MARCH

District 2 Senior Center

1751 S.WW White Rd
San Antonio, TX. 78220
Phone: (210) 207-5390

Hours of Operation:
Monday - Thursday 7:00am - 8:00pm
Friday 7:00am - 4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. **Beginners Painting** (AC) 9:00am-11:00am **Seniors In Play** (MP) 2:30pm - 4:00pm **Karaoke **** (DR) 4:00pm - 6:30pm **Diabetes Management** (AC) 3:30pm - 4:30pm **Loteria** (AC) 4:45pm - 6:30pm	**3.** **Computer Class** (CL) **Google Photos** 9:00am-11:00am **Crochet Group**** (AC) 9:00am-11:00am **Arts & Crafts**** (AC) 12:00pm-2:00pm **Quilting Group**** (MP) 1:00pm - 3:00pm **Senior Planet** (CR) 4:00pm - 5:00pm **Bingo** (DR) 4:45pm - 6:30pm	**4.** **Computer Class** (CL) **Windows 11** 9:00am-11:00am **Exploring Google** 1:00pm-3:00pm **SAPL Golden Agers** 12:00pm - 1:00pm **Loteria** (DR) 4:45pm - 6:30pm	**5.** **Drawing 101** (AC) 9:00am-11:00am **Senior Planet** (CR) 1:00pm - 2:00pm **Quilting Group**** (AC) 1:00pm - 3:00pm **Karaoke **** (DR) 1:45pm - 3:45pm **Bingo** (DR) 4:45pm - 6:30pm	**6.** **Bingo Dining Area** 9:30am-10:15am **Sing for Joy** (RA) 10:00am - 11:00am
9. **Wellmed Medicare Information** 9:00am - 11:00am **Beginners Painting** (AC) 9:00am-11:00am **Seniors In Play** (MP) 2:30pm - 4:00pm **Karaoke **** (DR) 4:00pm - 6:30pm **Diabetes Management** (AC) 3:30pm - 4:30pm **Loteria** (AC) 4:45pm - 6:30pm	**10.** **Computer Class** (CL) **Google Photos** 9:00am-11:00am **Crochet Group**** (AC) 9:00am-11:00am **Arts & Crafts**** (AC) 12:00pm-2:00pm **Quilting Group**** (MP) 1:00pm - 3:00pm **Senior Planet** (CR) 4:00pm - 5:00pm	**11.** **Computer Class** (CL) **Windows 11** 9:00am-11:00am **Exploring Google** 1:00pm-3:00pm **Sewing**** (AC) 9:30am-11:00am **Loteria** (DR) 4:45pm - 6:30pm	**12.** **Drawing 101** (AC) 9:00am-11:00am **Senior Planet** (CR) 1:00pm - 2:00pm **Quilting Group**** (AC) 1:00pm - 3:00pm **Karaoke **** (DR) 1:45pm - 3:45pm **Bingo** (DR) 4:45pm - 6:30pm	**13.** **Bingo Dining Area** 9:30am-10:15am **Sing for Joy** (RA) 10:00am - 11:00am
16. **COMMODITIES** 1:30PM - 3:30PM **Beginners Painting** (AC) 9:00am-11:00am **Seniors In Play** (MP) 2:30pm - 4:00pm **Karaoke **** (DR) 4:00pm - 6:30pm **Diabetes Management** (AC) 3:30pm - 4:30pm **Loteria** (AC) 4:45pm - 6:30pm	**17.** **COMMODITIES** 7:00AM - 9:00AM **Computer Class** (CL) **Cybercrime: What is the Best Browser For Me?