



**HUMAN
SERVICES**

JANUARY

Bob Ross
Senior Center
2219 Babcock Rd.
San Antonio, TX. 78229
210-207-5300

Monday-Thursday 7am-8pm
Friday 7am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Please make reservations for any trips on the check-in kiosk.</p> <p>Transportation Schedule is due every Thursday before 12pm</p>	<p>Members must keep all Personal belongings with them at all times.</p>	<p>Calendar subject to change without advance notice.</p>		<p>2 10am BINGO</p> <p>10am OATS Technology: Discovering Browser Extensions</p>
<p>5 9:30am Welcome Back Pie Walk  10am OATS Technology: Protecting Your Personal Information Online</p>	<p>6 10am Seniors in Play (Theater Group) 11:45am Field Trip*: Reservation Required </p>	<p>7 10am BINGO </p>	<p>8 1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY </p>	<p>9 8:30am Easy Crafts 10am BINGO 10am OATS Technology: Staying Safe Online 2:30pm Early Closure</p>
<p>12 9:30am Field Trip*: Reservation Required  10am OATS Technology: Intro. To Managing Your Privacy</p>	<p>13 9:30am OASIS Technology: Exploring Google 9:30am Produce Market & Presentation  10am Seniors in Play (Theater Group) 1:00pm OASIS Technology: iPad Basics</p>	<p>14 9:00am Oasis Presentation 9:30am OASIS Technology: YouTube 10am BINGO 1:00pm OASIS Technology: Windows Performance & Maintenance</p>	<p>15 9:30am Dancing with Luis & DJ Amber  10:30am Loteria with Luis  11am South Texas Hearing Screening</p>	<p>16 8:30am Easy Crafts 10am OATS Technology: Managing Facebook Privacy Setting 10am BINGO</p>
<p>★★★★★ We WILL Be Closed on MARTIN LUTHER KING DAY </p>	<p>20 9:30am OASIS Technology: Exploring Google 10am Seniors in Play Showcase (Theater Group) 1:00pm OASIS Technology: iPad Basics</p>	<p>21 9:30am OASIS Technology: Google Calendars 10am BINGO 1:00pm OASIS Technology: Google Maps</p>	<p>22 10:30am Loteria with Luis  12:30pm Crafting with Lydia </p>	<p>23 8:30am Easy Crafts 10am OATS Technology: Instagram Privacy Setting 10am BINGO</p>
<p>26 10am OATS Technology: Understanding Frauds & Scams 11:45am Field Trip*: Reservation Required </p>	<p>27 9:30am OASIS Technology: Exploring Google 10am Seniors in Play Showcase (Theater Group) 1:00pm OASIS Technology: iPhone Basics</p>	<p>28 9am Nutrition Education 9:30am OASIS Technology: iPad Basics 10am BINGO 1:00pm OASIS Technology: iPhone Basics</p>	<p>29 10:30am Loteria with Luis </p>	<p>30 8:30am Easy Crafts 10am OATS Technology: Tech for Aging in Place 10am BINGO</p>

Instructor Led Fitness Classes RESERVATION REQUIRED

Monday:

- ◊ 8:00am YMCA Aquatic Exercise—Pool House
- ◊ 9:00am YMCA Aquatic Exercise—Pool House
- ◊ 9:30am YMCA Tai Chi—Rm 110
- ◊ 10:00am YMCA Aquatic Exercise—Pool House
- ◊ 11:00am YMCA Aquatic Exercise—Pool House
- ◊ 1:00pm YWCA ZUMBA Gold—Rm 142
- ◊ 1:30pm YMCA Strength & Cardio—Rm 110
- ◊ 2:00pm YWCA Aquatic Exercise—Pool House
- ◊ 5:30pm YMCA Zumba GOLD

Tuesday:

- ◊ 8:00am YMCA Aquatic Exercise—Pool House
- ◊ 9:00am YMCA Aquatic Exercise—Pool House
- ◊ 10:00am YMCA Aquatic Exercise—Pool House
- ◊ 10:00am YMCA Strength & Cardio—Rm 142
- ◊ 1:30pm YMCA ZUMBA—Rm 110
- ◊ 1:30pm YWCA Wellness Dance—Rm 142
- ◊ 5:30pm YMCA Chair Yoga

Wednesday:

- ◊ 8:00am YMCA Aquatic Exercise—Pool House
- ◊ 9:00am YMCA Aquatic Exercise—Pool House
- ◊ 9:30am YMCA Chair Yoga—Rm 142
- ◊ 10:00am YMCA Aquatic Exercise—Pool House
- ◊ 11:00am YMCA Aquatic Exercise—Pool House
- ◊ 11:00am YWCA Sit and Stretch—Rm 142
- ◊ 11:00am YMCA ZUMBA Gold—Rm 110
- ◊ 1:00pm YWCA Aquatic Fitness—Pool House
- ◊ 1:30pm YMCA Muscle and Mind—Rm 110
- ◊ 4:45pm YMCA Strength & Cardio

Thursday:

