



HUMAN
SERVICES



Bob Ross
Senior Center
2219 Babcock Rd.
San Antonio, TX. 78229
210-207-5300

Monday-Thursday 7am-8pm
Friday 7am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Please make reservations for any trips on the check-in kiosk. Transportation Schedule is due every Thursday before 12pm		1 9:30am OASIS Technology: Fitness Apps 10am BINGO 1:00pm OASIS Technology: Word Basics	2 PAWS Visit in the morning  9:30am Dancing with Luis 10:30am Loteria with Luis 	3 8:30am Easy Crafts 8:45am WellMed Care-giver Presentation: Aging Issues & the Law 10am OATS Technology: Digital Skills for Managing Your Health 10am BINGO
6 9:30am Field Trip*: Reservation Required  10am OATS Technology: Digital Skills for Managing Your Health	7 9:30am OASIS Technology: Windows 11 10am Agrilife Session 10am Seniors in Play (Theater Group) 1:00pm OASIS Technology: Google Photos	8 9:00am Oasis Presentation 9:30am OASIS Technology: Intro to Computers 10am BINGO 1:00pm OASIS Technology: All About Passwords 3:30pm LOS CLASSICOS DEL RITMO Special Performance	9 1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY 	10 8:30am Easy Crafts 10am OATS Technology: Digital Skills for Managing Your Health 10am BINGO 2:30pm Early Closure
13 10am OATS Technology: Digital Skills for Managing Your Health 11am Field Trip*: (leaving at 10:45) Reservation Required 	14 9:30am OASIS Technology: Windows 11 9:30am Walking with Wellmed (leaving at 9): 10am Agrilife Session 10am Seniors in Play (Theater Group) 1:00pm OASIS Technology: Google Photos	15 9:30am OASIS Technology: Intro to Computers 9:30am Produce Presentation and Market  NO BINGO TODAY 1:00pm OASIS Technology: Introduction to Email	16 9am Changes in 2026 Medicare Presentation 10:30am Loteria with Luis 	17 8:30am Easy Crafts 8:45am WellMed Care-giver Presentation 10am OATS Technology: Digital Skills for Managing Your Health 10am BINGO Cash in your Bob's Bucks
20 9:30am Field Trip*: Reservation Required  10am OATS Technology: Digital Skills for Managing Your Health	21 9:30am OASIS Technology: Introduction to Email 10am Seniors in Play (Theater Group) 1:00pm OASIS Technology: Making the Most of Virtual Libraries	22 9:30am OASIS Technology: Intro to Computers 9am Nutrition Education 10am BINGO 1:00pm OASIS Technology: Introduction to Email	23 9:30am Name that Tune w/ Keith and Luis Rm 155 10:30am Loteria with Luis 	24 8:30am Easy Crafts 9am WellMed Nurse Presentation 10am OATS Technology: Digital Skills for Managing Your Health 10am BINGO Cash in your Bob's Bucks
27 8am Breast Cancer Screening Mobile Unit 8:30am Field Trip*: Reservation Required  10am OATS Technology: Digital Skills for Managing Your Health	28 9:30am OASIS Technology: Introduction to Email 9:30am Walking with Wellmed (leaving at 9): 10am Seniors in Play (Theater Group) 1:00pm OASIS Technology: Exploring the Internet	29 9am Financial Exploitation Presentation 9:30am OASIS Technology: Intro to Computers 10am BINGO 1:00pm OASIS Technology: Exploring Google	30 9:30am Dancing with Luis 10:30am Loteria with Luis  HALLOWEEN PROM TONIGHT! 	31 8:30am Easy Crafts 10am OATS Technology: Digital Skills for Managing Your Health 10am BINGO 1pm Halloween Dance 

Instructor Led Fitness Classes RESERVATION REQUIRED
Monday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 9:30am YMCA Tai Chi—Rm 110 ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YMCA Aquatic Exercise—Pool House ◇ 1:00pm YWCA ZUMBA Gold—Rm 142 ◇ 1:30pm YMCA Strength & Cardio—Rm 110 ◇ 2:00pm YWCA Aquatic Exercise—Pool House ◇ 5:30pm YMCA Zumba GOLD
Tuesday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 10:00am YMCA Strength & Cardio—Rm 142 ◇ 1:30pm YMCA ZUMBA—Rm 110 ◇ 1:30pm YWCA Wellness Dance—Rm 142 ◇ 5:30pm YMCA Chair Yoga
Wednesday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 9:30am YMCA Chair Yoga—Rm 142 ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YWCA Sit and Stretch—Rm 142 ◇ 11:00am YMCA ZUMBA Gold—Rm 110 ◇ 1:00pm YWCA Aquatic Fitness—Pool House ◇ 1:30pm YMCA Muscle and Mind—Rm 110 ◇ 4:45pm YMCA Strength & Cardio
Thursday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YWCA Aquatic Fitness—Pool House ◇ 10:15am YMCA Strength & Cardio—Rm 110 ◇ 1:30pm YMCA ZUMBA— Rm 110 ◇ 1:30pm YWCA Wellness Dance—Rm 142 ◇ 4:45pm YMCA Line Dance
Friday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YMCA Aquatic Exercise—Pool House ◇ 10:15am YMCA Strength & Cardio—Rm 110 ◇ 1:30pm YMCA Strength & Cardio—Rm 110 ◇ 1:30pm YWCA Cardio Dance—Rm 142

HAVE LUNCH WITH US!

Hot Meals are served Monday through Friday from 11:15am-12:30pm in the Nutrition Area.

Meal tickets can be picked up between 8:00am-11:00am (or until all tickets have been issued out).