** 9:00am-11:00am **Crochet Group**** (AC) 9:00am-11:00am **Arts & Crafts**** (AC) 12:00pm-2:00pm **Quilting Group**** (MP) 1:00pm - 3:00pm **Senior Planet** (CR) 4:00pm - 5:00pm **Movie** (DR) *"My Left Foot"* 4:00pm - 6:30pm	**18.** **Computer Class** (CL) **MS Word Basics** 9:00am-11:00am **Exploring Entertainment Apps:** ***Discover Streaming Services, E-Books and More*** 1:00pm-3:00pm **New Member Orientation** (CR) 9:30am - 10:30am **Loteria** (DR) 4:45pm - 6:30pm	**19.** **Drawing 101** (AC) 9:00am-11:00am **Senior Planet** (CR) 1:00pm - 2:00pm **Quilting Group**** (AC) 1:00pm - 3:00pm **Karaoke **** (DR) 1:45pm - 3:45pm **National Laugh Day** (DR) *Games & Comedy* 4:30pm - 6:30pm	**20.** **BINGO STORE** (AC) *NO BINGO* 9:30am-10:15am **Sing for Joy** (RA) 10:00am - 11:00am **Center Closes at 2:30 for Staff Training**
23. **Wellmed Medicare Information** 9:00am - 11:00am **Beginners Painting** (AC) 9:00am-11:00am **VOLUNTEER MEETING** 1:15pm - 2:00pm **Seniors In Play** (MP) 2:30pm - 4:00pm **Karaoke **** (DR) 4:00pm - 6:30pm **Diabetes Management** (AC) 3:30pm - 4:30pm **Loteria** (AC) 4:45pm - 6:30pm	**24.** **Computer Class** (CL) **Discovering Wellness Through the Web** 9:00am-11:00am **Crochet Group**** (AC) 9:00am-11:00am **Arts & Crafts**** (AC) 12:00pm-2:00pm **Quilting Group**** (MP) 1:00pm - 3:00pm **Senior Planet** (CR) 4:00pm - 5:00pm **Bingo** (DR) 4:45pm - 6:30pm	**25.** **Computer Class** (CL) **MS Word Basics** 9:00am-11:00am **Cybercrime: What is the Best Browser For Me?** 1:00pm-3:00pm **Sewing**** (AC) 9:30am-11:00am **Loteria** (DR) 4:45p m - 6:30pm **Sudoko** (DR) 3:30pm - 4:30pm ***MARCH BIRTHDAY CELEBRATIONS W/ POT-LUCK***	**26.** **Drawing 101** (AC) 9:00am-11:00am **Senior Planet** (CR) 1:00pm - 2:00pm **Quilting Group**** (AC) 1:00pm - 3:00pm **Karaoke **** (DR) 1:45pm - 3:45pm **BINGO STORE** 4:00pm-5:00pm **Game Day** (DR) 4:45pm - 6:30pm	**27.** **Senior Center 15h Anniversary Celebration** 8:30am - 2:30pm **Sing for Joy** *Anniversary Performance* 10:00am - 11:00am
30. **Beginners Painting** (AC) 9:00am-11:00am **Seniors In Play** (MP) 2:30pm - 4:00pm **Karaoke **** (DR) 4:00pm - 6:30pm **Loteria** (AC) 4:45pm - 6:30pm **Senior Advisory Meeting** 1:15pm - 2:00pm	**31.** **CENTER CLOSED** 	 NATIONAL Nutrition MONTH	**Flip page to see Exercise Classes & Special Events!**	**Room Key** **CL** - Computer Lab **AC** - Arts& Crafts Room **DR** - Dining Room **LB** - Library **CR** - Conference Room **RA** - Rec Area **MP** - Multi-Purpose Room Note: Classes marked with ** are Volunteer-led classes.

