

# BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, FEBRUARY 20

**Center Members ONLY**

**THEME: Birthday Bells are ringing | Birthstone colors: Amethyst (purple)  
DECORATE YOUR TABLE WITH THEME AND COLORS | FROZEN MEAL**

Irma Deleon	Feb. 1	Tomas Hinojosa	Feb. 8	Simon Arana Torres	Feb. 18	Jose Castillo	Feb. 23	Mary Villarreal	Feb. 26
Grace Hinez	Feb. 3	Silvia Ruiz	Feb. 10	Gilberto Meza	Feb. 19	Thomas DeLuna	Feb. 23	Jesus Garcia	Feb. 27
Edward Arredondo	Feb. 4	Anita Gonzales	Feb. 12	Hector Lopez	Feb. 19	Stephen Jakudowycz	Feb. 23	Rosa Solis	Feb. 27
Guadalupe Perez	Feb. 5	Mary Pasillas	Feb. 13	Eliazar Garcia	Feb. 21	Richard Hernandez	Feb. 24		



Honoring JANUARY Birthdays



River City Produce Nutrition Education & Food Demonstration



Happy New Year from District 5 Senior Center



Discover The World Heritage Center



Extended Hours Game Night/Karaoke



December Holiday Ball



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00 Jewelry Creation <b>10:00 YWCA Low Impact Cardio</b> <b>12:15 LOTERIA</b> 2:00 Older Adults Technology Services (OATS) 2:00 Chair Volleyball Exercise 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table 5:00 Dia De La Candelaria Festivity	<b>3</b> <b>9:30 YWCA Joint Movement</b> 10:00 Urban 15 Rhythm Royale Percussion <b>11:00 Shopping</b> Trinkets & Treasures Thrift Shop <b>12:00 YWCA Weight Training</b> <b>1:30 LOTERIA</b> <b>3:30 Valentine's Craft Day</b> 5:00 What's Happening This Week 5:30 SPECIALTY BINGO	<b>4</b> 9:00 Stitch In Time Sewing <b>9:00 SA Oasis Computer Class</b> 10:00 SA Oasis Lifelong Adventure "Exercise for Older Adults" <b>12:30 Pokeno</b> 1:00 SA Oasis Computer Class <b>2:00 Domino for Beginners</b> 3:00 Chair Volleyball Skill Building 5:00 Karaoke/Games Night	<b>5</b> <b>Red for Heart Health Day</b> <b>9:15 YWCA Strength &amp; Flex</b> 10:30 WellMed D5 Mission Walkers <b>12:30 BINGO</b> 1:00 Bihl Haus <b>GO!</b> Arts Drawing 3:30 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	<b>6</b>  <b>Super Bowl Friday Jersey/T-Shirt Day</b> <b>9:00 SA Oasis Computer Class</b> 10:30 YWCA Cardio Dance/ Exercise Equipment Training 12:00 Bihl Haus <b>GO!</b> Arts Painting <b>1:30 LOTERIA</b> <b>2:30 Early Release Staff Monthly</b>
<b>9</b> 9:00 Jewelry Creation <b>9:00 H.E.A.L.</b> Nutrition Education <b>10:00 YWCA Low Impact Cardio</b> <b>12:15 LOTERIA</b> 2:00 Older Adults Technology Services (OATS) 2:00 Chair Volleyball Exercise 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table	<b>10</b> <b>9:30 YWCA Joint Movement</b> 10:00 Urban 15 Rhythm Royale Percussion <b>11:00 Shopping H.E.B.</b> <b>12:00 YWCA Weight Training</b> <b>1:00 WellMed Health Education</b> <b>1:30 LOTERIA</b> <b>4:00 Flicks &amp; Film</b> 5:00 What's Happening This Week 5:30 SPECIALTY BINGO	<b>11</b> 9:00 Stitch In Time Sewing <b>9:00 SA Oasis Computer Class</b> <b>9:45 YWCA Joint Movement</b> <b>12:00 Food Bank</b> 1:00 SA Oasis Computer Class <b>2:00 Domino for Beginners</b> 3:00 Chair Volleyball Skill Building 4:00 Memories In Writing 5:00 Game Night	<b>12</b> <b>8:30 Cowboys Breakfast</b> <b>9:15 YWCA Strength &amp; Flex</b> <b>9:30 Senator José Menéndez</b> Senior Sweetheart Dance Lucky Ballroom <b>12:30 BINGO</b> 1:00 Bihl Haus <b>GO!</b> Arts Drawing <b>2:00 Valentine's Day</b> <b>Rodeo Potluck</b> 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	<b>13</b> <b>9:00 SA Oasis Computer Class</b> <b>9:00 Discover The World</b> Heritage Center <b>9:30 Dental Resource</b> 10:30 YWCA Cardio Dance/ Exercise Equipment Training 12:00 Bihl Haus <b>GO!</b> Arts Painting <b>12:30 Volunteer</b> <b>Monthly Meeting</b>
<b>16</b> 9:00 Jewelry Creation <b>9:00 LOTERIA</b> <b>10:00 YWCA Low Impact Cardio</b> 1:00 Health Screening Program 2:00 Chair Volleyball Exercise 4:00 YMCA Movement and Dance 5:00 Game Night/Billiards Table	<b>17</b> <b>9:30 YWCA Joint Movement</b> 10:00 Urban 15 Rhythm Royale Percussion <b>12:00 YWCA Weight Training</b> <b>12:30 Mardi Gras Parade</b> <b>&amp; Kings Cake</b> <b>1:00 Caregiver SOS Program</b> "Love Your Brain" 4:00 Chinese New Year Festival/Craft 5:00 What's Happening This Week 5:30 SPECIALTY BINGO	<b>18</b> 9:00 Stitch In Time Sewing <b>9:00 SA Oasis Computer Class</b> <b>9:45 YWCA Joint Movement</b> <b>12:00 Black History Month</b> Film, Snack & Success <b>1:00 Black History Month</b> Magnolia Hospice Karaoke Music 1:00 SA Oasis Computer Class <b>2:00 Domino for Beginners</b> 3:00 Chair Volleyball Skill Building 5:00 Karaoke/Game Night	<b>19</b> <b>9:15 YWCA Strength &amp; Flex</b> <b>10:30 Let's Rodeo \$3.00 day</b> WellMed D5 Mission Walkers <b>12:30 BINGO</b> 1:00 Bihl Haus <b>GO!</b> Arts Drawing 3:30 OPEN ART (Multipurpose Classroom) 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo	<b>20</b> <b>9:00 SA Oasis Computer Class</b> 10:30 YWCA Exercise Equipment Training <b>12:00 BIRTHDAY</b> <b>CELEBRATION</b> Theme: Boots, Bling and Birthday things Colors: Amethyst (Purple) 12:00 Bihl Haus <b>GO!</b> Arts Painting
<b>23</b> 9:00 Jewelry Creation <b>10:00 YWCA Low Impact Cardio</b> <b>11:00 Shopping</b>	<b>24</b> <b>9:30 YWCA Joint Movement</b> 10:00 Urban 15 Rhythm Royale Percussion <b>12:00 YWCA Weight Training</b>	<b>25</b> 9:00 Stitch In Time Sewing <b>9:00 SA Oasis Computer Class</b>	<b>26</b> <b>9:15 YWCA Strength &amp; Flex</b> <b>9:30 Senior Expo</b>	<b>27</b> <b><u>NO MEAL OR</u></b> <b><u>TRANSPORTION</u></b>

