



NOVEMBER

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
3. <u>Beginners Painting (AC)</u> 9:00am-11:00am <u>Wellmed Medicare Information</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	4. <u>Computer Class (CL)</u> All About Passwords 9:00am-11:00am <u>Crochet Group** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> 12:00pm-2:00pm <u>Quilting Group** (MP)</u> 1:00pm - 3:00pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	5. <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 Night (DR)</u> 4:00pm - 6:00pm	6. <u>Drawing 101 (AC)</u> 9:00am-11:00am <u>Quilting Group** (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	7. <u>Sing for Joy (RA)</u> 10:00am - 11:00am <u>Bingo Dining Area</u> 9:30am-10:15am <u>Veterans Day Presentation</u> 10:15am - 10:45am
10. <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	11. CENTER CLOSED FOR VETERANS DAY	12. <u>Computer Class (CL)</u> AI Phishing 9:00am-11:00am What is Deed Fraud and How to Protect Yourself? 1:00pm-3:00pm <u>SAPL Golden Agers: Craft Hour</u> 10:30am - 11:30am <u>Sewing** (AC)</u> 9:30am-11:00am <u>Loteria (DR)</u> 5:00pm - 6:30pm	13. <u>Drawing 101 (AC)</u> 9:00am-11:00am <u>Quilting Group** (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	14. <u>Bingo Dining Area</u> 9:30am-10:15am <u>Sing for Joy (RA)</u> 10:00am - 11:00am
17. <u>Commodities</u> 1:30pm - 3:30pm <u>Beginners Painting (AC)</u> 9:00am-11:00am <u>Wellmed Medicare Information</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	18. <u>Commodities</u> 7:00am - 9:00am <u>Computer Class (CL)</u> Google Maps 9:00am-11:00am <u>Crochet Group** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> 12:00pm-2:00pm <u>Quilting Group** (MP)</u> 1:00pm - 3:00pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	19. <u>Computer Class (CL)</u> Chat GPT 9:00am-11:00am Emojis and Gifs: What are They? 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Sudoku</u> 3:30pm - 5:00pm <u>Movie Night (DR)</u> 4:00pm - 6:00pm	20. <u>Drawing 101 (AC)</u> 9:00am-11:00am <u>Quilting Group** (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	21. CENTER CLOSED FOR STAFF TRAINING
24. <u>Beginners Painting (AC)</u> 9:00am-11:00am <u>Karaoke ** (DR)</u> 4:00pm - 6:30pm <u>Loteria (AC)</u> 5:00pm - 6:30pm	25. <u>Crochet Group** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> 12:00pm-2:00pm <u>Quilting Group** (MP)</u> 1:00pm - 3:00pm <u>Android Essentials</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 7:00pm	26. <u>Sewing** (AC)</u> 9:30am-11:00am <u>Loteria (DR)</u> 5:00pm - 6:30pm	27.	28. HAPPY THANKSGIVING
<u>Room Key</u> 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>				

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

- 11/03/25 - Field Trip! Walmart 10:00am - 12:00pm (9:45am departure. Sign-ups start on October 30.)
- 11/05/25 - Field Trip! Woodlake Shopping Center 10:00am - 12:00pm (9:45am departure. Sign-ups start on October 30.)
- 11/05/25 - Movie Night 4:00pm - 6:00pm
- 11/07/25 - Veterans Day Presentation 10:15 - 10:45
- 11/10/25 - Oasis Presentation: *Decluttering* 10:30am - 11:30am
- 11/10/25 - PM Field Trip! Chilies 4:00pm - 6:00pm (3:45pm Departure. Sign-ups start on November 3.)
- 11/11/25 - CENTER CLOSED FOR VETERANS DAY
- 11/12/25 - Golden-agers: Craft Hour (By SAPL In Conference Room) 10:30am - 11:30am
- 11/13/25 - Hydration Activity (Followed by Nutrition Presentation “Root Vegetables”) 10:00am - 11:00am
- 11/14/25 - November Birthday Celebrations w/ Potluck (Potluck at your individual tables)
- 11/17/25 - Wellmed Presentation 9:00am - 9:45am
- 11/17/25 - COMMODITIES 1:30pm - 3:30pm (Must be on Food Bank Roster. Applications are now closed.)
- 11/18/25 - COMMODITIES 7:00am - 9:00am (Must be on Food Bank Roster. Applications are now closed.)
- 11/19/25 - New Member Orientation 9:30am - 10:30am
- 11/19/25 - Field Trip! Schaefer Library 10:30am - 12:00pm (10:00am departure. Sign-ups start on 11/3/25.)
- 11/26/25 - Movie Night 4:00pm - 6:00pm
- 11/20/25 - Tea with Tracy 9:30am - 10:30am
- 11/21/25 - Center CLOSED for Staff Training.
- 11/24/25 - Volunteer Meeting 1:15pm - 1:45pm
- 11/26/25 - Nutrition Presentation “Cabbage” by Tracy 12:30pm - 1:00pm
- 11/27/25 - Center CLOSED for Thanksgiving
- 11/28/25 - Center CLOSED for Thanksgiving



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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