



DECEMBER

Walker Ranch Senior Center
835 W. Rhapsody
San Antonio, TX, 78216
210-207-5280
Monday - Thursday: 7 AM - 8 PM
Friday: 7 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:15 AM - Walking with WellMed (Registration required) 9:30 AM to 11:30 AM - Discovering Wellness on the Web through Technology (CR) 10AM to 12PM - Play Progressive Bridge (C2) 1 PM to 3 PM - Play Intermediate Bridge (C2) 1 PM to 3 PM - Computer Class: Google Docs (CR) 4:30 PM - Movie (C1)</p> <p>Field trip registrations today at 9:30 AM</p>	<p>2 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:30 AM - Nutrition Education: Eating Well for Blood Sugar Control (D) 9:30 AM to 11:30 AM - Translation Tools (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 to 2:30 PM - Chess Club (C2) 1 PM - Virtual Tour: Villa La Angostura: Gateway to Patagonia's Beauty (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Exploring AI (8 of 10) (C1)</p> <p>Holiday Scavenger Hunt 5:00 PM - 6:00 PM (D)</p>	<p>3 9 AM to 11 AM - Computer Class: Introduction to Email (1 of 2) (CR) 9 AM - Walking With Nurse Tiffany 9:45 AM - Field Trip: San Antonio Garden Center Holiday Market (Reservation required) 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM - Team Trivia (A) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM to 3 PM - Discovering Wellness on the Web through Technology (CR) 4:30 PM - Bingo (D)</p>	<p>4 9:00 AM - Nature Walks at Walker Ranch Park with Parks and Recreation 9:30 AM - Bingo (D) 10 AM - Presentation with Oasis: ID SA SAFFE Program (C1) 10 AM - Virtual Tour: Budapest, Hungary: Winter Warmth and Wonder (CR)</p> <p>9:30 to 11:30 AM CPS Energy Onsite</p>	<p>5 8:30 to 9 AM WellMed Stretch Class (F) (Registration required) 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 9:30 AM - Field Trip: San Antonio Zoo (Reservation required) 12:30 PM to 2:30 PM - Open Play Table Games (C2)</p> <p>Note: Activities must conclude by 3:45 PM.</p>
<p>8 9:15 AM - Walking with WellMed (Registration required) 9:30 AM to 11:30 AM - Introduction to Email (1 of 2) (CR) 10AM to 12PM - Play Progressive Bridge (C2) 1 PM to 3 PM - Play Intermediate Bridge (C2) 1 PM to 3 PM - iPad Basics (1 of 2)(CR) 4:30 PM - Movie (C1)</p> <p>8:45 AM Convoy of Hope Food Bank distribution today for applicants approved through Walker Ranch Senior Center.</p>	<p>9 9:30 AM to 11:30 AM - Apps for Positivity and A Healthy Life (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 to 2:30 PM - Chess Club (C2) 1 PM - Virtual Tour: Regensburg, Germany: Medieval Magic and Holiday Lights (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Exploring AI (9 of 10) (C1)</p> <p>12:30 PM Women's Pool Tournament in the Game Room. Registration will be the day of the tournament.</p> <p>San Antonio Chinese Choir and Performance Group 1:30 - 2:30PM (D)</p>	<p>10 9 AM to 11 AM - Computer Class: Introduction to Email (2 of 2) (CR) 9 AM - Walking With Nurse Tiffany 9:15 AM - Field Trip: Mission San Jose (Registration required) 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 12:30 PM - Team Trivia (A) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM to 3 PM - All About Pass-words (CR) 4:30 PM - Loteria (D)</p> <p>9 AM to 1 PM - Medicare Benefits Counseling (CO)</p>	<p>11 9:30 AM - Loteria (D) 10 AM - Virtual Tour: Ljubljana, Slovenia: The Glow of Christmas in the Green Capital (CR)</p> <p>Holiday Extravaganza Enjoy a variety of performances, a sing-along followed by DJ JoJo Beats 4:00 PM - 7:00 PM (D)</p> 	<p>12 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 10 AM - Beginning Genealogy (CR) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 1 PM - Good Grammar for Everyone (C1)</p> <p>Note: Activities must conclude by 2:15 PM. The center closes at 2:30 PM for staff training.</p> <p>*Frozen Meal Distribution for 12/24</p>
