



November

Southside Lions Senior Center
3303 Pecan Valley
San Antonio, TX. 78210
210-207-1760
Mon-Thurs 7:00am-8:00pm
Friday 7:00am-4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9am Essential Apps 5pm Craft: Dahlia Flowers 6pm Bingo	4 9am Painting 10am Senior Planet: Exploring AI Series 1/10 12:30pm BINGO 5pm Movie & Popcorn “Driving Miss Daisy”	5 9am WellMed Nurse Diabetes in Older Adults 9am Drawing 2pm Movie & Popcorn “Driving Miss Daisy” 5:30pm Loteria	6 9am AI Phishing 10am Senior Planet: Exploring AI Series 2/10 12:30pm BINGO 1pm What is Deed Fraud & How to Protect Yourself 4:30pm Darts & Dominoes	7 9:30am Shopping Trip to Walmart 10am MOGO REP. Unidad Gonzalez Medicare Updates 10am Seniors In Play 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation 2pm Karaoke
10 9am Learning Gmail 5pm Art Project: Acrylic/Watercolor Painting 5pm Poker	11 SSL Center Closed Veteran’s Day 	12 9am Drawing 10am CSFP CHEESE BOX FOOD BANK 2pm Movie & Popcorn “Hoosiers” 4:30pm Bingo	13 9am All about Passwords 9:30am Nutritional Education: Pumpkin 10am Senior Planet Exploring AI Series 3/10 12:30pm BINGO 1pm Making the Most of Virtual Libraries: A Guide for Seniors 4:30pm Nertz	14 10am Seniors In Play 10am MOGO REP. Unidad Gonzalez Medicare Updates 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation 2:30pm SSL Center Early Closure for Staff meeting
17 9am WellMed Caregiver SOS 9am Learning Gmail 10am WellMed Care Giver Support Group: “Cafecito, Pan Dulce Y Platica” 5pm Craft: Origami	18 9am Painting 10am Senior Planet Exploring AI Series 4/10 10am Oasis: How to communicate effectively with your Doctor. 12:30pm BINGO 1:30pm Prize Market 5pm Movie & Popcorn “Rudy”	19 9am SSL New Member Orientation 9am Drawing 10am HOPE FOOD BANK 2pm Movie & Popcorn “Rudy” 4:30pm Trivia	20 9am What is a Virtual Tour? 10am Senior Planet Exploring AI Series 5/10 12:30pm BINGO 1pm Emojis & Gifts: What are they? 3pm Thanksgiving Pot Luck Gathering 4:30pm Casino Night	21 SSL Center Closed Staff In Service Training
24 9am Fitness Apps: Tracking your Health & Fitness 9:30am Shopping Trip to HEB 5pm Craft: Handmade Cards	25 9am Painting 10am Senior Planet Exploring AI Series 6/10 12:30pm BINGO 5pm Movie & Popcorn “Uncle Buck”	26 9am Drawing 9am WellMed Nurse: 9:30am Nutritional Education: Healthy Holiday Choices 12pm Celebrating November Birthdays! 2pm Movie & Popcorn “Uncle Buck” 4:30pm Pool Tournament	27 SSL Center Closed 	28 SSL Center Closed 

November Announcements & Events:

CSFP Cheese Box Wednesday November 12, 2025 10:00-10:45am & 12:00-3:45pm

HOPE Program Wednesday November 19, 2025 10:00-10:45am & 12:00-3:45pm

Please note: San Antonio Food Bank is not accepting new applicants for CSFP or HOPE Program at this time

FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30am Stretch WellMed Nurse (Patty) 10:30am Line Dancing (Teresa) 1pm Chair Yoga (Erma) 4pm Muscle Strength (Jane)	9am Chair Rise and Thrive (Nora) 10:15am Zumba (Teresa) 12pm Forever Well Circuit (Alexis) 4pm Low Impact Bootcamp (Rodney)	8:30am Gentle Yoga (Teresa) 10am Dance Alegria (Urban 15) 1pm Senior Circuit (Shelly) 5pm Strength and Toning (Alexis)	9:15am WellMed Walking Group (Patty) 10:15am Tai Chi (Theresa) 1pm Strength & Toning (Teresa) *2pm-5pm Last Thursday of month Open Play Chair Volleyball	9am Low Impact Bootcamp (Rodney) 10:30am Senior Circuit (Mark) 1pm Forever Well Stretch (Jane)

Sign-Up for a Fitness Class

- * To reserve spot call **210-207-1760** 24 hours before each class to register or reserve in person with staff.
- * Tickets for entry to classes are given at check in to center, or when previous class is done.
- * Ticket will be handed only to participating member. **(Lost tickets will not be replaced)**
- * All classes are 45 minutes & are held in the Fitness Room unless otherwise noted.
- * Hand ticket to instructor when entering classroom.
- Seating is on a first come basis, no disruptions of class once started.

Class Schedule & Instructors subject to change

- **NO LATE ARRIVALS-NO ENTRY AFTER 5 MINUTES OF CLASS START TIME.**
- **UPON CLASS START TIME, REMAINING TICKETS WILL GO TO MEMBERS ON STANDBY LIST**
- **TENNIS SHOES MUST BE WORN IN FITNESS CLASSROOM & GYM AREA AT ALL TIMES**

Lunch at Southside Lions Center
11:00-12:00 Monday-Friday



- * Lunch tickets are available as early as 9:00 AM
- * Membership card is required
- * Hold your ticket till 11:00 AM—Please do not lose ticket
- * Lunches are available while supplies last
- * Meals cannot be taken home, with the exception of frozen meals for center closure.
- * **On the dates center is closed frozen or shelf stable meals will be given to take home.***



FOR OUR MEMBERS!

Southside Lions Senior Center
Reminders

November 10th Potluck Signup

Potluck Gathering Signup

All items accepted for serving must be store bought

Center Closed November 11th Veteran’s Day

Veteran’s Day

Frozen meal given on November 10

November 12th Snap Registration

Food Bank Representative
for Snap Benefits Registration

November 12th Cheese Box

CSFP Cheese Box

November 19th HOPE Program

HOPE Program

Center Closed November 21st Staff In Service

In service training

Frozen meal given November 20

Center Closed November 27th & 28th Thanksgiving

Thanksgiving Holidays

Additional information on Potluck Gathering day will be announced & posted.