<b>1:00 Shopping</b> <b>Ollie's Bargain Outlet</b> <b>12:15 LOTERIA</b> <b>2:00 Older Adults</b> <b>Technology Services (OATS)</b> <b>2:00 Chair Volleyball Exercise</b> <b>4:00 YMCA Movement and Dance</b> <b>5:00 Games Night/Billiards Table</b>	<b>12:00 YMCA Weight Training</b> <b>11:00 South Texas Hearing</b> <b>1:30 LOTERIA</b> <b>4:00 Black History Month Celebration</b> <b>5:00 What's Happening This Week</b> <b>5:30 SPECIALTY BINGO</b>	<b>11:30 Butterfly Outlet</b> <b>1:00 SA Oasis Computer Class</b> <b>2:00 Domino for Beginners</b> <b>3:00 Chair Volleyball Skill Building</b> <b>5:00 Game Night</b> <b>5:00 Inhouse Pool Challenge</b>	<b>12:30 BINGO</b> <b>1:00 Bihl Haus GO! Arts Drawing</b> <b>3:30 OPEN ART</b> (Multipurpose Classroom) <b>4:00 YMCA CHAIR YOGA</b> <b>5:00 What's Happening Next Week</b> <b>5:30 Specialty Bingo</b>	<b>9:00 SA Oasis Computer Class</b> <b>10:30 YWCA Cardio Dance/</b> <b>Exercise Equipment Training</b> <b>12:00 Bihl Haus GO! Arts</b> <b>Painting</b> <b>1:30 LOTERIA</b>
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<div><div><div><div><div></div><div>with Nurse Erika</div></div><div><div>Health Screenings</div><div>8:00 - 3:00 Tuesday, Thursday &amp; Friday</div></div></div><div><div>9:00 - 11:00 Tuesdays</div><div>Medicare Assistance</div><div>Medicaid</div></div><div><div>Ruby Garcia</div><div>Independent Insurance Agent WellMed / Partner –Medicare Pro</div></div><div><div>CAREGIVER SOS</div><div>WELLMED CHARITABLE FOUNDATION</div></div><div><div>1:00 Tuesday, February 17</div><div>Love Your Brain</div></div><div><div>Are you providing care to a family member or loved one?</div><div>SERVICES INCLUDE 1:1 Coaching, Caregiver Support Groups,</div><div>Laura Keown Caregiver Specialist (210) 207-5272</div></div><div><div>BRAIN CHALLENGE</div><div>HIDDEN PICTURES</div><div>Tuesdays and Thursdays</div></div><div><div>VOLUNTEERS</div><div>12:00 Wednesday, February 4 Volunteer Committee</div><div>12:30 Friday, February 13 Volunteer Monthly Meeting</div></div><div><div>Member Orientation</div><div>Orientation to Policies and Procedures</div><div>COMPUTER LAB ROOM #113</div><div>9:00 am Tuesdays</div><div>1:00 pm Thursdays</div></div></div><td><div><div><div>YWCA</div><div>FUN AND FIT Exercise Classes</div></div><div><div><div><div>10:00 - 10:45</div><div>Monday</div><div>Low Impact Cardio</div></div><div><div>9:30 -10:15</div><div>Tuesday</div><div>Joint Movement</div></div><div><div>12:00 -12:45</div><div>Tuesday</div><div>Weight Training</div></div></div><div><div>No Exercise Class Third Wednesday</div></div><div><div><div><div>9:45 -10:30</div><div>Wednesday</div><div>Joint Movement</div></div><div><div>9:15 -10:15</div><div>Thursday</div><div>Strength &amp; Flex</div></div></div><div><div>10:30-11:30 Every Friday</div><div>Exercise Equipment Training w/Personal Trainer</div></div><div><div><div>10:30-11:30</div><div>Friday</div><div>Cardio Dance</div></div></div></div><div><div><div><div><div></div><div>COMPUTER CLASSES</div></div><div>WEDNESDAY</div><div><div><div><div>9:00-11:00</div><div>Feb. 4 - 11</div><div>iPhone Basics</div></div><div><div>9:00-11:00</div><div>Feb. 18</div><div>Cybercrime: What's the best browser for me?