<p>15 9:15 AM - Walking with WellMed (Registration required) 10AM to 12PM - Play Progressive Bridge (C2) 11:30 AM - Computer Class: Introduction to Email (2 of 2) (CR) 1 PM to 3 PM - Computer Class: iPad Basics (2 of 2) (CR) 4:30 PM - Movie (C1)</p> <p>In person art class registration begins today at 9:30 AM. First come first, serve basis until spots fill up. Session will run from 01/04 - 03/27.</p> <p>*Frozen Meal Distribution for 12/25*</p>	<p>16 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:30 AM - Nutrition Education: Jingle All the Way to Better Health, Why Meal Prep Matters for Older Adults (D) 9:30 AM to 11:30 AM - What's App (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 to 2:30 PM - Chess Club (C2) 1 PM - Virtual Tour: Vienna, Austria: Holiday Magic in the Heart of Vienna (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Exploring AI (10 of 10 and Graduation) (C1)</p> <p>Blood Drive Mobile Unit 9:30AM - 2:30 PM (Parking Lot)</p> <p>*Frozen Meal Distribution for 12/26*</p>	<p>17 9 AM - Walking With Nurse Tiffany 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1:00 PM - Nature Walks at Walker Ranch Park with Parks and Recreation 1 PM - Book Club Meeting: The Heaven and Earth Grocery Store by James McBride (C1) 4:30 PM - Bingo (D) 5:30 PM - Talking Poetry Open-Mic (CONF) Holiday Sing-Along featuring Pianist Doreen 9:45AM - 10:45 AM (D) Lanier High School Jazz Concert 6:00 PM - 7:00 PM (D) *Frozen Meal Distribution for 12/29*</p>	<p>18 9:30 AM - Bingo (D) 10 AM - Health Talks with Nurse Tiffany - Flu and Older Adults (C1) 10 AM - Virtual Tour: Candlelight in the Holy City: Hanukkah's Fourth Night (CR) 3:00 PM - DJ JoJo's Power Hour (D)</p> <p>11:30 AM Pool Tournament in the Game Room. Registration will be the day of the tournament.</p> <p>*Frozen Meal Distribution for 12/30*</p>	<p>19 8:30 to 9 AM WellMed Stretch Class (F) (Registration required) 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 12 PM - December Birthdays Celebration (D)</p>  <p>*Frozen Meal Distribution for 12/31*</p>
<p>22 9:15 AM - Walking with WellMed (Registration required) 9:30 AM - Member Orientation (C1) 10AM to 12PM - Play Progressive Bridge (C2) 1 PM to 3 PM - Play Intermediate Bridge (C2) 4:30 PM - Movie (C1)</p> <p>*Frozen Meal Distribution for 01/01*</p>	<p>23 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 to 2:30 PM - Chess Club (C2) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 1 PM - Virtual Tour: Banff, Canada: A Winter's Day in the Canadian Rockies (CR) 2 PM to 3 PM - Emojis, Gifts and More (C1)</p> <p>Holiday Tea Party 5:00 PM - 6:30 PM (D)</p> <p>*Frozen Meal Distribution for 01/02*</p>	 <p>Center is closed from December 24th through January 1st.</p>		
<p>HOLIDAY SPIRIT WEEK Dec. 8th - Dec. 12th PAJAMA MONDAY Dress in your coziest holiday PJ's TOASTIE TUESDAY Wear a holiday hat ONESIE WEDNESDAY Wear a holiday onesie TINSEL TOES THURSDAY Wear silly holiday socks FLANNEL FRIDAY Wear your holiday flannel</p>	<p>REGISTER FOR ART CLASSES</p> <p>Registration will begin in person at 9:30AM on December 15.</p> <p>First come, first serve basis until spots fill up.</p> <p>Limit 1 class per member.</p> <p>Classes begin January 4th through March 27th.</p>	<p>GUITAR Classes</p> <p>EVERY THURSDAY Beginning January 04 through February 26th</p> <p>Beginner Class 1 PM to 1:45 PM</p> <p>Intermediate Class 1:45 PM to 2:30 PM</p> <p>Registration opens on December 17th at 9:30 AM.</p> 	<p>Legend: Art Room (A) Classroom 1 (C1) Classroom 2 (C2) Computer Room (CR) Conference Room (CONF) Consulting Office (CO) Dining Room (D) Fitness Room (F) Game Room (GR) Nurse's Office (NO) Outdoor Courts (OC)</p>	<p>Please note that this calendar is tentative and subject to change without any advance notice.</p>