Our Apologies: Calendar may change or be updated without advance notice.

EXERCISE CLASSES

Monday

Well-Med Chair Exercise 9:45am - 10:15am
Line Dancing 1:00pm - 1:45pm
Senior Strength 2:15pm - 3:00pm
Chair Volleyball 4:00pm - 4:45pm

Tuesday

Walking with Wellmed 9:00am - 9:30am
Cardio Dance 10:30am -11:15am
Sit & Be Fit 1:00pm-1:45pm
Pickleball 4:00pm - 4:45pm

Wednesday

Senior Circuit Workout 9:00am - 9:45am
Chair Volleyball 10:00am - 10:45am
Line Dancing 1:00pm - 1:45pm
Core & Balance 4:00pm - 4:45pm

Thursday

Gentle Yoga 1:00pm-1:45pm
Chair Volleyball 2:00pm - 2:45pm
Low Impact Bootcamp 4:00pm - 4:45pm

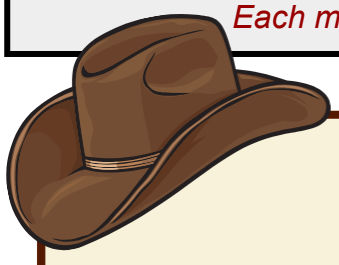
Friday

Senior Circuit Workout 8:45am - 9:30am

EVENTS

- **3/03/26 - Field Trip! Walmart** 10:00am - 12:00pm *(9:45am departure.)*
- **3/05/26 - Nutrition Presentation by Tracy** 12:30pm - 1:00pm
- **3/09/26 - Oasis Presentation: *Grandparents Raising Children*** 10:30am - 11:30am
- **3/10/26 - Nutrition Activity** 10:00am - 10:30am
- **3/10/26 - PM Field Trip! Little Fish Factory** 4:00pm - 6:00pm *(3:45pm Departure. Sign-ups begin 3/02/26.)*
- **3/12/26 - SA Park Police Scam Safety** 10:00am - 11:00am
- **3/16/26 - COMMODITIES** 1:30pm - 3:30pm *(Must be on Food Bank Roster. Applications are now closed.)*
- **3/17/26 - COMMODITIES** 7:00am - 9:00am *(Must be on Food Bank Roster. Applications are now closed.)*
- **3/17/26 - WEAR GREEN FOR ST. PATRICKS DAY!**
- **3/17/26 - St. Patty's Day – Irish Movie "My Left Foot"** 4:00pm - 6:30pm
- **3/18/26 - New Member Orientation** 9:30am - 10:30am
- **3/18/26 - Field Trip! Schaefer Library** 10:30am - 12:00pm *(10:00am departure. Sign-ups begin 3/09/26)*
- **3/19/26 - Nutrition Presentation by Tracy** 12:30pm - 1:30pm
- **3/19/26 - NATIONAL LAUGH DAY! Evening of Games & Comedy** 4:30pm - 6:30pm
- **3/20/26 - Center Will Close at 2:30pm for Staff Training**
- **3/23/26 - Wellmed Presentation *"Healthy Eating As You Age"*** 9:00am - 9:45am
- **3/24/26 - Tea With Tracy** 9:30am - 10:30am
- **3/25/26 - March Birthday Celebrations w/ Potluck** *(Potluck at your individual tables)*
- **3/26/25 - Field Trip! Chicho Boys Fruit Market** 9:45am - 11:00am *(9:30am Departure. Sign-ups begin 3/16/26.)*
- **3/26/26 - Food Bank Presentation "Brain Boosting Nutrients"** *(w/ Cooking Demo)* 10:00am - 11:00am
- ✵ **3/27/26 - Senior Center 15th Anniversary Celebration *WESTERN THEME* 8:30am - 2:30pm**
- **3/31/26 - CENTER CLOSED FOR CESAR CHAVEZ DAY**

HOT MEAL will be served on a daily basis from 11:00am - 1:00pm *(or until gone)*
Healthy Eating, Aging, Living (HEAL)
Each member must attend at least ONE (1) Nutrition Presentation per year to participate in the HEAL Program.



DISTRICT 2 SENIOR CENTER
15H ANNIVERSARY
Friday, March 27
8:30am - 2:30pm

Well Med will be On Site at D2 Senior Center

7:30am - 3:30pm Monday, Tuesday, Wednesday, Friday.
BMI, Blood Pressure & Blood Glucose (fasting).
(Nurses hours & days are subject to change)

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