


BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, JANUARY 16

Center Members ONLY

THEME: BIRTHDAY BELLS ARE RINGING | BIRTHSTONE COLORS: GARNET, ROSE QUARTZ
DECORATE YOUR TABLE WITH THEME AND COLORS | SERVING HOT MEAL

Irma Pena	Jan. 2	Rachel Garza	Jan. 9	Tony Gonzalez	Jan. 17	San Juana Martinez	Jan. 23	Hyon Russel	Jan. 28
Maria Liendo	Jan. 6	Rosa Guerrero	Jan. 13	Dora O. Borerego	Jan. 17	Silva Zuniga	Jan. 26	Gloria Gutierrez	Jan. 29
Maria E Gonzalez	Jan. 7	Raquel Aguillon	Jan. 14	Lydia Martinez	Jan. 20	Rosa S. Lopez	Jan. 26	Alma McRae	Jan. 30
Jo M. Mata	Jan. 8	Guadalupe Delgado	Jan. 17	Mike Ramirez	Jan. 21	Juanita Martinez	Jan. 27	Julia Solis	Jan. 31



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <div>CENTER CLOSED</div> 	2 9:00 SA Oasis Computer Class 9:30 Discover The World Heritage Center 10:30 YWCA Cardio Dance/Exercise Equipment Training 12:00 Bihl Haus GO! Arts Drawing <div>Frozen Meals Distributed Friday, December 12 through Tuesday, December 23, 2025</div>
5 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 10:30 Ring In The NEW YEAR! 2:00 Older Adults Technology Services (OATS) 2:00 Chair Volleyball Exercise 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table	6 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 11:00 Shopping Wal-Mart 12:00 YWCA Weight Training 1:00 Caregiver SOS Program New Year, New Brain Habits for Cognitive Wellness 3:30 Dia De Los Reyes Celebration 5:00 What's Happening This Week 5:30 SPECIALTY BINGO	7 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 1:00 SA Oasis Computer Class 2:00 Domino for Beginners 3:00 Chair Volleyball Skill Building 5:00 Karaoke/Game Night	8 9:15 YWCA Strength & Flex 10:30 River City Produce Market Nutrition Education & Food Demonstration 1:00 Bihl Haus GO! Arts Painting 3:30 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	9 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance/Exercise Equipment Training 12:00 Bihl Haus GO! Arts Drawing 12:00 Mandatory Volunteer Presentation
12 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 2:00 Older Adults Technology Services (OATS) 2:00 Chair Volleyball Exercise 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table	13 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 1:00 WellMed Health Education 1:30 LOTERIA 4:00 Craft Tuesday Mosaic Flower 5:00 What's Happening This Week 5:30 SPECIALTY BINGO	14 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 12:00 Food Bank 1:00 SA Oasis Computer Class 2:00 Domino for Beginners 3:00 Chair Volleyball Skill Building 5:00 Dine On A Dime 5:00 Games Night	15 9:15 YWCA Strength & Flex 10:30 WellMed D5 Mission Walkers 12:30 BINGO 1:00 Bihl Haus GO! Arts Painting 3:30 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	16 9:00 SA Oasis Computer Class 10:30 YWCA Exercise Equipment Training Observing Dr. Martin Luther King Day 12:00 BIRTHDAY CELEBRATION Theme: Birthday Bells Ringing Colors: Garnet/Rose Quartz 12:00 Bihl Haus GO! Arts Drawing
19 <div>CENTER CLOSED</div> <div>HAPPY MARTIN LUTHER KING JR. DAY</div> <div>Frozen Meal Distributed Friday, January 16</div>	20 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:00 YWCA Weight Training 1:00 Health Screening Program 1:30 LOTERIA 4:00 Flicks and Film 5:00 What's Happening This Week 5:30 SPECIALTY BINGO	21 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 10:00 SA Oasis Lifelong Adventure "Hydration and Healthy Beverages" 1:00 SA Oasis Computer Class 2:00 Domino for Beginners 3:00 Chair Volleyball Skill Building 5:00 Karaoke/Game Night	22 9:15 YWCA Strength & Flex 10:30 WellMed D5 Mission Walkers 12:30 BINGO 1:00 Bihl Haus GO! Arts Painting 3:30 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	23 9:00 SA Oasis Computer Class 9:00 League of Women Voters Vote by Mail Information 10:30 YWCA Cardio Dance/Exercise Equipment Training 12:00 Bihl Haus GO! Arts Drawing 1:30 LOTERIA


26
 9:00 Jewelry Creation
10:00 YWCA Low Impact Cardio
11:00 SHOPPING
 Bargain Depot Goliad
12:15 LOTERIA
 2:00 Older Adults
 Technology Services (OATS)
 2:00 Chair Volleyball Exercise
 4:00 YMCA Movement and Dance
 5:00 Pool Tournament

27
9:30 YWCA Joint Movement
 10:00 Urban 15 Rhythm Royale Percussion
12:00 YWCA Weight Training
 1:00 H.E.A.L. Nutrition Education
1:30 LOTERIA
 4:00 Dine On A Dime
 5:00 What's Happening This Week
 5:30 SPECIALTY BINGO



28
 9:00 Stitch In Time Sewing
 9:00 SA Oasis Computer Class
9:45 YWCA Joint Movement
11:30 Butterfly Outlet
 1:00 SA Oasis Computer Class
 2:00 Domino for Beginners
 3:00 Chair Volleyball Skill Building
 5:00 Game Night
 5:00 National Puzzle Day

