



HUMAN SERVICES



Harlandale Nutrition Center
115 Southcross
San Antonio TX 78221
210-924-4771
Staff: Richard Ramos, NSC
Debra Monsiviais, NSC
Rickey Harris, Chauffeur

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:00 Social Hour 9:00 Bingo 11:00 Lunch	2 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	3 Center Closed HAPPY 4TH OF JULY
6 8:00 Social Hour 9:00 Bingo 11:00 Lunch	7 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	8 8:00 Social Hour 9:30 July 4 th and Birthday Celebration 11:00 Lunch	9 8:00 WellMed Nurse 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	10 8:00 Social Hour 9:00 Bingo 11:00 Lunch
13 8:00 Social Hour 9:00 Bingo 11:00 Lunch	14 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 10:30 Cinemark McCreless/Moana 11:00 Lunch	15 8:00 Social Hour 9:00 Bingo 10:00 Food Bank Distribution 11:00 Lunch	16 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	17 8:00 Social Hour 9:00 Bingo 11:00 Lunch
20 8:00 Social Hour 9:00 Bingo 11:00 Lunch	21 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	22 8:00 Social Hour 9:00 Bingo 11:00 Lunch	23 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 10:30 Hung Fong Chinese Restaurant 11:00 Lunch	24 8:00 Social Hour 9:00 Bingo 9:30 La Tiendita 11:00 Lunch
27 8:00 Social Hour 9:00 Bingo 11:00 Lunch	28 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	29 8:00 Social Hour 9:00 Bingo 11:00 Lunch	30 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	31 8:00 Social Hour 9:00 Bingo 11:00 Lunch

Food Bank
Food Bank will be distributed July 15, 2026 at 10:00 a.m.
ID CARDS AND BINS REQUIRED

WellMed Nurse
Second Thursday of the month
8:00 a.m. - 11:00 a.m.

Have lunch with us!
Hot Meals served Monday through Friday
11:00 a.m. - 12:00 p.m.

In Person Fitness Classes
Tuesdays: 10:00 a.m. YMCA Chair Zumba
Thursdays: 9:00 a.m. YMCA Chair Yoga

Birthday Celebrations



Rickey Harris 7/1
Juan Ferniz 7/4
Eva Lara 7/13





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115 Southcross
San Antonio, TX 78221
210-924-4771
Monday - Friday 8 a.m. - 1 p.m.

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



JULY 2026

4th of July and Birthday Celebration

Join us July 8, 2026 at 9:30 a.m. for a special 4th of July and Birthday celebration! Great food, wonderful company, and plenty of fun - Come celebrate with us and make it a memorable day!

Field Trips

10:00 A.M.
July 14, 2026
Cinemark McCreless Theater - Moana

10:30 A.M.
July 23, 2026
Hung Fong Chinese Restaurant

WHAT HAPPENED LAST MONTH



D3 CELEBRITY BINGO WITH COUNCILWOMAN PHYLLIS VIAGRAN



FATHER'S DAY AND BIRTHDAY CELEBRATION

