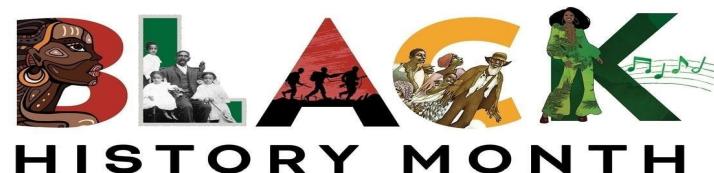




**HUMAN
SERVICES**



FEBRUARY



**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
2 9am SmartPhone Photography 10am MOGO Rep: Unidad Gonzalez Medicare Updates 5pm Craft: Valentine's Cards 5pm Black Jack	3 9am Painting 10am Senior Planet: Tech Resources for Everyday Life 7/10 12:30pm BINGO 5pm Movie & Popcorn "Remember the Titans"	4 9am Drawing 2pm Movie & Popcorn "Remember the Titans" 4:30pm BINGO 6pm Cornhole	5 9am IPad Basics 10am Senior Planet: Tech Resources for Everyday Life 8/10 12:30pm BINGO 1pm iPhone Basics 5:30pm LOTERIA	6 9:30am Shopping Trip- to HEB 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation 2pm Karaoke
9 9am SmartPhone Photography 10am MOGO Rep: Unidad Gonzalez Medicare Updates 5pm Art Project: Watercolor 5pm Poker	10 9am Painting 9am Volunteers Meeting 10am Oasis Presents: Hoarding Disorder 10am Senior Planet: Tech Resources for Everyday Life 9/10 10am Oasis Presents: 12:30pm BINGO 5pm Movie & Popcorn "Ruby Bridges"	11 9am Drawing 10am CSFP-CHEESE BOX FOOD BANK 2pm Movie & Popcorn "Ruby Bridges" 4:30pm LOTERIA 6pm Dominoes	12 9am IPad Basics 10am Nutritional Ed: Heal Program 10am Senior Planet: Tech Resources for Everyday Life 10/10 12:30pm BINGO 1pm iPhone Basics 4:30pm Nertz	13 10am Seniors In Play 12pm Valentine's Fashion Show 12:30pm LOTERIA 2:30pm Center Early Closure for Staff Meeting
16 9am Meet the Computer 10am WellMed Caregiver SOS Support Group 10am MOGO Rep: Unidad Gonzalez Medicare Updates 5pm Craft: Origami 5:30pm Darts	17 9am Painting 10am Senior Planet: Member Graduation 12:30pm BINGO 1:30pm Prize Market 5pm Movie & Popcorn "Akeelah & The Bee"	18 9am Drawing 10am HOPE FOOD BANK 2pm Movie & Popcorn "Akeelah & The Bee" 4:30pm BINGO	19 9am Essential Apps 9am Chair Volleyball SSL vs. Cops 10am Senior Planet: Protecting Personal Information Online 12:30pm BINGO 1pm Chat GPT 1pm WellMed Wellness Meeting 4:30pm Trivia	20 10am Seniors In Play 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation 2pm Karaoke
23 9am Meet the Computer 10am MOGO Rep: Unidad Gonzalez Medicare Updates 5pm Art Project: Acrylic Paint 5:30pm Darts	24 9am Painting 9:30am Nutritional Ed: Strawberries 10am Senior Planet: Staying Safe Online 12:30pm BINGO 5pm Movie & Popcorn "Soul"	25 9am Drawing 9am WellMed Nurse Presents: Heart Health & Aging 2pm Movie & Popcorn "Soul" 5:30pm Pool Tournament	26 9am What is a Virtual Tour? 9:30am Rodeo Trip 10am Senior Planet: Protecting Medical Info Online 12:30pm BINGO 1pm Discovering Wellness on the Web through Technology 5:30pm LOTERIA	27 10am Seniors In Play 12pm Celebrating February Birthdays! 12:30pm LOTERIA 2pm Karaoke <u>*No Lunch Served*</u>

Calendar and Instructors subject to change

February Announcements & Events:

CSFP Cheese Box Wednesday February 11, 2026 10:00-10:45am & 12:00-3:45pm

HOPE Program Wednesday February 18, 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

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

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

Signup for Valentine Fashion Show starts Monday February 9, 2026

Early Center Closure Friday February 13, 2026 at 2:30pm for Staff Training

Rodeo Trip is Thursday February 26, 2026 at 9:30AM*Signup is Monday February 23, 2026*\$3 charge for entrance
Please note: be prepared to do a lot of walking limited number of benches throughout grounds

NO LUNCH SERVED Friday February 27th DUE TO QUARTERLY TRAINING FROZEN MEAL GIVEN February 26th

Valentine Day Fashion Show

*Dress to Impress

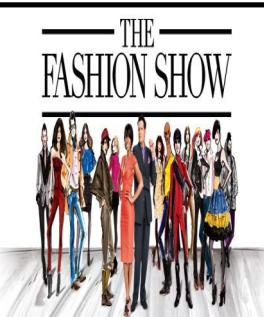
*Walk the runway

*Prizes for top 3 winners

*1st, 2nd & 3rd place chosen by Judges

*Signup to participate starts February 9th

*Limited availability to 20 Participants



Black History Month

Is an annually observed commemorative month originating in the United States, where it is also known as **African-American History Month**.

It began as a way of remembering important people and events in African-American history, before it spread to other countries where it could celebrate black people worldwide.

It initially lasted a week before becoming a month-long observation since 1970. It is celebrated in February in the United States and Canada, where it has received official recognition from governments, and more recently has also been celebrated in Ireland and the United Kingdom where it is observed in October.