

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		



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

11:00 Shopping Ollie's Bargain Outlet	12:00 YWCA Weight Training	11:30 Butterfly Outlet	12:30 BINGO	9:00 SA Oasis Computer Class
12:15 LOTERIA	11:00 South Texas Hearing	1:00 SA Oasis Computer Class	1:00 Bihl Haus GO! Arts Drawing	10:30 YWCA Cardio Dance/ Exercise Equipment Training
2:00 Older Adults Technology Services (OATS)	1:30 LOTERIA	2:00 Domino for Beginners	3:30 OPEN ART (Multipurpose Classroom)	12:00 Bihl Haus GO! Arts Painting
2:00 Chair Volleyball Exercise	4:00 Black History Month Celebration	3:00 Chair Volleyball Skill Building	4:00 YMCA CHAIR YOGA	1:30 LOTERIA
4:00 YMCA Movement and Dance	5:00 What's Happening This Week	5:00 Game Night	5:00 What's Happening Next Week	
5:00 Games Night/Billiards Table	5:30 SPECIALTY BINGO	5:00 Inhouse Pool Challenge	5:30 Specialty Bingo	

WELLMED CHARITABLE FOUNDATION with Nurse Erika

Health Screenings

8:00 - 3:00 Tuesday, Thursday & Friday

9:00 - 11:00 Tuesdays **Medicare Assistance**
Ruby Garcia **Medicaid**

Independent Insurance Agent WellMed / Partner -Medicare Pro
CAREGIVER SOS WELLMED CHARITABLE FOUNDATION

1:00 Tuesday, February 17
Love Your Brain

Are you providing care to a family member or loved one?

SERVICES INCLUDE 1:1 Coaching, Caregiver Support Groups,

Laura Keown Caregiver Specialist (210) 207-5272

BRAIN CHALLENGE
HIDDEN PICTURES

Tuesdays and Thursdays

V O L U N T E E R S

12:00 Wednesday, February 4 Volunteer Committee

12:30 Friday, February 13
Volunteer Monthly Meeting

Member Orientation

Orientation to Policies and Procedures

COMPUTER LAB ROOM #113

9:00 am Tuesdays

1:00 pm Thursdays

YWCA FUN AND FIT Exercise Classes

10:00 - 10:45	Monday	Low Impact Cardio
9:30 -10:15	Tuesday	Joint Movement
12:00 -12:45	Tuesday	Weight Training
No Exercise Class Third Wednesday		
9:45 -10:30	Wednesday	Joint Movement
9:15 -10:15	Thursday	Strength & Flex
10:30-11:30 Every Friday Exercise Equipment Training w/Personal Trainer		
10:30-11:30	Friday	Cardio Dance

COMPUTER CLASSES

WEDNESDAY

9:00-11:00	Feb. 4 - 11	iPhone Basics
9:00-11:00	Feb. 18	Cybercrime: What's the best browser for me?
9:00-11:00	Feb. 25	Windows 11
1:00-3:00	Feb. 4-11	iPad Basics
1:00-3:00	Feb. 18	Guide to internet Safety
1:00-3:00	Feb. 25	Meet the Computer

FRIDAY

9:00-11:00	Feb. 6	Beginners Guide to the Cloud
9:00-11:00	Feb. 13-20	Google Maps
9:00-11:00	Feb. 27	Google Calendars

SAN ANTONIO SENIOR PLANET FROM AARP

Older Adult Technology (OATS) 2:00-3:00 Monday

FREE In-Person Technology Lecture For Older Adults

Learn how technology can help you take charge of your health with weekly topics

Feb. 2	Everyday Uses of AI
Feb. 9	Cloud Storage
Feb. 16	Holiday NO CLASS
Feb. 23	Outdoor Adventure Apps

the YMCA

4:00-5:00 Mondays: MOVEMENT AND DANCE

Movement and Dance can improve your physical and mental health, as well as your social skills.

4:00-5:00 Thursdays: CHAIR YOGA

Yoga supports stress management, mental health, mindfulness, healthy eating weight loss and quality sleep.

BROWSIÑ ON A BUDGET/ DINE ON A DIME

AFFORDABLE STORES AND RESTAURANTS

CULTURAL AWARENESS

Documentaries, films, and movies.

Travel to museums restaurants, and events.

FOR DATES AND TIMES SEE FLIERS

Chair Volleyball

optional—Travel to other locations

registration required

2:00 - 4:00 Mondays

Chair Volleyball as exercise at D5 Center only

3:00 - 5:00 Wednesday

guest invited

Inhouse Chair Volleyball skill building Away game dates may vary

Transportation Not Provided

BUTTERFLY POPUP OUTLET

11:30 - 1:00 Last Wednesday

Play Bingo, Loteria, Pokeno WIN

"Butterfly Bucks"

Redeem Butterfly Bucks for Prizes.

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

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



LOVE
YOUR
HEART

GET
ACTIVE!



EAT
WELL!



FEBRUARY IS
AMERICAN
HEART
MONTH

KNOW YOUR NUMBERS:

- CONTROL YOUR CHOLESTEROL
- MANAGE YOUR BLOOD PRESSURE



QUIT
SMOKING!

THURSDAY, FEBRUARY 5
WEAR RED FOR HEART HEALTH DAY

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 (AACE)

Activities from Monday -Thursday 7:15 - 7:45 and Friday 7:15 - 3:45

MEALS SERVED DAILY

11:00 MONDAY - THURSDAY & 11:30 FRIDAY



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

We Are Butterflies!

We Come Alive at District 5 Senior Center!
Our Colors Are Royal Blue and Burnt Orange