29
9:15 YWCA Strength & Flex
 10:30 WellMed D5 Mission Walkers
12:30 BINGO
 1:00 Bihl Haus **GO!** Arts Painting
 3:30 OPEN ART
 (Multipurpose Classroom)
4:00 YMCA CHAIR YOGA
 5:00 What's Happening Next Week
 5:30 Specialty Bingo

30
 9:00 SA Oasis Computer Class
 10:30 YWCA Cardio Dance/
 Exercise Equipment Training
 12:00 Bihl Haus **GO!** Arts
 Drawing
1:30 LOTERIA

 **with Nurse Erika**
Health Screenings
 8:00 - 3:00 Tuesday, Thursday & Friday

9:00 - 11:00 Tuesdays **Medicare Assistance**
Ruby Garcia **Medicaid**
 Independent Insurance Agent WellMed / Partner -Medicare Pro

 
1:00 Tuesday, January 6
New Year, New Brain, Habits for Cognitive Wellness


Are you providing care to a family member or loved one?
 SERVICES INCLUDE 1:1 Coaching, Caregiver Support Groups, Virtual Learning Sessions, Stress Busting Classes & more
Laura Keown Caregiver Specialist (210) 207-5272

BRAIN CHALLENGE
HIDDEN PICTURES
Tuesdays and Thursdays


VOLUNTEERS
12:00 Friday, January 9
Mandatory Volunteer Presentation

Member Orientation
Orientation to Policies and Procedures
COMPUTER LAB ROOM #113
 9:00 am Tuesdays
 1:00 pm Thursdays
MULTIPURPOSE ROOM #116
 5:00 pm Wednesdays

YWCA FUN AND FIT Exercise Classes		
10:00 - 10:45	Monday	Low Impact Cardio
9:30 - 10:15	Tuesday	Joint Movement
12:00 - 12:45	Tuesday	Weight Training
No Exercise Class Third Wednesday		
9:45 - 10:30	Wednesday	Joint Movement
9:15 - 10:15	Thursday	Strength & Flex
10:30-11:30 Every Friday		
Exercise Equipment Training w/Personal Trainer		
10:30-11:30	Friday	Cardio Dance

 COMPUTER CLASSES		
WEDNESDAY		
9:00-11:00	Jan.14-Jan 28	Exploring Google
1:00-3:00	Jan. 14-Jan. 21	Learning Gmail
1:00 - 3:00	Jan. 28	Going Wireless: How to Use Wi-Fi
FRIDAY		
9:00-11:00	Jan 16-Jan. 23	Cybercrime: Phishing and Identity Theft
9:00-11:00	Jan. 30	Discovering Wellness through the Web

SAN ANTONIO SENIOR PLANET FROM AARP	
Older Adult Technology (OATS) 2:00-3:00 Monday	
FREE In-Person Technology Lecture For Older Adults	
Learn how technology can help you take charge of your health with weekly topics	
Jan. 5	Protecting Your Personal Information Online
Jan. 12	Staying Safe Online
Jan. 19	Holiday NO CLASS
Jan. 26	Discover Browser Extensions

the YMCA 

4:00-5:00 Mondays: MOVEMENT AND DANCE
 Movement and Dance can improve your physical and mental health, as well as your social skills.

4:00-5:00 Thursdays: CHAIR YOGA
 Yoga supports stress management, mental health, mindfulness, healthy eating weight loss and quality sleep.

**BROWSIN' ON A BUDGET/
 DINE ON A DIME**
 AFFORDABLE STORES AND RESTAURANTS

CULTURAL AWARENESS
 Documentaries, films, and movies.
 Travel to museums restaurants, and events.
FOR DATES AND TIMES SEE FLIERS

Chair Volleyball
 optional—Travel to other locations
registration required
 2:00 - 4:00 Mondays
 Chair Volleyball as exercise at D5 Center only
 3:00 - 5:00 Wednesday
 Inhouse Chair Volleyball skill building
 Away game dates may vary

Transportation Not Provided

BUTTERFLY POPUP OUTLET
11:30 - 1:00 Last Wednesday
Play Bingo, Loteria, Pokeno WIN
"Butterfly Bucks"
 Redeem Butterfly Bucks for Prizes.

JANUARY 2026

Look inside to discover activities and presentations designed to engage and inspire



Happy New Year 2026

BRING YOUR BELLS TO RING IN THE NEW YEAR!

10:30 MONDAY, JANUARY 5, 2026

*Friday, January 16
Observing
Dr. Martin Luther King Day*

HAPPY
MARTIN LUTHER
KING JR. DAY

**CENTER CLOSED
Monday,
January 19, 2026**

DISTRICT 5 SENIOR CENTER

2701 S. Presa | San Antonio, TX 78210 (210) 207-5270
Active Adult Center for Entertainment (AACE)
Activities from Monday -Thursday 7:15 - 7:45 and Friday 7:15 - 3:45

**MEALS SERVED DAILY
11:00 MONDAY -THURSDAY & 11:30 FRIDAY**

We Are Butterflies!
We Come Alive at District 5 Senior Center!
Our Colors Are Royal Blue and Burnt Orange



FREE PARTICIPATION FOR OLDER ADULTS

Eligibility Criteria

- At least 60 years old
- Ability to take care of personal needs
- Have mental and physical ability to act independently

May bring and use any personal device necessary for mobility

VISIT OR CALL FOR MORE DETAILS