- ◊ 8:00am YMCA Aquatic Exercise—Pool House
- ◊ 9:00am YMCA Aquatic Exercise—Pool House
- ◊ 10:00am YMCA Aquatic Exercise—Pool House
- ◊ 11:00am YWCA Aquatic Fitness—Pool House
- ◊ 10:15am YMCA Strength & Cardio—Rm 110
- ◊ 1:30pm YMCA ZUMBA—Rm 110
- ◊ 1:30pm YWCA Wellness Dance—Rm 142
- ◊ 4:45pm YMCA Line Dance

Friday:

- ◊ 8:00am YMCA Aquatic Exercise—Pool House
- ◊ 9:00am YMCA Aquatic Exercise—Pool House
- ◊ 10:00am YMCA Aquatic Exercise—Pool House
- ◊ 11:00am YMCA Aquatic Exercise—Pool House
- ◊ 10:15am YMCA Strength & Cardio—Rm 110
- ◊ 1:30pm YMCA Strength & Cardio—Rm 110
- ◊ 1:30pm YWCA Cardio Dance—Rm 142

Volunteer Led Activities

Monday:

- ◊ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118
- ◊ 10:30am Advanced Tai Chi w/ Xu Lan Ruan Rm 110
- ◊ 1pm Dominoes Rm 114

Tuesday:

- ◊ 7am-12pm Busy Bees Sewing & more w/ Vickie Rm 118
- ◊ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110
- ◊ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry

Wednesday:

- ◊ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118
- ◊ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110
- ◊ 9am Gentle Hands Rm 143 w/ Mari Elena (2nd & 4th Wednesday of the month)
- ◊ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry
- ◊ 12:15pm Karaoke Dining Rm
- ◊ 12:30pm Los Clasicos del Ritmo
- ◊ 1pm Quilting Group Rm 155
- ◊ 1pm Dominoes Rm 114
- ◊ 2pm Kathy's Social Dancers Rm 142

Thursday:

- ◊ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118
- ◊ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ◊ 10am Guitar Class Rm 141 w/Meide

Friday:

- ◊ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ◊ 12:30pm Los Clasicos del Ritmo
- ◊ 1pm Dominoes Rm 114

WellMed

- ◊ Nurse available Tuesday through Friday
8:00 am to 3:30 pm
- ◊ Caregiver SOS Specialist available Fridays in the Conference Room

Agent with Texas Medicare Solutions

Wednesdays from 9 am to 12 pm with Abigail Hilliard

Bihl Haus Art Classes on MONDAYS

- ◊ 9:30am-11:30am Beginning Drawing - Rm 155
- ◊ 12:30pm-2:30pm Beginning Painting- Rm 155

HAVE LUNCH WITH US!

Hot Meals are served Monday through Friday from 11:15am-12:30pm in the Nutrition Area.

Meal tickets can be picked up between 8:00am-11:00am (or until all tickets have been issued out).



THERE WILL BE NO HOT LUNCH SERVED ON JANUARY 2ND. FROZEN MEAL PREVIOUSLY DISTRIBUTED

JOIN US FOR OUR WELCOME BACK PIE WALKS ON MONDAY, JANUARY 5 AT 9:30 AM AND 4 PM.





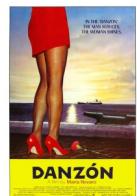
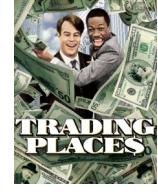
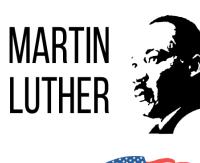
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Extended Hours

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<p>5 4pm Welcome Back Pie Walk </p> <p>5:00pm MOVIE Danzon </p> <p>5:30pm YMCA Zumba GOLD</p>	<p>6 4:00pm Bingo </p> <p>5:30pm YMCA Chair Yoga 6pm Jeopardy</p>	<p>7 3:30pm Karaoke </p> <p>4:45pm YMCA Strength & Cardio</p>	<p>8 3:30pm Jeopardy 4:00pm Specialty Bingo </p> <p>4:45PM YMCA Line Dance</p>	<p>9</p> <p>NO EXTENDED HOURS PROGRAM</p>
<p>12 4:00pm MOVIE Trading Places </p> <p>5:30pm YMCA Zumba GOLD</p>	<p>13 4:00pm Bingo </p> <p>5:30pm YMCA Chair Yoga 6pm Jeopardy</p>	<p>14 3:30pm Karaoke </p> <p>4:45pm YMCA Strength & Cardio</p>	<p>15 3:30pm Jeopardy 4:00pm Specialty Bingo </p> <p>4:45PM YMCA Line Dance</p>	<p>16</p> <p>NO EXTENDED HOURS PROGRAM</p>
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<p>26 4:00pm MOVIE Betty & Coretta </p> <p>5:30pm YMCA Zumba GOLD</p>	<p>27 4:00pm Bingo </p> <p>5:30pm YMCA Chair Yoga 6pm Jeopardy</p>	<p>28 3:30pm Karaoke </p> <p>4:45pm YMCA Strength & Cardio</p>	<p>29 3:30pm Jeopardy 4:00pm Specialty Bingo </p> <p>4:45PM YMCA Line Dance</p>	<p>29</p> <p>NO EXTENDED HOURS PROGRAM</p>



January 2026

