



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
1. <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> 4:45pm - 6:30pm	2. <u>Computer Class (CL)</u> Windows 11 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>Senior Planet Exploring AI</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 4:45pm - 6:30pm	3. <u>Computer Class (CL)</u> Android Essentials 9:00am-11:00am Smartphone Photography 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Loteria (DR)</u> 4:45pm - 6:30pm <u>Movie Night (DR)</u> 4:00pm - 6:00pm	4. <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>Senior Planet Exploring AI</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 4:45pm - 6:30pm	5. <u>Sing for Joy (RA)</u> 10:00am - 11:00am <u>Bingo Dining Area</u> 9:30am-10:15am
8. COMMODITIES CONVOY OF HOPE 1:30PM - 3:30PM <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> 4:45pm - 6:30pm <u>Volleyball Tournament</u> 4:00pm - 6:00pm	9. <u>Computer Class (CL)</u> Windows 11 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>Senior Planet Exploring AI</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 4:45pm - 6:30pm	10. <u>Computer Class (CL)</u> Android Essentials 9:00am-11:00am Smartphone Photography 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Loteria (DR)</u> 4:45pm - 6:30pm	11. <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>Senior Planet Exploring AI</u> 4:00pm - 5:00pm HOLIDAY PARTY 3:30PM - 7:00PM	12. <u>Bingo Dining Area</u> 9:30am-10:15am <u>Sing for Joy (RA)</u> 10:00am - 11:00am
15. COMMODITIES Cheesebox Only 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> 4:45pm - 6:30pm	16. <u>Computer Class (CL)</u> Windows 11 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>Senior Planet Exploring AI</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 4:45pm - 6:30pm	17. NO COMPUTER CLASS <u>New Member Orientation</u> 9:30am - 10:30am <u>Sewing** (AC)</u> 9:30am-11:00am <u>Movie Night (DR)</u> 4:00pm - 6:00pm	18. <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>Senior Planet Exploring AI</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 4:45pm - 6:30pm	19. <u>BINGO STORE</u> 9:30am-10:15am <u>Sing for Joy (RA)</u> 10:00am - 11:00am Center Closes at 2:30 for Staff Training
22. <u>Karaoke ** (DR)</u> 4:00pm - 6:30pm <u>Loteria (AC)</u> 4:45pm - 6:30pm	23. <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>Senior Planet Google Gemini</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 4:45pm - 6:30pm	24. HAPPY HOLIDAYS!	25. HAPPY HOLIDAYS!	26. HAPPY HOLIDAYS!
29. 	30. 	31. Flip page to see Exercise Classes & Special Events! 	1. Room Key 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>	2. <u>Center will be open January 2, 2026</u> <i>(No Meals)</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

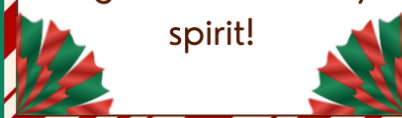
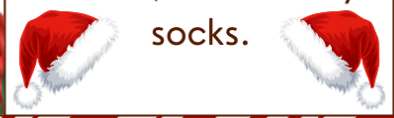
- ❄ 12/01/25 - Senior in Play Showcase 10:00am - 11:00am
- ❄ 12/02/25 - Volunteer Meeting 10:00am - 10:30am
- ❄ 12/02/25 - Hearing Screenings with Texas South Hearing 10:30am - 12:30pm
- ❄ 12/03/25 - Field Trip! Walmart 10:00am - 12:00pm (9:45am departure. Sign-ups start on 12/1/25.)
- ❄ 12/04/25 - Flamenco Performance 10:00am - 11:00am
- ❄ 12/08/25 - Oasis Presentation: *Caffeine and Your Health* 10:30am - 11:30am
- ❄ 12/08/25 - COMMODITIES Convoy of HOPE 1:30pm - 3:30pm (Must be on Food Bank Roster. Applications are now closed.)
- ❄ 12/08/25 - “Mistletoe Matchup” Volleyball Tournament (vs D5) 4:00pm - 6:00pm
- ❄ 12/09/25 - PM Field Trip! Lone Star Steakhouse 4:00pm - 6:00pm (3:45pm Departure. Sign-ups start on 12/1/25.)
- ❄ 12/10/25 - Nutrition Presentation “Citrus” by Tracy 12:30pm - 1:00pm
- ❄ 12/11/25 - Veteran Services/Programs Presentation 10:00am - 11:00am
- ❄ 12/11/25 - December Birthday Celebrations w/ Potluck (Potluck at your individual tables)
- ❄ 12/11/25 - A D2 Holiday Celebration 3:30pm - 7:00pm
- ❄ 12/15/25 - Wellmed Presentation “Flu Virus in Seniors” 9:00am - 9:45am
- ❄ 12/15/25 - COMMODITIES (Cheesebox Only) 1:30pm - 3:30pm (Must be on Food Bank Roster. Applications are now closed.)
- ❄ 12/16/25 - Holiday Shopping at South Park Mall 10:00am - 11:00am (9:45am departure. Sign-ups start on 12/8/25.)
- ❄ 12/17/25 - New Member Orientation 9:30am - 10:30am
- ❄ 12/17/25 - Field Trip! Schaefer Library 10:30am - 12:00pm (10:00am departure. Sign-ups start on 12/1/25.)
- ❄ 12/18/25 - Nutrition Presentation “Broccoli” by Tracy 12:30pm - 1:00pm
- ❄ 12/19/25 - Center Will Close at 2:30pm for Staff Training

Center will be CLOSED December 24 - January 1 for Winter Break.

HOT MEAL will be served on a daily basis from 11:00am - 1:00pm (or until gone)
Healthy Eating, Aging, Living (HEAL)

Each member must attend at least ONE (1) Nutrition Presentation per year to participate in the HEAL Program.

HOLIDAY SPIRIT WEEK

MONDAY 12/8	TUESDAY 12/9	WEDNESDAY 12/10	THURSDAY 12/11	FRIDAY 12/12
<u>Dress with the colors of the season</u> Dress in red and green to get in the holiday spirit!	<u>Santa's Workshop</u> Wear a santa hat, reindeer antlers, elf hat or ears, and holiday socks.	<u>Bling in the Holidays</u> Dress up in something sparkly or wear lights!	<u>Ugly Sweater Day!</u> The day of outrageous knitwear	<u>It's Pajama Day!</u> Cozy up to your comfiest clothes.
				

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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