



NOVEMBER

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
3 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:15 AM - Walking with WellMed (Registration required) 9:30 AM to 11:30 AM - Having Fun with Power-Point Basics (1 of 3) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 1 PM to 3 PM - Computer Class: iPhone Basics (1 of 2)(CR) 4:30 PM - Movie (C1) 5 PM to 7 PM - Play Progressive Bridge (C2) Field trip registrations today at 9:30 AM	4 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:30 AM - Loteria (D) 9:30 AM to 11:30 AM - Windows 11 (3 of 3) (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: Buenos Aires: Where History Dances with Modern Life (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Exploring AI (5 of 10) (C1)	5 9 AM to 11 AM - Computer Class: Exploring Google (2 of 3) (CR) 9 AM - Walking With Nurse Tiffany 9:30 AM - Nutrition Education: Diabetes Awareness Month, Eating Well for Blood Sugar Control (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 - Cybercrime: What's the Best Browser for Me? (CR) 4:30 PM - Bingo (D)	6 10 AM - Presentation with Oasis: ID Theft and the Older Adult (C1) 10 AM - Virtual Tour: Stroll Through Vienna's Storybook Streets (CR) 9-11AM Art Exhibit (D) 9:30 to 11:30 AM CPS Energy Onsite	7 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) 8:30 AM to 9:30 AM Registration for free produce box for eligible Walker Ranch Senior Center members Note: Activities must conclude by 3:45 PM.
10 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:15 AM - Walking with WellMed (Registration required) 9:30 AM to 11:30 AM - Having Fun with Power-Point Basics (2 of 2) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 1 PM to 3 PM - Computer Class: iPhone Basics (2 of 2)(CR) 4:30 PM - Movie (C1) 5 PM to 7 PM - Play Progressive Bridge (C2)	11  Thank you VETERANS HONORING ALL WHO SERVED ★★★★★★★★★★★★ THE CENTER IS CLOSED IN OBSERVATION OF VETERANS DAY	12 9 AM to 11 AM - Computer Class: Exploring Google (3 of 3) (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 (CONF) 12:30 PM - Team Trivia (A) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM to 3 PM - Exploring Entertainment Apps: Discover Streaming Services, E-book Readers and more (CR) 4:30 PM - Loteria (D) 5:30 PM - Talking Poetry Open-Mic (CONF) 9 AM to 1 PM - Medicare Benefits Counseling (CO) 9:30 AM Seniors in Play Troupe's Fall Showcase If Only...(D)	13 9:30 AM - Nutrition Education: Health Benefits of Pears (D) 10 AM - Virtual Tour: London, England: Layers of Time and Tradition (CR) 10:30 AM Produce Market Opens in the Dining Room. Random Acts of KINDNESS WEEK Spread kindness spread love. 	14 8:30 to 9 AM WellMed Stretch Class (F) (Registration required) 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) 10 AM to 11 AM - Basics of AI and ChatGPT (CR) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 12 PM - November Birthdays Celebration (D) 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.
17 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:15 AM - Walking with WellMed (Registration required) 9:30 AM to 11:30 AM - Computer Class: Having Fun with Power-Point Basics (3 of 3) (CR) 1 PM to 3 PM - Computer Class: Online Shopping (CR) 4:30 PM - Movie (C1) 5 PM to 7 PM - Play Progressive Bridge (C2) No KARAOKE TODAY.	18 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:30 AM - Bingo (D) 9:30 AM to 11:30 AM - Using Digital Assistants for Daily Routine (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: Reflections of Lake Louise: Canada's Alpine Gem (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Exploring AI (6 of 10) (C1) 12:30 PM Women's Pool Tournament in the Game Room. Registration will be the day of the tournament. 12:45 PM Elder Fraud Abuse Presentation (D)	19 9 AM to 11 AM - Computer Class: Making the Most of Virtual Libraries (CR) 9 AM - Walking With Nurse Tiffany 10 AM - Seniors in Play (C1) 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 - What's App (1 of 2) (CR) 1 PM - Book Club Meeting: The Wishing Game by Meg Shaffer (C1) 4:30 PM - Bingo (D) 8:45 AM Food Bank distribution today for applicants approved through Walker Ranch Senior Center. 9 AM to 3 PM - AACOG Open Enrollment by Appointment Only (CO)	20 10 AM - Virtual Tour: Where the Mountains Meet the Sea: Kotor, Montenegro (CR) 11:30 AM Pool Tournament in the Game Room. Registration will be the day of the tournament. 4:30 to 6:00 PM A Moment in Time - Share a treasured memory, a family tradition or story, a special photo or memento (D)	THE CENTER IS CLOSED FOR STAFF TRAINING 
24 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:15 AM - Walking with WellMed (Registration required) 9:30 AM - Member Orientation (C1) 1 PM to 3 PM - Play Intermediate Bridge (C2) 4:30 PM - Movie (C1) 5 PM to 7 PM - Play Progressive Bridge (C2)	25 9:30 AM - Loteria (D) 10 AM - Health Talks with Nurse Tiffany - Diabetes in Older Adults (C1) 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: Bogota, Colombia: Where History Meets the Clouds (CR) 2 PM to 3 PM - Exploring AI (7 of 10) (C1)	26 10 AM to 12 PM - Play Hand & Foot (C2) 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) 4:30 PM - Loteria (D) 9 AM to 1 PM - Medicare Benefits Counseling (CO)	27  HAPPY THANKSGIVING The center is closed.	28  HAPPY THANKSGIVING The center is closed.
A WEEK OF KINDNESS IN NOVEMBER We encourage you to show acts of kindness on the first week of November. It might make someone's day! November 10th Compliment three strangers. November 12th Help someone with their tray during lunch. November 13th Send kind messages to 3 friends or family members. November 14th Be kind to yourself & treat yourself to something you enjoy.	A MOMENT IN TIME  Share a treasured memory, a family tradition or story, a special photo or memento. All participating members will have a few minutes to share their "moment" with others. Take this opportunity to celebrate each other. THURSDAY, NOV. 20TH 5:00 P.M. in the Dining Room	MEMBER ORIENTATION READY TO LEARN THE INS & OUTS OF WALKER RANCH SENIOR CENTER? "NEW" & "CURRENT" MEMBERS ARE ENCOURAGED TO ATTEND THE MEMBER ORIENTATION TO LEARN EVERYTHING THE CENTER HAS TO OFFER! NEXT SESSION NOVEMBER 24 CLASSROOM 1 9:30 AM	Legend: 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)	Please note that this calendar is tentative and subject to change without any advance notice.

