



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
3 9:30am Field Trip*: Reservation Required  10am OATS Technology: Digital Skills for Manag- ing Your Health	4 9:30am OASIS Technology: Accessibility Setting 9:30am Walking with Wellmed 10am Nutrition Education 10am Seniors in Play (Theater Group) 1:00pm OASIS Technology: Exploring the Internet	5 9:30am OASIS Technolo- gy: Intro to Computers 10am BINGO  1:00pm OASIS Technolo- gy: Exploring Google	6 PAWS Visit in the morn- ing  9:30am Dancing with Luis w/DJ Amber 10:30am Loteria with Luis 	7 8:30am Easy Crafts 10am OATS Technolo- gy: Digital Skills for Managing Your Health Graduation 10am BINGO
10 9:30am Field Trip*: Reservation Required  10am OATS Technology: AI & Disinformation		12 9:00am Oasis Presentation 9:30am OASIS Technolo- gy: Intro to Computers 10am BINGO 1:00pm OASIS Technolo- gy: Exploring Google	13 1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY 	14 8:30am Easy Crafts 9am WellMed Nurse Presentation 10am OATS Technolo- gy: Tips for Being News Savvy Online 10am BINGO 2:30pm Early Closure
17 10am OATS Technology: Passwords, Passkeys, and More 11am Field Trip*: (leaving at 10:45) Reservation Required 	18 9:30am OASIS Technology: Streaming Services, E-Readers & more 9:30am Walking with Wellmed 10am Seniors in Play (Theater Group) 1:00pm OASIS Technology: Exploring the Internet	19 10am Name that Tune w/ Keith and Luis Rm 155 9:30am OASIS Technolo- gy: Streaming Services, E-Readers & More 10am BINGO 1:00pm OASIS Technolo- gy: Accessibility Set- tings	20 11:15am Thanksgiving Lunch with CD8 Reservation Required 	
24 9:30am Field Trip*: Reservation Required  10am OATS Technology: Intro to Nextdoor	25 10am Seniors in Play (Theater Group) 10am Crafting with Luis RESERVATION REQUIRED 	26 9am Nutrition Education 10am BINGO 12:30pm Birthday Cele- bration 		
*Please make reservations for any trips on the check-in kiosk. Transportation Schedule is due every Thursday before 12pm	Members must keep all Personal belongings with them at all times.	Calendar subject to change without advance notice.		

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

Volunteer Led Activities
Monday: ◇ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118 -9:30am Beginning Quilting ◇ 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 -9:30am Advanced Sewing ◇ 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/ Vickie 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 Los Clasicos 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/ Vickie Rm 118 - 9am Beginner Classes -10am Beginner Knitting ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110 ◇ 10am Book Club w/ Marilyn Lott Rm 143 Discussing “The Seamstress of Sardinia” by Bianca Pitzorno (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 from 9 am to 12 pm with Abigail Hilliard
Bihl Haus Art Classes on <u>MONDAYS</u>
◇ 9:30am-11:30am Beginning Drawing - Rm 155 ◇ 12:30pm-2:30pm Beginning Painting- Rm 155

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).



WE WILL BE CLOSED ON THE FOLLOWING DAYS:

- NOVEMBER 11 - VETERAN’S DAY
- NOVEMBER 21 - STAFF TRAINING
- NOVEMBER 27 & 28 - THANKSGIVING

FROZEN MEALS WILL BE DISTRIBUTED BEFORE CLOSURES

JOIN ON US ON THURSDAY, NOVEMBER 20TH FOR A SPECIAL THANKSGIVING LUNCHEON HOSTED BY COUNCIL DISTRICT 8 OFFICE





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Senior Center
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210-207-5300
Monday-Thursday 4pm-8pm

Extended Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 4:00pm MOVIE Butch Cassidy and The Sundance Kid  4:00pm MOVIE Macario  5:30pm YMCA Zumba GOLD	4 3:30pm Jeopardy 4:00pm Bingo  5:30pm YMCA Chair Yoga	5 3:30pm Karaoke  4pm Loteria  4:45pm YMCA Strength & Cardio	6 4:00pm Specialty Bingo  4:45PM YMCA Line Dance 6pm Jeopardy	7 NO EXTENDED HOURS PROGRAM
10 4:00pm MOVIE The Way We Were  5:30pm YMCA Zumba GOLD	CLOSED for VETERAN'S DAY 	12 3:30pm Karaoke  4:45pm YMCA Strength & Cardio	13 4:00pm Specialty Bingo  4:45PM YMCA Line Dance 6pm Jeopardy	14 NO EXTENDED HOURS PROGRAM
17 4:00pm MOVIE The First Wives Club  5:30pm YMCA Zumba GOLD	18 3:30pm Jeopardy 4:00pm Bingo  5:30pm YMCA Chair Yoga	19 3:30pm Karaoke  4:45pm YMCA Strength & Cardio	20 3:30pm Los Clasicos del Ritmo Performance NO BINGO 4:45PM YMCA Line Dance	SORRY WE'RE CLOSED  for STAFF TRAINING
25 4:00pm MOVIE And So It Goes  5:30pm YMCA Zumba GOLD	26 3:30pm Jeopardy 4:00pm Bingo  5:30pm YMCA Chair Yoga	27 3:30pm Karaoke  4:45pm YMCA Strength & Cardio	WE WILL BE Closed ON NOVEMEBER 27 & 28 THANKSGIVING HOLIDAY	
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