



HUMAN SERVICES

JUNE 2026

Harlandale Nutrition Center
 115 Southcross
 San Antonio TX 78221
 210-924-4771
 Staff: Richard Ramos, NSC
 Rickey Harris, Chauffeur

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Social Hour 9:00 Bingo 11:00 Lunch	2 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	3 8:00 Social Hour 9:00 Bingo 11:00 Lunch	4 8:00 Social Hour 9:00 YMCA Chair Zumba 11:00 Lunch	5 8:00 Social Hour 9:00 Bingo 9:30 HEB 11:00 Lunch
8 8:00 Social Hour 9:00 Bingo 11:00 Lunch	9 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	10 8:00 Social Hour 9:00 Bingo 9:30 Celebrity Bingo with CW Phyllis Viagran 11:00 Lunch	11 8:00 WellMed Nurse 9:00 YMCA Chair Zumba 11:00 Lunch	12 8:00 Social Hour 9:00 Bingo 10:30 Luby's Restaurant 11:00 Lunch
15 8:00 Social Hour 9:00 Bingo 11:00 Lunch	16 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	17 8:00 Social Hour 9:00 Bingo 9:30 Food Bank Distribution 11:00 Lunch	18 8:00 Social Hour 9:00 YMCA Chair Zumba 9:30 Father's Day & Birthday Celebration 11:00 Lunch	19 Center Closed
22 8:00 Social Hour 9:00 Bingo 11:00 Lunch	23 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	24 8:00 Social Hour 9:00 Bingo 9:30 Food Bank Distribution 11:00 Lunch	25 8:00 Social Hour 9:00 YMCA Chair Zumba 11:00 Lunch	26 8:00 Social Hour 9:00 Bingo 9:30 La Tiendita 11:00 Lunch
29 8:00 Social Hour 9:00 Bingo 11:00 Lunch	30 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch			

Food Bank

Food Bank will be distributed June 17, 2026 at 10:00 a.m.
 ID CARDS AND BINS REQUIRED

WellMed Nurse

Second Thursday of the month
 8:00 a.m. - 11:00 a.m.

Have lunch with us!

Hot Meals served Monday through Friday
 11:00 a.m. - 12:00 p.m.

In Person Fitness Classes

Tuesdays: 10:00 a.m. YMCA Chair Zumba
 Thursdays: 9:00 a.m. YMCA Chair Yoga

Birthday Celebrations

Rosalva Moctezuma 6/6
 Anita Alvarado 6/15
 Irene L Martinez 6/20



Consuelo Martinez 6/27
 Manuel Sanchez 6/27
 Pedro Perez 6/28



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 Monday - Friday 8 a.m. - 12 p.m.

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



JUNE 2026

Father's Day & Birthday Celebration

Join us June 18, 2026 at 9:30 a.m. for special Father's Day and Birthday celebration! Great food, wonderful company, and plenty of fun - Come celebrate with us and make it a memorable day!

Field Trips

9:30 A.M.
 June 5, 2026
HEB Grocery Store

10:30 A.M.
 June 12, 2026
LUBY'S RESTAURANT

WHAT HAPPENED LAST MONTH



CINCO DE MAYO & MOTHER'S DAY PARTY



OLDER AMERICANS MONTH CELEBRATION



COMMUNITY SERVICE AWARD



MEMORIAL DAY & BIRTHDAY PARTY

