

CITY OF

SAN ANTONIO

— TEXAS —

HUMAN SERVICES

JANUARY

Southside Lions Senior Center

3303 Pecan Valley

San Antonio, TX. 78210

210-207-1760

Mon-Thurs 7:00am-8:00pm

Friday 7:00am-4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div></div>			<div>1</div> <div>CENTER CLOSED</div> <div>NEW YEAR'S DAY</div> <div></div>	<div>2</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2pm Karaoke</div> <div><u>*No Lunch Served*</u></div>
<div>5</div> <div>10am MOGO Rep: Unidad Gonzalez Medicare Updates</div> <div>5pm Art Project: Gel Mono Prints</div> <div>5pm Poker</div>	<div>6</div> <div>9am Painting</div> <div>10am Senior Planet: Discovering Browser Extensions</div> <div>12:30pm BINGO</div> <div>5pm Movie & Popcorn "Ferris Bueller's Day Off"</div>	<div>7</div> <div>9am Drawing</div> <div>2pm Movie & Popcorn "Ferris Bueller's Day Off"</div> <div>4:30pm BINGO</div> <div>6pm Cornhole</div>	<div>8</div> <div>10am Senior Planet: Wearables at a Glance</div> <div>12:30pm BINGO</div> <div>4:30pm Nertz</div> <div>5:30pm Loteria</div>	<div>9</div> <div>12pm Seniors In Play</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2:30pm SSL Center Early Closure for Staff Meeting</div>
<div>12</div> <div>9am Guide to Internet Safety</div> <div>10am MOGO Rep: Unidad Gonzalez Medicare Updates</div> <div>5pm Craft: Dahlia Flowers</div> <div>5:30pm Darts</div>	<div>13</div> <div>9am Painting</div> <div>9:15am Meet up: The Untouchables Health Club</div> <div>10am Oasis Presents: Community Resources</div> <div>10am Senior Planet: Tech Resources for Everyday Life 1/10</div> <div>12:30pm BINGO</div> <div>1:30pm Prize Market</div> <div>5pm Movie & Popcorn "Selma"</div>	<div>14</div> <div>9am Drawing</div> <div>10am CSFP-CHEESE BOX FOOD BANK</div> <div>2pm Movie & Popcorn "Selma"</div> <div>4:30pm Dominoes</div>	<div>15</div> <div>9am 10 Fun Things to do w/lpad</div> <div>9:30am Nutritional Ed: Bananas</div> <div>10am Senior Planet: Tech Resources for Everyday Life 2/10</div> <div>12:30pm BINGO</div> <div>1pm Digital Wallet</div> <div>1pm WellMed Wellness Meeting</div> <div>4:30pm Trivia</div>	<div>16</div> <div>9:30am Shopping Trip-to WalMart</div> <div>11:15am Seniors In Play Showcase</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2pm Karaoke</div>
<div>19</div> <div>CENTER CLOSED</div> <div></div>	<div>20</div> <div>9:30am Shopping Trip to Neighbor's Market</div> <div>10am Senior Planet: Tech Resources for Everyday Life 3/10</div> <div>12:30pm BINGO</div> <div>5pm Movie & Popcorn "The Long Walk Home"</div>	<div>21</div> <div>9am WellMed Nurse Presentation:</div> <div>9am Drawing</div> <div>10am HOPE FOOD BANK</div> <div>2pm Movie & Popcorn "The Long Walk Home"</div> <div>5:30pm Loteria</div>	<div>22</div> <div>9am Learning Gmail</div> <div>10am Senior Planet: Tech Resources for Everyday Life 4/10</div> <div>12:30pm BINGO</div> <div>1pm Beginner's Guide to the Cloud</div> <div>5:30pm BINGO</div>	<div>23</div> <div>10am Seniors In Play</div> <div>10am AACOG Resource Fair</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2pm Karaoke</div>
<div>26</div> <div>9am Iphone Basics</div> <div>10am MOGO Rep: Unidad Gonzalez Medicare Updates</div> <div>5pm Craft: Making Valentine's Cards</div> <div>6pm Loteria</div>	<div>27</div> <div>9am Painting</div> <div>9am Produce Market Potatoes</div> <div>9:15am Meet up: The Untouchables Health Club</div> <div>10am Senior Planet: Tech Resources for Everyday Life 5/10</div> <div>12:30pm BINGO</div> <div>5pm Movie & Popcorn "Seabiscuit"</div> <div>6pm Darts</div>	<div>28</div> <div>9am SSL New Member Orientation</div> <div>9am Drawing</div> <div>10am Dream Week: San Antonio Storytellers</div> <div>2pm Movie & Popcorn "Seabiscuit"</div> <div>4:30pm Pool Tournament</div>	<div>29</div> <div>9am Learning Gmail</div> <div>10am Senior Planet: Tech Resources for Everyday Life 6/10</div> <div>12:30pm BINGO</div> <div>1pm YouTube</div> <div>3pm Volleyball w/Cops</div> <div>5pm Craft: Origami</div>	<div>30</div> <div>9:30am Shopping Trip to Dollar General</div> <div>10am Seniors In Play</div> <div>12pm Celebrating January Birthdays!</div> <div>12:30pm LOTERIA</div> <div>1:30pm Fitness Area Machine Orientation</div> <div>2pm Karaoke</div>