GROUP FITNESS SCHEDULE
<div>MONDAY</div> <ul style="list-style-type: none">9 AM - Line Dance10 AM - Tai Chi (volunteer-led)11:30 AM - Low Impact Cardio1 PM - Circuit2 PM - Yoga3 PM - Barre/Pilates5 PM - Yoga (Yin)
<div>TUESDAY</div> <ul style="list-style-type: none">8 AM - Low Impact Cardio9 AM - Circuit10 AM - Zumba11 AM - Joint & Movement12:15 PM - Silver Sneakers Classic1:15 PM - Line Dance3 PM - Circuit4:30 PM - Chair Aerobics5:30 PM - Line Dance
<div>WEDNESDAY</div> <ul style="list-style-type: none">8:15 AM - Zumba10 AM - Yoga11 AM - Strength & Toning1 PM - Circuit4:30 PM - Belly Dancing
<div>THURSDAY</div> <ul style="list-style-type: none">8 AM - Sit & Be Fit9 AM - Low Impact Boot Camp10 AM - Tai Chi (volunteer-led)11 AM - Zumba Gold12 PM - Yoga (Vinyasa Flow)1 PM - Circuit2 PM - Strength & Toning3 PM - Mobility & Stretch4:30 PM - Tai Chi (Intermediate)
<div>FRIDAY</div> <ul style="list-style-type: none">9:15 AM - Pilates10 AM - Strength11 AM - Line Dance12 PM - Sit & Be Fit1 PM - Core & Balance Boot Camp

FITNESS CLASS RESERVATION PROCESS
<ul style="list-style-type: none">Class registration <u>begins at 7:30 AM by calling 210-207-5280</u> the day before a class. In person registration may also be done the day before a class or the day of. Limit one class per day, however, if there is availability, member may wait in line 10 minutes before a fitness class starts. <u>Please note that leaving a voicemail is not considered as a reservation.</u>Tickets for entry into the fitness classes are distributed <u>10 minutes before class.</u> To pick up a ticket, line up by the front desk and wait to be called.If the previous fitness class has not finished, please wait outside the room until class has concluded. Once class has concluded, wait for the instructor to take your ticket. Instructor will then provide a sign in sheet - sign in on your assigned number.If you would like to take a second class and there are available spots the day of, spots will be assigned to members who are present and in the standby line <u>10 minutes</u> before class starts, with priority given to members who are not registered for another class or who have not taken a class. <p>Late Arrival Policy: Open slots will be given to members waiting in line <u>one</u> minute before class begins. <i>No late admittance.</i></p> <p>Note: Limit of <u>1</u> class per day, based on class availability.</p> <p>Note: There is <u>no</u> “spot saving” for any fitness class.</p> <p>**All classes may be accommodated as needed.**</p>


FITNESS EQUIPMENT ORIENTATION
<p><i>Learn how to start, stop & adjust machines!</i></p> <p>Join Walker Ranch Senior Center staff every Thursday at 3:15 PM for a basic introduction to fitness equipment.</p> <p><u>Please consult your medical provider should you have any questions regarding medical advice.</u></p>

TRANSPORTATION TO THE CENTER
<p><i>In need of a ride? You may qualify for transportation services to and from the center!</i></p> <div></div> <p>For more information on transportation provided by the center, please see the reception desk.</p>