GROUP FITNESS SCHEDULE
MONDAY 9 AM - Line Dance 10 AM - Tai Chi (volunteer-led) 11:30 AM - Low Impact Cardio 1 PM - Circuit 2 PM - Yoga 3 PM - Barre/Pilates 5 PM - Yoga (Yin)
TUESDAY 8 AM - Low Impact Cardio 9 AM - Circuit 10 AM - Zumba 11 AM - Joint & Movement 12:15 PM - Silver Sneakers Classic 1:15 PM - Line Dance 3 PM - Circuit 4:30 PM - Chair Aerobics 5:30 PM - Line Dance
WEDNESDAY 8:15 AM - Zumba 10 AM - Yoga 11 AM - Strength & Toning 1 PM - Circuit 4:30 PM - Belly Dancing
THURSDAY 8 AM - Sit & Be Fit 9 AM - Low Impact Boot Camp 10 AM - Tai Chi (volunteer-led) 11 AM - Zumba Gold 12 PM - Yoga (Vinyasa Flow) 1 PM - Circuit 2 PM - Strength & Toning 3 PM - Mobility & Stretch 4:30 PM - Tai Chi (Intermediate)
FRIDAY 9:15 AM - Pilates 10 AM - Strength 11 AM - Line Dance 12 PM - Sit & Be Fit 1 PM - Core & Balance Boot Camp

FITNESS CLASS RESERVATION PROCESS
- 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. 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> Note: Limit of <u>1</u> class per day, based on class availability. Note: There is <u>no</u> “spot saving” for any fitness class. **All classes may be accommodated as needed.**

FITNESS EQUIPMENT ORIENTATION
<i>Learn how to start, stop & adjust machines!</i> Join Walker Ranch Senior Center staff every Thursday at 3:15 PM for a basic introduction to fitness equipment. <u>Please consult your medical provider should you have any questions regarding medical advice.</u>

TRANSPORTATION TO THE CENTER
<i>In need of a ride? You may qualify for transportation services to and from the center!</i>  For more information on transportation provided by the center, please see the reception desk.

VOLUNTEER-LED ACTIVITIES
Monday 9 AM to 9:45 AM - Tai Chi Club (Classroom 2) <i>Weekly.</i> 9 AM - Craft Time (Art Room) <i>Weekly.</i> 10 AM - Name That Tune (Classroom 1) <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>
Tuesday 3 PM - Bunco (Classroom 2) <i>3rd Tuesday. Registration required.</i> 4:30 PM - Play Jeopardy (Conference Room) <i>Weekly.</i>
Wednesday 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>
Thursday 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>
Friday 1:00 PM - Good Grammar for Everyone (Classroom 1) <i>2nd and 4th Friday.</i> 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
 Distribution Date 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. <i>Next distribution date: November 19th</i>

FIELD TRIPS
November 5, 9:15 AM - The Pearl A one-hour member led guided walking tour that explores different aspects of San Antonio’s historic Pearl District and surrounding areas. November 12, 9:15 AM - The Alamo Experience the iconic Alamo Church. Established as a mission, it later became a military stronghold for Texas Independence. Wear comfortable walking closed toe shoes. November 19th, 9:15 AM - West side of Phil Hardberger Park A guided hike starting at the Urban Ecology Center building and leading to the Robert L.B. Tobin Land Bridge. You will learn about the native flora and fauna along the way. Wear comfortable walking closed toe shoes, bring water to drink and dress for the weather! <i>*All field trips are subject to change.</i> <i>**Only one trip per member per month, based on availability.</i> <i>NOTE: Field trip registrations will begin at 9:30 AM on November 3rd.</i>

MEAL PROGRAM	
 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. Hot meals must be eaten in the dining room with the exception of frozen meals for center closure. <i>*On the days the center is closed, members will receive a frozen meal to take home.*</i> <tr><td> ALL ARE WELCOME </td></tr>	ALL ARE WELCOME
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