2:00 Older Adults Technology Services (OATS)**	**21** **9:30 YWCA Joint Movement** 10:00 Urban 15 Rhythm Royale Percussion **12:00 YWCA Weight Training** **12:00 Texas A&M AgriLife "Si,Yo Puedo" Diabetes Nutrition Education (Multipurpose Classroom)** **1:30 LOTERIA** **4:00 Fall Festival Birthday Celebration**	**22** 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class **9:45 YWCA Joint Movement** 10:00 AgeTech Resource Fair Barbara Robinette Community & Senior Center **12:30 POKENO** 1:00 SA Oasis Computer Class **3:00 Chair Volleyball Skill Building**	**23** **9:30 YWCA Strength & Flex** **10:30 WellMed/Mission Walkers** **12:30 FALL BINGO** sponsored by WellMed Caregiver SOS 1:00 Bihl Haus **GO!** Arts Adventures in Arts 501 **3:00 OPEN ART (Multipurpose Classroom)**	**24** **BREAST CANCER AWARENESS** ***WE WEAR PINK TO SHOW OUR SUPPORT*** 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus **GO!** Arts

2:00 Chair Volleyball Workout 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Tournament	Birthday Celebration 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	4:00 San Antonio Pumkin Festival Event location pending 5:00 Karaoke / Game Night	4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	Drawing 101 12:30 LOTERIA
27 9:00 Jewelry Creation 9:00 Herbs On The Patio 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Domino for Beginners 2:00 Older Adults Technology Services (OATS) 2:00 Chair Volleyball Workout 3:30 Happy Anything Anniversary 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table	**28** 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 12:00 Texas A&M AgriLife "Si,Yo Puedo" Diabetes Nutrition Education (Multipurpose Classroom) 1:30 LOTERIA 3:30 Fall Costume Show 5:30 What's Happening This Week 5:30 SPECIALTY BINGO	**29** 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 Skill Building 5:00 Game Night/OPEN MIC	**30** 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:30 BINGO 1:00 Bihl Haus GO! Arts Adventures in Arts 501 3:00 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	**31** 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Drawing 101 12:00 - 2:00 HALLOWEEN BASH Music sponsored by WellMed

WELLMED CHARITABLE FOUNDATION 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 — WELLMED CHARITABLE FOUNDATION

Are you providing care to a family member or loved one?

SERVICES INCLUDE 1:1 Coaching, Caregiver Support Groups, Virtual Learning Sessions, Stress Busting Classes & more

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 Monday, October 13 - Advisory Council Meeting

1:00 Monday, October 27 - 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	Oct 1	iPhone Basics
9:00-11:00	Oct 8-Oct 22	Exploring the Internet
1:00-3:00	Oct 1	iPhone Basics
1:00-3:00	Oct 8-Oct. 22	Exploring Google
1:00-3:00	Sept 24	iPad Basics
FRIDAY		
9:00-11:00	Oct. 3-Oct 17	MS Excel Basics
9:00-11:00	Oct 24	Accessibility Settings
9:00-11:00	Oct. 31	Streaming Services

SAN ANTONIO SENIOR PLANET FROM AARP

Older Adult Technology (OATS) *2:00-3:00 Monday*

FREE In-Person Technology Lecture For Older Adults

Oct. 6	Digital Skills for Managing Your Health 1/10
Oct. 13	Digital Skills for Managing Your Health 2/10
Oct. 20	Digital Skills for Managing Your Health 3/10
Oct. 27	Digital Skills for Managing Your Health 4/10

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.

BROWSIŃ 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

2:00 - 4:00 Mondays
Chair Volleyball as exercise at D5 Center only

3:00 - 5:00 Wednesday
Chair Volleyball skill building may include travel to other centers

Transportation Not Provided

BUTTERFLY POPUP OUTLET

11:30 - 1:00 Last Wednesday

Play Bingo, Loteria, Pokeno *WIN "Butterfly Bucks"*
Redeem Butterfly Bucks for Prizes.

OCTOBER 2025

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

Annual Enrollment Period

Medicare Made Clear

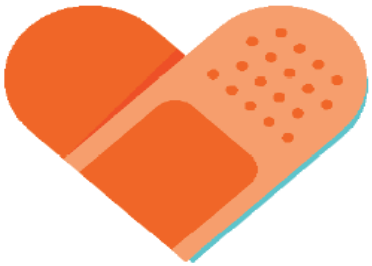
9:00—11:00
Tuesday, October 21

Medicare**PRO Insurance Advisor: Ruby Garcia**

WE WEAR PINK
October 24
TO SHOW OUR SUPORT!

Stay healthy this flu season

Get your flu shot



Tuesdays and Fridays

10:00 am –11:30 & 1:30 pm - 3:00 pm

Thursdays 1:00 pm - 3:00 pm

Sponsored by WellMed with Nurse Erika Solis

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

DISTRICT 5 SENIOR CENTER
2701 S. Presa | San Antonio, TX 78210 (210) 207-5270
Active Adult Center for Entertainment (AACE)
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