VOLUNTEER-LED ACTIVITIES
<div>Monday</div> <ul style="list-style-type: none">9 AM to 9:45 AM - Tai Chi Club (Classroom 2) <i>Weekly.</i>9 AM - Craft Time (Art Room) <i>Weekly.</i>10 AM - Name That Tune (Classroom 1) <i>2nd Monday.</i>12:30 PM - Women’s Billiards for Beginners (Game Room) <i>Weekly. Registration required.</i>1:30 PM - Intermediates Women’s Billiards (Game Room) <i>Weekly. Registration required.</i>2:30 PM - Advanced Women’s Billiards (Game Room) <i>Weekly. Registration required.</i>4 PM - Karaoke (Dining Room) <i>Weekly.</i>
<div>Tuesday</div> <ul style="list-style-type: none">12:30 PM to 2:30 PM - Chess Club (Classroom 2)3 PM - Bunco (Classroom 2) <i>3rd Tuesday. Registration required.</i>4:30 PM - Play Jeopardy (Conference Room) <i>Weekly.</i>
<div>Wednesday</div> <ul style="list-style-type: none">9:15 AM to 9:45 AM - Yoga: Back to Basics (Fitness Room) <i>2nd and 4th Wednesday. Registration required.</i>12:30 PM - Team Trivia (Art Room) <i>Weekly.</i>2:30 PM - Meditation (Art Room) <i>Weekly. Registration required.</i>
<div>Thursday</div> <ul style="list-style-type: none">9 AM to 9:45 AM - Tao Club (Classroom 2) <i>Weekly.</i>9 AM to 11 AM - Open Art Studio Time (Art Room) <i>Bring your own supplies. 1st and 3rd Thursday.</i>9:30 AM to 11:30 AM - Socrates Café and Talk About Ted Talks (Conference Room) <i>Weekly.</i>10 AM to 12 PM - Beginner Bridge (Classroom 2) <i>Weekly.</i>12:30 PM to 2 PM - Karaoke (Dining Room) <i>Weekly.</i>12:30 PM - Learn to Play Eastern Mahjong (Classroom 2) <i>Weekly.</i>1 PM to 1:45 PM - Beginners Guitar Classes (Classroom 1) <i>Registration required. Weekly.</i>1:45 PM to 2:30 PM - Intermediate Guitar Classes (Classroom 1) <i>Registration required. Weekly.</i>2:30 PM - Jam Session (Classroom 1) <i>Weekly.</i>
<div>Friday</div> <ul style="list-style-type: none">9:30 AM to 11 AM Knitting for Beginners (Art Room)1:00 PM - Good Grammar for Everyone (Classroom 1) <i>2nd and 4th Friday.</i>1:30 PM to 3:30 PM - The Tao of Poetics, Open Writing Workshop (Conference Room) <i>Last Friday.</i>

PROJECT HOPE FOOD BANK DISTRIBUTION
<div><div><div><div><div>San Antonio</div><div>FOOD BANK</div><div>SERVING SOUTHWEST TEXAS</div></div><div></div></div></div><div><p>Distribution Date</p><p>3rd Wednesdays between 9 AM & 10 AM. Distribution tickets may be picked up beginning at 8:45 AM. Commodities pickup is reserved for Walker Ranch Senior Center & SA Food Bank approved applicants only. A valid Drivers License or photo ID required at pickup.</p><p><i>Next distribution date: December 8th</i></p></div></div>

FIELD TRIPS
<ul style="list-style-type: none">December 3rd, 9:45 AM - San Antonio Garden Center Holiday Market An annual holiday market shopping event where you will find great new selection of holiday decorations from outstanding artists, gifts, jewelry, décor fashion and accessories.December 5th, 9:30AM (\$8/person)- San Antonio Zoo Members are responsible for their entrance fee. Make sure to bring an ID or utility bill showing Bexar County residency!December 10th, 9:15 AM - Mission San Jose also known as the “Queen of the Missions.” A one hour member led-tour of the largest missions and was almost fully restored to its original design in the 1930s by the Works Progress Administration (WPA). <p><i>*All field trips are subject to change.</i></p> <p><i>**Only one trip per member per month, based on availability.</i></p> <p><i>NOTE: Field trip registrations will begin at 9:30 AM on December 1st.</i></p>

MEAL PROGRAM
<div><div></div><div><p>Hot meals are served in the dining room from 11 AM to 12:30 PM on a first come, first serve basis. While supplies last.</p><p>Hot meals must be eaten in the dining room with the exception of frozen meals for center closure.</p><p><i>*On the days the center is closed, members will receive a frozen meal to take home.*</i></p></div></div>

ALL ARE WELCOME