JOIN US FOR A SPOOKTACULAR FRIGHT NIGHT ON THURSDAY, OCTOBER 30 AT 5PM

WE’LL HAVE MUSIC, FOOD, AND CONTEST FOR SPOOKIEST PROM ATTIRE

Volunteer Led Activities
Monday: ◇ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118 ◇ 10:30am Advanced Tai Chi w/ Xu Lan Ruan Rm 110 ◇ 1pm Dominoes Rm 114
Tuesday: ◇ 7am-12pm Busy Bees Sewing & more w/ Vickie Rm 118 ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110 ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry
Wednesday: ◇ 7am-1pm Busy Bees Sewing & more w/ Lupe Rm 118 ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110 ◇ 9am Gentle Hands Rm 143 w/ Mari Elena (2nd & 4th Wednesday of the month) ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry ◇ 12:15pm Karaoke Dining Rm ◇ 12:30pm Line Dancing Rm 110 (RESERVATION REQUIRED) ◇ 12:30pm LOS CLASSICOS DEL RITMO ◇ 1pm Quilting Group Rm 155 ◇ 1pm Dominoes Rm 114 ◇ 2pm Kathy’s Social Dancers Rm 142
Thursday: ◇ 7am-1pm Busy Bees Sewing & more w/ Lupe Rm 118 ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110 ◇ 10am Book Club w/ Marilyn Lott Rm 143 Discussing “The Borrowed Life of Fredrick Fife” by Anna Johnston (1st Thursday of the month) ◇ 10am Guitar Class Rm 141 w/Meide
Friday: ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110 ◇ 12:30pm LOS CLASSICOS DEL RITMO ◇ 1pm Dominoes Rm 114
WellMed ◇ Nurse available Tuesday through Friday 8:00 am to 3:30 pm ◇ Caregiver SOS Specialist available Fridays in the Conference Room
Agent with Texas Medicare Solutions Wednesdays at 9 am with Abigail Hilliard
Bihi Haus Art Classes on <u>MONDAYS</u> ◇ 9:30am-11:30am Beginning Drawing & Painting - Rm 155 ◇ 12:30pm-2:30pm Mixed Media - Rm 155



10/7 - Mindful Walking/Thought Surfing
10/14 Be Kind to your Mind/Mindful Laughter

NO HEAL MEAL PROGRAM AVAILABLE ON OCTOBER 17

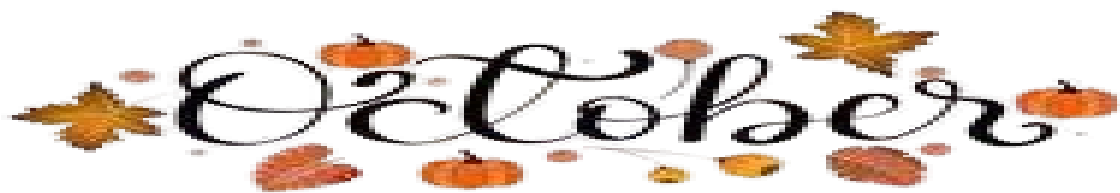
FROZEN MEAL DISTRIBUTED ON OCTOBER 16

BUSY BEES

OCTOBER WEEKLY SCHEDULE
Monday OR Tuesday
Beginning Sewing - 9:30 am
Wednesday
Beginning Crochet - 10am
Thursday
Tunisian Crochet - 10am
Thursday
Handmade Ornaments - 9am



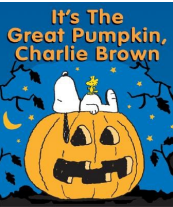
HUMAN
SERVICES



Bob Ross
Senior Center
2219 Babcock Rd.
San Antonio, TX. 78229
210-207-5300

Monday-Thursday 4pm-8pm

Extended Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Members must keep all Personal belongings with them at all times.	Calendar subject to change without advance notice.	1 3:30pm Karaoke  4:45pm YMCA Strength & Cardio 5:30pm Bunco/Yahtzee	2 4:00pm Specialty Bingo  4:45PM YMCA Line Dance	3 NO EXTENDED HOURS PROGRAM
6 4:30pm MOVIE October Kiss  4:30pm MOVIE Que Te Ha Dado Esa Mujer  5:30pm YMCA Zumba GOLD	7 4:00pm Bingo  5:30pm YMCA Chair Yoga	8 3:30pm Karaoke  4:45pm YMCA Strength & Cardio 5:30pm Bunco/Yahtzee 6pm Animal Care Services Meeting	9 4:00pm Specialty Bingo  4:45PM YMCA Line Dance	10 NO EXTENDED HOURS PROGRAM
13 4:30pm MOVIE Backdraft  5:30pm YMCA Zumba GOLD	14 4:00pm Bingo  5:30pm YMCA Chair Yoga	15 3:30pm Karaoke  4:45pm YMCA Strength & Cardio 5:30pm Bunco/Yahtzee	16 4pm Changes in 2026 Medicare Presentation 5:00pm Specialty Bingo  4:45PM YMCA Line Dance	17 NO EXTENDED HOURS PROGRAM
20 4:30pm MOVIE Miss You Already  5:30pm YMCA Zumba GOLD	21 4:00pm Bingo  5:30pm YMCA Chair Yoga	22 3:30pm Karaoke  4:45pm YMCA Strength & Cardio 5:30pm Bunco/Yahtzee	23 4:00pm Specialty Bingo  4:45PM YMCA Line Dance	24 NO EXTENDED HOURS PROGRAM
27 4:30pm MOVIE It's The Great Pumpkin, Charlie Brown  5:30pm YMCA Zumba GOLD	28 4:00pm Bingo  5:30pm YMCA Chair Yoga	29 3:30pm Karaoke  4:45pm YMCA Strength & Cardio 5:30pm Bunco/Yahtzee		31 NO EXTENDED HOURS PROGRAM