January Announcements & Events:

CSFP Cheese Box Wednesday January 14, 2026 10:00-10:45am & 12:00-3:45pm
HOPE Program Wednesday January 21, 2026 10:00-10:45am & 12:00-3:45pm

Please note: San Antonio Food Bank is not accepting new applicants for CSFP or HOPE Program at this time
FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30am Stretch WellMed Nurse (Patty) 10:30am Line Dancing (Teresa) 1pm Chair Yoga (Erma) 4pm Muscle Strength (Jane)	9am Chair Rise and Thrive (Raina) 10:15am Zumba (Teresa) 12pm Forever Well Circuit (Alexis) 4pm Low Impact Bootcamp (Rodney)	8:30am Gentle Yoga (Teresa) 10am Dance Alegria (Urban 15) 1pm Senior Circuit (Shelly) 5pm Strength and Toning (Alexis)	9:15am WellMed Walking Group (Patty) 10:15am Tai Chi (Theresa) 1pm Strength & Toning (Teresa) *2pm-5pm Last Thursday of month Open Play Chair Volleyball	9am Low Impact Bootcamp (Rodney) 10:30am Senior Circuit (Mark) 1pm Forever Well Stretch (Jane)

Sign-Up for a Fitness Class

- * To reserve spot call **210-207-1760** 24 hours before each class to register or reserve in person with staff.
- * Tickets for entry to classes are given at check in to center, or when previous class is done.
- * Ticket will be handed only to participating member. **(Lost tickets will not be replaced)**
- * All classes are 45 minutes & are held in the Fitness Room unless otherwise noted.
- * Hand ticket to instructor when entering classroom.
- Seating is on a first come basis, no disruptions of class once started.

Class Schedule & Instructors subject to change

- NO LATE ARRIVALS-NO ENTRY AFTER 5 MINUTES OF CLASS START TIME.
- UPON CLASS START TIME, REMAINING TICKETS WILL GO TO MEMBERS ON STANDBY LIST
- TENNIS SHOES MUST BE WORN IN FITNESS CLASSROOM & GYM AREA AT ALL TIMES

Lunch at Southside Lions Center
11:00-12:00 Monday-Friday



- * Lunch tickets are available as early as 9:00 AM
- * Membership card is required
- * Hold your ticket till 11:00 AM—Please do not lose ticket
- * Lunches are available while supplies last
- * Meals cannot be taken home, with the exception of frozen meals for center closure.
On the dates center is closed frozen or shelf stable meals will be given to take home.

Southside Lions Senior Center Reminders

No lunch served on January 2, 2026-frozen meal was given on Tuesday December 23rd

Early Center Closure December 9th at 2:30pm for Staff Training

Frozen meal given on Friday January 16th for Center Closure on January 19th

Signup for Produce Market starts January 20, 2026



SPREAD JOY IN 2026

Invite your friends, relatives or neighbors to join Southside Lions Senior Center

- To become eligible to attend a senior center and participate in services such as exercise and the meal program, individuals must be a resident of Bexar County and be 60 years & Older. No cost for eligible seniors
- To become registered, interested individuals can visit their preferred location to complete an application packet.
- A valid ID is required for registration.

Hours for Senior Centers are:
Monday-Thursday 7:00am-8:00pm Friday 7:00am-4:00pm

Calendar and Instructors subject to change