



SEPTEMBER

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>THE CENTER IS CLOSED FOR LABOR DAY</p>	<p>2 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:30 AM - Bingo (D) 9:30 AM to 11:30 AM - Computer Class: Fitness Apps: Tracking your Health and Fitness (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: Whitehorse, Yukon: Stories from the Edge of the Wilderness (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Computer Class: Mindfulness Apps (C1) Field trip registrations today at 9:30 AM</p>	<p>3 9 AM to 11 AM - Computer Class: MS Word Basics (1 of 4) (CR) 9 AM - Walking With Nurse Tiffany 9:30 AM - Nutrition Education: Benefits of Bell Peppers (D) 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM - Team Trivia (A) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM to 3 PM - Computer Class: MS Excel Basics (1 of 4) (CR) 4:30 PM - Loteria (D) 10:30 AM Produce Market Opens in the Dining Room.</p>	<p>4 10 AM - Presentation with Oasis: Senior Bullying (C1) 10 AM - Virtual Tour: Crown-ing Ljubljana: Live from the Castle Above the City in Slovenia(CR) 4:30 PM - Video Tour: Antarctica (2025) The Forbidden Continent That Holds Earth's True History (CR) 9:30 to 11:30 AM CPS Energy Onsite</p>	<p>5 9 AM to 12 PM - Play 42 Dominoes (C2) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 9-11AM Open House and Resource Fair Visit vendors for a chance to win a door prize! (D, A, C1) Note: Activities must conclude by 3:45 PM.</p>
<p>8 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11:30 AM - Computer Class: Tracking Your Health and Fitness (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 1 PM to 3 PM - Computer Class: All About Passwords (CR) 4:30 PM - Movie (C1) 5 PM to 7 PM - Play Progressive Bridge (C2) Grandparents Day Pie Walk Celebration 4:30PM (D) NO KARAOKE TODAY.</p>	<p>9 9:15 AM - Field Trip: Briscoe Western Museum (reservation required) 9:30 AM - Loteria (D) 9:30 AM to 11:30 AM - Computer Class: Exploring the Internet (1 of 3) (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: Exploring 9/11 Memorial in New York City (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Computer Class: Gardening Tech at a Glance (C1) 12:30 PM Women's Pool Tournament in the Game Room. Registration will be the day of the tournament.</p>	<p>10 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 11 AM - Computer Class: MS Word Basics (2 of 4) (CR) 9 AM - Walking With Nurse Tiffany 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (A) 12:30 PM - Team Trivia (A) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM to 3 PM - Computer Class: MS Excel Basics (2 of 4) (CR) 4:30 PM - Bingo (D) 9 AM to 1 PM - Medicare Benefits Counseling (CO)</p>	<p>11 9 AM - Nature Walks at Walker Ranch Park with Parks and Recreation 10 AM to 11 AM - Caregiver SOS: Support Group Pan Dulce y Platica (C1) 10 AM - Virtual Tour: Skopje, North Macedonia: Discovering the Heart of the Capital (CR) 4:30 PM - Video Tour: Flooded Tombs of the Nile (CR) 5 PM - Hot Wheels Race (A)</p>	<p>12 8:30 to 9 AM WellMed Stretch Class (F) (Registration re-quired) 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>15 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11:30 AM - Computer Class: Exploring Google (1 of 3) (CR) 1 PM to 3 PM - Computer Class: iPhone Basics (1 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) In person art class registration begins today at 9:30 AM. First come first, serve basis until spots fill up.</p>	<p>16 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:00 AM - Field Trip: East side of Phil Hardberger Park (reservation required) 9:30 AM - Bingo with District Clerk of Bexar County (D) 9:30 AM to 11:30 AM - Computer Class: Exploring the Internet (2 of 3) (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: TBD (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Computer Class: Tips for Being News Savvy Online (C1)</p>	<p>17 9 AM to 11 AM - Computer Class: MS Word Basics (3 of 4) (CR) 9 AM - Walking With Nurse Tiffany 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM to 3 PM - Computer Class: MS Excel Basics (3 of 4) (CR) 1 PM - Book Club Meeting: A Calamity of Souls by David Baldacci (C1) 4:30 PM - Loteria (D) 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) NO SENIORS IN PLAY TODAY.</p>	<p>18 9 AM - Nature Walks at Walker Ranch Park with Parks and Recreation 10 AM - Caregiver SOS: Aging Issues and the Law location (C1) 10 AM - Virtual Tour: Tel Aviv, Israel: Welcoming the New Year by the Sea (CR) 4:30 PM - Video Tour: Israel & Palestine: The Land That Changed the World (CR) 5 PM - Hot Wheels Race (A) 9:30 AM Guitar Class Registration begins today! Session will run from October 2 through November 20. 11:30 AM Pool Tournament in the Game Room. Registration will be the day of the tournament.</p>	<p>19 8:30 to 9 AM WellMed Stretch Class (F) (Registration re-quired) 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 PM - September Birthdays Celebration (D) 12:30 PM to 2:30 PM - Open Play Table Games (C2) Note: Activities must conclude by 3:45 PM.</p>
<p>22 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11:30 AM - Computer Class: Exploring Google (2 of 3) (CR) 1 PM to 3 PM - Computer Class: iPhone Basics (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 AM Women's Pool Registration begins today! Session will run from September 29 through November 17.</p>	<p>23 9:15 AM - Field Trip: San Antonio Shoemakers Factory Tour (reservation required) 9:30 AM to 11:30 AM - Computer Class: Exploring the Internet (3 of 3) (CR) 9:30 AM - Loteria (D) 10 AM to 12 PM - Play National Mah Jongg League (C2) 10 AM - Health Talks with Nurse Tiffany - Falls and Fractures in Older Adults: Causes & Prevention (CONF) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 1 PM - Virtual Tour: TBD (CR) 2 PM to 3 PM - Computer Class: Getting Started with Insight Timer (C1)</p>	<p>24 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 11 AM - Computer Class: MS Word Basics (4 of 4) (CR) 9 AM - Walking With Nurse Tiffany 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM to 3 PM - Computer Class: MS Excel Basics (4 of 4) (CR) 4:30 PM - Bingo (D) 9 AM to 1 PM - Medicare Benefits Counseling (CO)</p>	<p>25 9:30 AM - Nutrition Education: Feed Your Bones: Nutrition for Healthy Bones (D) 10 AM to 11 AM - Caregiver SOS: Men's Support Group (C1) 10 AM - Virtual Tour: Live from Rome, Italy: Echoes of the Eternal City (CR) 4:30 PM - Video Tour: Uncovering the Secrets of New York City (CR) 5 PM - Hot Wheels Race (A)</p>	<p>26 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) 8AM Relay Race in the hallways 10AM Senior Center Games Closing Ceremony (D) Lunch will be served today at 12:15 PM. Note: Activities must conclude by 3:45 PM.</p>
<p>29 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11:30 AM - Computer Class: Exploring Google (3 of 3) (CR) 9:30 AM - Member Orientation (CONF) 1 PM to 3 PM - Computer Class: Beginners Guide to the Cloud? (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>30 9:30 AM - Bingo (D) 9:30 AM to 11:30 AM - Computer Class: Android Essentials (1 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: TBD (CR) 2 PM to 3 PM - Computer Class: Protecting Your Medical Info Online (C1) 4:15 PM Plant Swap Art Room (must bring at least one plant, cuttings, seedlings, etc. to participate)</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>Please note that this calendar is tentative and subject to change without any advance notice.</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 Support Group on the 2nd Thursday of the month at 10 AM in Classroom 1 or the Caregiver SOS Men’s Support group on the 4th 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">9:15 AM to 9:45 AM - Yoga: Back to Basics (Fitness Room) <i>2nd and 4th Wednesday. Registration required.</i>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 required at pickup.</div></div></div><div>Next distribution date: September 17th</div></div>

