

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Schedule Subject to Change Without Notice</div>	<div>Seniors in Play / Chair Volleyball Located at The Frank Garrett</div>	<div>1. <u>Low Impact Cardio w/ Rodney</u> 9:00am-9:45am</div> <div><u>Walking w/ Wellmed</u> 9:30am-11:00am</div> <div><u>San Antonio Food Bank Cooking Demo</u> 12:00pm-1:00pm</div> <div><u>Quilting Class</u> 1:00pm-2:30pm</div>	<div>2. <u>Loteria</u> 9:00am-10:00am</div> <div><u>Joint Movement w/ Jorge</u> 10:15am-11:00am</div> <div><u>Seniors in Play (FG)</u> 11:00pm-12:30pm</div> <div><u>Bihl Haus Arts</u> 12:30pm-2:30pm</div>	<div>3. <u>The Y Senior Circuit</u> 9:00am-9:45am</div> <div><u>San Antonio Art League & Museum</u> 10:00am-11:30am</div> <div><u>Jewelry Making Class</u> 10:00am-11:30am</div> <div><u>O.A.T.S (Spanish)-Youtube</u> 10:30am-11:30am</div>
<div>6. <u>Zumba Gold</u> 9:30am-10:30am</div> <div><u>H-E-B</u> 10:00am-11:00am</div> <div><u>Bingo</u> 10:30am-11:30am</div> <div><u>Arts & Crafts</u> 12:00pm-1:00pm</div>	<div>7. <u>OASIS (Bilingual)-Exploring Entertainment Apps: Discover Streaming Services, E-Book Readers and more</u> 9:30am-11:00am</div> <div><u>Chair Volleyball (FG)</u> 10:00pm-11:00pm</div> <div><u>Low Impact Cardio w/ Rodney</u> 1:00pm-1:45pm</div>	<div>8. <u>Low Impact Cardio w/ Rodney</u> 9:00am-9:45am</div> <div><u>Walking w/ Wellmed</u> 9:30am-11:00am</div> <div><u>San Antonio Food Bank Cooking Demo</u> 12:00pm-1:00pm</div> <div><u>Quilting Class</u> 1:00pm-2:30pm</div>	<div>9. <u>Loteria</u> 9:00am-10:00am</div> <div><u>Joint Movement w/ Jorge</u> 10:15am-11:00am</div> <div><u>Seniors in Play (FG)</u> 11:00pm-12:30pm</div> <div><u>Bihl Haus Arts</u> 12:30pm-2:30pm</div>	<div>10. <u>The Y Senior Circuit</u> 9:00am-9:45am</div> <div><u>Silver Spirit Interpretive Dance Group</u> 10:00am-11:00am</div> <div><u>O.A.T.S (Spanish)-Understanding Bluetooth</u> 10:30am-11:30am</div> <div><u>Habla Conmigo</u> 12:30pm-1:30pm</div> <div>WEAR PINK FOR BREAST CANCER AWARENESS</div>
<div>13. <u>Zumba Gold</u> 9:30am-10:30am</div> <div><u>Murphys Pumpkin Patch</u> 10:00am-11:30am</div> <div><u>Bingo</u> 10:30am-11:30am</div> <div><u>Arts & Crafts</u> 12:00pm-1:00pm</div>	<div>14. <u>Commodities</u> 8:00am-10:00am</div> <div> <u>OASIS (Bilingual)-Meet the Computer</u> 9:30am-11:00am</div> <div><u>Low Impact Cardio w/ Rodney</u> 1:00pm-1:45pm</div>	<div>15. <u>Low Impact Cardio w/ Rodney</u> 9:00am-9:45am</div> <div><u>Walking w/ Wellmed</u> 9:30am-11:00am</div> <div><u>San Antonio Food Bank Cooking Demo</u> 12:00pm-1:00pm</div> <div><u>Quilting Class</u> 1:00pm-2:30pm</div>	<div>16. <u>Loteria</u> 9:00am-10:00am</div> <div><u>Joint Movement w/ Jorge</u> 10:15am-11:00am</div> <div><u>Seniors in Play (FG)</u> 11:00pm-12:30pm</div> <div><u>Bihl Haus Arts</u> 12:30pm-2:30pm</div>	<div>17. <u>The Y Senior Circuit</u> 9:00am-9:45am</div> <div><u>O.A.T.S (Spanish)-Instagram Basics</u> 10:30am-11:30am</div> <div><u>San Antonio Internation Airport</u> 9:00am-11:00am</div> <div><u>Jewelry Making Class</u> 10:00am-11:30am</div> <div><u>Open Mic W/J.D.</u> 12:30pm-1:30pm</div>
<div>20. <u>Zumba Gold</u> 9:30am-10:30am</div> <div><u>Bingo</u> 10:30am-11:30am</div> <div><u>Arts & Crafts</u> 12:00pm-1:00pm</div>	<div>21. <u>OASIS (Bilingual)-iPad Basics</u> 9:30am-11:00am</div> <div><u>Cafecito w/Laura S.O.S (Dementia, Healthy Living, Brain and Body Series</u> 9:30am-10:30am</div> <div><u>Chair Volleyball (FG)</u> 10:00pm-11:00pm</div> <div><u>Low Impact Cardio w/ Rodney</u> 1:00pm-1:45pm</div>	<div>22. <u>Low Impact Cardio w/ Rodney</u> 9:00am-9:45am</div> <div><u>Walking w/ Wellmed</u> 9:30am-11:00am</div> <div><u>San Antonio Food Bank Cooking Demo</u> 12:00pm-1:00pm</div> <div><u>Quilting Class</u> 1:00pm-2:30pm</div>	<div>23. <u>Loteria</u> 9:00am-10:00am</div> <div><u>Joint Movement w/ Jorge</u> 10:15am-11:00am</div> <div><u>Seniors in Play (FG)</u> 11:00pm-12:30pm</div> <div><u>Bihl Haus Arts</u> 12:30pm-2:30pm</div>	<div>24. <u>The Y Senior Circuit</u> 9:00am-9:45am</div> <div><u>Gardening Field Trip w/ Juan</u> 9:00am-11:00am</div> <div><u>O.A.T.S (Spanish)-Streaming & Smart TVs</u> 10:30am-11:30am</div> <div>CENTER WILL CLOSE AT 2:30 PM FOR STAFF TRAINING.</div>
<div>27. <u>Zumba Gold</u> 9:30am-10:30am</div> <div><u>Bingo</u> 10:30am-11:30am</div> <div><u>Arts & Crafts</u> 12:00pm-1:00pm</div>	<div>28. <u>ACCOG Presentation</u> 9:00am-11:30am</div> <div><u>OASIS (Bilingual)-iPhone Basics</u> 9:30am-11:00am</div> <div><u>Walmart Trip</u> 10:00am-11:00am</div> <div><u>Low Impact Cardio w/ Rodney</u> 1:00pm-1:45pm</div>	<div>29. <u>Low Impact Cardio w/ Rodney</u> 9:00am-9:45am</div> <div><u>Walking w/ Wellmed</u> 9:30am-11:00am</div> <div><u>San Antonio Food Bank Cooking Demo</u> 12:00pm-1:00pm</div> <div><u>Quilting Class</u> 1:00pm-2:30pm</div>	<div>30. <u>Loteria</u> 9:00am-10:00am</div> <div><u>Joint Movement w/ Jorge</u> 10:15am-11:00am</div> <div><u>Seniors in Play (FG)</u> 11:00pm-12:30pm</div> <div><u>Bihl Haus Arts</u> 12:30pm-2:30pm</div>	<div>31. <u>The Y Senior Circuit</u> 9:00am-9:45am</div> <div><u>O.A.T.S (Spanish)-Tips for Being News Savvy Online</u> 10:30am-11:30am</div> <div>Halloween Party / Birthday Celebrations 11:30am-1:30pm</div>