</div></div><div><div>9:00-11:00</div><div>Feb. 25</div><div>Windows 11</div></div><div><div>1:00-3:00</div><div>Feb. 4-11</div><div>iPad Basics</div></div><div><div>1:00-3:00</div><div>Feb. 18</div><div>Guide to internet Safety</div></div><div><div>1:00-3:00</div><div>Feb. 25</div><div>Meet the Computer</div></div></div></div><div>FRIDAY</div><div><div><div><div>9:00-11:00</div><div>Feb. 6</div><div>Beginners Guide to the Cloud</div></div><div><div>9:00-11:00</div><div>Feb. 13-20</div><div>Google Maps</div></div><div><div>9:00-11:00</div><div>Feb. 27</div><div>Google Calendars</div></div></div></div><div><div><div>SAN ANTONIO SENIOR PLANET FROM AARP</div><div>Older Adult Technology (OATS) 2:00-3:00 Monday</div></div><div><div>FREE In-Person Technology Lecture For Older Adults</div><div>Learn how technology can help you take charge of your health with weekly topics</div></div><div><div><div><div>Feb. 2</div><div>Everyday Uses of AI</div></div><div><div>Feb. 9</div><div>Cloud Storage</div></div><div><div>Feb. 16</div><div>Holiday NO CLASS</div></div><div><div>Feb. 23</div><div>Outdoor Adventure Apps</div></div></div></div></div></div></div></div></div></div></td><td><div><div><div>the YMCA</div><div></div></div><div><div>4:00-5:00 Mondays: MOVEMENT AND DANCE</div><div>Movement and Dance can improve your physical and mental health, as well as your social skills.</div></div><div><div>4:00-5:00 Thursdays: CHAIR YOGA</div><div>Yoga supports stress management, mental health, mindfulness, healthy eating weight loss and quality sleep.</div></div><div><div>BROWSIÑ ON A BUDGET/ DINE ON A DIME</div><div>AFFORDABLE STORES AND RESTAURANTS</div></div><div><div>CULTURAL AWARENESS</div><div>Documentaries, films, and movies.</div><div>Travel to museums restaurants, and events.</div><div>FOR DATES AND TIMES SEE FLIERS</div></div><div><div>Chair Volleyball</div><div>optional—Travel to other locations</div><div>registration required</div><div>2:00 - 4:00 Mondays</div><div>Chair Volleyball as exercise at D5 Center only</div><div>3:00 - 5:00 Wednesday</div><div>guest invited</div><div>Inhouse Chair Volleyball skill building Away game dates may vary</div><div>Transportation Not Provided</div></div><div><div>BUTTERFLY POPUP OUTLET</div><div>11:30 - 1:00 Last Wednesday</div><div>Play Bingo, Loteria, Pokeno WIN</div><div>“Butterfly Bucks”</div><div>Redeem Butterfly Bucks for Prizes.</div></div></div></td></div>	<div><div><div>YWCA</div><div>FUN AND FIT Exercise Classes</div></div><div><div><div><div>10:00 - 10:45</div><div>Monday</div><div>Low Impact Cardio</div></div><div><div>9:30 -10:15</div><div>Tuesday</div><div>Joint Movement</div></div><div><div>12:00 -12:45</div><div>Tuesday</div><div>Weight Training</div></div></div><div><div>No Exercise Class Third Wednesday</div></div><div><div><div><div>9:45 -10:30</div><div>Wednesday</div><div>Joint Movement</div></div><div><div>9:15 -10:15</div><div>Thursday</div><div>Strength &amp; 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# FEBRUARY 2026