FIELD TRIPS
<ul style="list-style-type: none">September 9, 9:15 AM (\$10)- Briscoe Western Museum Trip The museum offers a permanent collection of Western art and artifacts, providing visitors the opportunity to experience artifacts and artwork depicting the American cowboy, American Indian, the Vaquero and the many diverse cultures that forged the American West.September 16, 9:00 AM - Eastside of Phil Hardberger Park This is a beginner’s level hike walking at a comfortable pace for a suitable hour and a half along paved and natural surface trailways. You will learn about native flora and fauna along the way. Wear comfortable walking shoes, bring water to drink and dress for the weather!September 23, 9:15 AM - San Antonio Shoemakers Factory Tour How does SAS create the most comfortable shoes in the world? Come and see first-hand how each pair of shoes go through up to 100 different steps, performed by approximately 80 different pairs of skilled hands, before they are declared SAS quality. Closed-toed shoes are required. No phones or cameras allowed on tour. <p><i>*All field trips are subject to change.</i></p> <p>**Only one trip per member per month, based on availability.</p> <p>NOTE: Field trip registrations will begin at 9:30 AM on September 2nd.</p>

MEAL PROGRAM
<div><div><div><div>Hot meals are served in the dining room from 11 AM to 12:30 PM on a first come, first serve basis. While supplies last.</div><div>Hot meals must be eaten in the dining room with the exception of frozen meals for center closure.</div><div>*On the days the center is closed, members will receive a frozen meal to take home.*</div></div></div></div>

ALL ARE WELCOME
