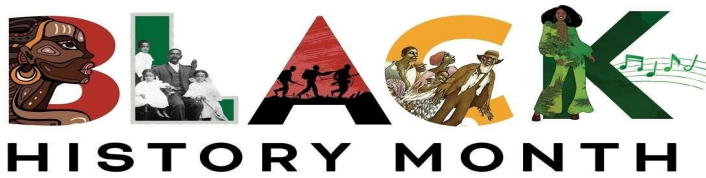




HUMAN  
SERVICES



# 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
<b>2</b> <b>9am</b> SmartPhone Photography <b>10am</b> MOGO Rep: Unidad Gonzalez Medicare Updates <b>5pm</b> Craft: Valentine's Cards <b>5pm</b> Black Jack	<b>3</b> <b>9am</b> Painting <b>10am</b> Senior Planet: Tech Resources for Everyday Life 7/10 <b>12:30pm</b> BINGO <b>5pm</b> Movie & Popcorn "Remember the Titans"	<b>4</b> <b>9am</b> Drawing <b>2pm</b> Movie & Popcorn "Remember the Titans" <b>4:30pm</b> BINGO <b>6pm</b> Cornhole	<b>5</b> <b>9am</b> iPad Basics <b>10am</b> Senior Planet: Tech Resources for Everyday Life 8/10 <b>12:30pm</b> BINGO <b>1pm</b> iPhone Basics <b>5:30pm</b> LOTERIA	<b>6</b> <b>9:30am</b> Shopping Trip-to HEB <b>12:30pm</b> LOTERIA <b>1:30pm</b> Fitness Area Machine Orientation <b>2pm</b> Karaoke
<b>9</b> <b>9am</b> SmartPhone Photography <b>10am</b> MOGO Rep: Unidad Gonzalez Medicare Updates <b>5pm</b> Art Project: Watercolor <b>5pm</b> Poker	<b>10</b> <b>9am</b> Painting <b>9am</b> Volunteers Meeting <b>10am</b> Oasis Presents: Hoarding Disorder <b>10am</b> Senior Planet: Tech Resources for Everyday Life 9/10 <b>10am</b> Oasis Presents: <b>12:30pm</b> BINGO <b>5pm</b> Movie & Popcorn "Ruby Bridges"	<b>11</b> <b>9am</b> Drawing <b>10am</b> CSFP-CHEESE BOX FOOD BANK <b>2pm</b> Movie & Popcorn "Ruby Bridges" <b>4:30pm</b> LOTERIA <b>6pm</b> Dominoes	<b>12</b> <b>9am</b> iPad Basics <b>10am</b> Nutritional Ed: Heal Program <b>10am</b> Senior Planet: Tech Resources for Everyday Life 10/10 <b>12:30pm</b> BINGO <b>1pm</b> iPhone Basics <b>4:30pm</b> Nertz	<b>13</b> <b>10am</b> Seniors In Play <b>12pm</b> Valentine's Fashion Show <b>12:30pm</b> LOTERIA <b>2:30pm</b> Center Early Closure for Staff Meeting
<b>16</b> <b>9am</b> Meet the Computer <b>10am</b> WellMed Caregiver SOS Support Group <b>10am</b> MOGO Rep: Unidad Gonzalez Medicare Updates <b>5pm</b> Craft: Origami <b>5:30pm</b> Darts	<b>17</b> <b>9am</b> Painting <b>10am</b> Senior Planet: Member Graduation <b>12:30pm</b> BINGO <b>1:30pm</b> Prize Market <b>5pm</b> Movie & Popcorn "Akeelah & The Bee"	<b>18</b> <b>9am</b> Drawing <b>10am</b> HOPE FOOD BANK <b>2pm</b> Movie & Popcorn "Akeelah & The Bee" <b>4:30pm</b> BINGO	<b>19</b> <b>9am</b> Essential Apps <b>9am</b> Chair Volleyball SSL vs. Cops <b>10am</b> Senior Planet: Protecting Personal Information Online <b>12:30pm</b> BINGO <b>1pm</b> Chat GPT <b>1pm</b> WellMed Wellness Meeting <b>4:30pm</b> Trivia	<b>20</b> <b>10am</b> Seniors In Play <b>12:30pm</b> LOTERIA <b>1:30pm</b> Fitness Area Machine Orientation <b>2pm</b> Karaoke
<b>23</b> <b>9am</b> Meet the Computer <b>10am</b> MOGO Rep: Unidad Gonzalez Medicare Updates <b>5pm</b> Art Project: Acrylic Paint <b>5:30pm</b> Darts	<b>24</b> <b>9am</b> Painting <b>9:30am</b> Nutritional Ed: Strawberries <b>10am</b> Senior Planet: Staying Safe Online <b>12:30pm</b> BINGO <b>5pm</b> Movie & Popcorn "Soul"	<b>25</b> <b>9am</b> Drawing <b>9am</b> WellMed Nurse Presents: Heart Health & Aging <b>2pm</b> Movie & Popcorn "Soul" <b>5:30pm</b> Pool Tournament	<b>26</b> <b>9am</b> What is a Virtual Tour? <b>9:30am</b> Rodeo Trip <b>10am</b> Senior Planet: Protecting Medical Info Online <b>12:30pm</b> BINGO <b>1pm</b> Discovering Wellness on the Web through Technology <b>5:30pm</b> LOTERIA	<b>27</b> <b>10am</b> Seniors In Play <b>12pm</b> Celebrating February Birthdays! <b>12:30pm</b> LOTERIA <b>2pm</b> 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\*

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

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.