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



**12:00 Wednesday Feb. 18**

*Film, Snack and Success*

**Films:** "Walk On The River"

**Snacks:** Famous Amos Cookies

**Success:** Willy Amos

**1:00 Black History Month**

Magnolia Hospice

Karaoke Music Therapy Program

**LOVE  
YOUR  
HEART**

**GET  
ACTIVE!**

**VISIT YOUR  
PRIMARY  
CARE  
PROVIDER**

**FEBRUARY IS  
AMERICAN  
HEART  
MONTH**

**EAT  
WELL!**  
A  
ET  
IN  
DI-  
LOW

**KNOW YOUR NUMBERS:**

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE

**QUIT  
SMOKING!**

**THURSDAY, FEBRUARY 5  
WEAR RED FOR HEART HEALTH DAY**

***Celebrating  
Valentine***

**2:00 Thursday,  
February 12**

**Valentines Day  
Pot Luck**

**Senator José Menéndez  
11th Annual  
Senior Sweetheart  
Dance**

9:30 Thursday, Feb. 12  
Lucky Ballroom  
1340 Callaghan Rd.

**Reservation Required**

**Let's Rodeo D5**

8:30 Thursday, February 12  
Cowboy Breakfast

10:30 Thursday, February 19  
\$3.00 DAY  
Rodeo Fairgrounds  
with Harlandale Senior Center

## DISTRICT 5 SENIOR CENTER

2701 S. Presa | San Antonio, TX 78210 (210) 207-5270

Active Adult Center for Entertainment (AAE)

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**