October 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1  ZUMBA GOLD 4:00 PM Table Games 5:00 PM	2  BINGO 4:00 PM  Hats off to a Tea-riffic Day 5:00 PM
6  Loteria 4:00 PM Noodle Volleyball 5:00 PM 	7 Line Dancing 3:00 PM  O.A.T.S– Digital Skills for Managing Your Health Session 8 3:30-4:30 PM Arts & Crafts– Birds Memory Game 4:30 PM	8 ZUMBA GOLD 4:00 PM  Movie Night- Popcorn & Ice Cream 5:00 PM	9 BINGO 4:00 PM  Spike-ball Lesson 5:00 PM
13  Loteria 4:00PM Pumpkin Patch 2-4:30 PM	14  Line Dancing 3:00 PM O.A.T.S– Digital Skills for Managing Your Health Session 9 3:30– 4:30 PM Arts & Crafts– Decorating Pumpkin Plates	15 ZUMBA GOLD 4:00 PM  Table Games 5:00 PM 	16 BINGO 4:00 PM  Pool Game 5:00 PM 
20  Loteria 4:00 PM  Noodle Volleyball 5:00 PM	21 Line Dancing 3:00 PM O.A.T.S– Digital Skills for Managing Your Health Session 10 3:30-4:30 PM  Arts & Crafts– Decoupage 5:00 PM	22 ZUMBA GOLD 4:00PM  Movie Night- Shaved Ice (Raspas) 5:00 PM 	23 BINGO 4:00 PM  Spike-ball Lesson 5:00 PM
27  Loteria 4:00 PM Noodle Volleyball 5:00 PM 	28  Line Dancing 3:00 PM O.A.T.S– Graduation Digital Skills for Managing Your Health 3:30-4:30 PM Arts & Crafts– Greeting Cards 5:00 PM	29 ZUMBA GOLD 4:00 PM Table Games 5:00 PM	30 Fright Night 2:30 PM-6:00 PM  Spooky BINGO 4:00 PM

With our extended hours in full affect we ask all of our members staying for activities between 4pm-8pm to please hit the “PM Check in” and the “PM Activity” buttons starting at 4pm.



HAVE LUNCH WITH US!
Hot Meals are served Monday through Friday from 11:30am-12:30pm in the Nutrition Area.



Come by to see the Caregiver SOS
-Coaching–Support groups–
Stress Busting–Education–
On the 1st Tuesday of every Month
9:30AM-10:30AM

