



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

## 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\*

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