



HUMAN
SERVICES



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
<div>2</div> <div>9:30am Field Trip*: Reservation Required</div> <div></div> <div>10am OATS Technology: Exploring AI Program</div>	<div>3</div> <div>9:30am OASIS Technology: Exploring the Internet</div> <div>10am Seniors in Play (Theater Group)</div> <div>1:00pm OASIS Technology: iPhone Basics</div>	<div>4</div> <div>9:00am UT HEALTH NURSING STUDENTS</div> <div>9:30am OASIS Technology: iPad Basics</div> <div>10am BINGO</div> <div>1:00pm OASIS Technology: iPhone Basics</div>	<div>5</div> <div>10:30am Loteria with Luis</div> <div></div>	<div>6</div> <div>10am BINGO</div> <div>10am OATS Technology: Exploring AI Programs</div>
<div>9</div> <div>10:45am Field Trip*: Reservation Required</div> <div></div> <div>10am OATS Technology: Exploring AI Program</div>	<div>10</div> <div>9am Nutrition Education</div> <div>9:30am OASIS Technology: Exploring the Internet</div> <div>10am Seniors in Play (Theater Group)</div> <div>1:00pm OASIS Technology: Cybercrime - What's the Best Browser for Me?</div>	<div>11</div> <div>9:00am Oasis Presentation</div> <div>9:00am UT HEALTH NURSING STUDENTS</div> <div>9:30am OASIS Technology: Oasis Connections Guide to Internet Safety</div> <div>10am BINGO</div> <div>1:00pm OASIS Technology: Cybercrime - What's the Best Browser for Me?</div>	<div>12</div> <div>1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY</div> <div></div>	<div>13</div> <div>8:30am Easy Crafts</div> <div>10am BINGO</div> <div>10am OATS Technology: Exploring AI Program</div> <div>2:30pm Early Closure</div> <div>HAPPY VALENTINE'S DAY</div>
<div>16</div> <div>9am Mandatory Volunteer Training</div> <div></div>	<div>17</div> <div>9:30am OASIS Technology: Learning Gmail</div> <div>10am Seniors in Play (Theater Group)</div> <div>1:00pm OASIS Technology: Cybercrime - Phishing and Identity Theft</div>	<div>18</div> <div>9:00am UT HEALTH NURSING STUDENTS</div> <div>9:30am OASIS Technology: Exploring the Internet</div> <div>10am BINGO</div> <div>1:00pm OASIS Technology: SmartPhone Photography</div>	<div>19</div> <div>9:30am Field Trip*: Reservation Required</div> <div></div>	<div>20</div> <div>8:30am Easy Crafts</div> <div>9am WellMed Nurse Presentation</div> <div>10am OATS Technology: Exploring AI Program</div> <div>10am BINGO</div>
<div>23</div> <div>9:30am Field Trip*: Reservation Required</div> <div></div> <div>San Antonio African American Community Archive and Museum</div> <div>\$5 FEE PER PERSON</div> <div>10am OATS Technology: Exploring AI Program</div>	<div>24</div> <div>9:30am OASIS Technology: Learning Gmail</div> <div>9:30 am Walking with WellMed</div> <div>10am Seniors in Play (Theater Group)</div> <div>1:00pm OASIS Technology: Cybercrime - Phishing and Identity Theft</div>	<div>25</div> <div>9:00am UT HEALTH NURSING STUDENTS</div> <div>9am Nutrition Education</div> <div>9:30am OASIS Technology: Exploring the Internet</div> <div>10am BINGO</div> <div>1:00pm OASIS Technology: SmartPhone Photography</div>	<div>26</div> <div>9:30 am Lion Club Used Eye Glasses Collection</div> <div>10:30am Loteria with Luis</div> <div></div>	<div>27</div> <div>8:30am Easy Crafts</div> <div>9am WellMed Caregiver SOS Presentation</div> <div>9:30 am Lion Club Used Eye Glasses Collection</div> <div>10am OATS Technology: Exploring AI Program</div> <div>10am BINGO</div> <div>NO MEAL NO TRANSPORTATION</div>
<div>*Please make reservations for any trips on the check-in kiosk.</div> <div>Transportation Schedule is due every Thursday before 12pm</div>	<div>Commemorating 100 years of Black History at Bob Ross</div> <div></div>	<div>Members must keep all Personal belongings with them at all times.</div>	<div></div>	<div>Calendar subject to change without advance notice.</div>

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 NEW CLASS COMING SOON
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 ◇ 1:30pm Los Clasicos del Ritmo de Bob Ross ◇ 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 de Bob Ross ◇ 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 <u>MONDAYS</u>
◇ 9:30am-11:30am Beginning Drawing - Rm 155 - FULL CLASS ◇ 12:30pm-2:30pm Beginning Painting- Rm 155 - FULL CLASS NEW SEMESTER STARTING AFTER SPRING BREAK

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).



FEBRUARY 26TH

4 PM - 6 PM



RESERVATION REQUIRED

Join us for Black History Month

Visual informational material displayed throughout center

MANDATORY VOLUNTEER TRAINING

FEBRUARY 16

9 TO 10:30 AM

REQUIRED FOR ALL CURRENT VOLUNTEERS AND THOSE INTERESTED IN BECOMING VOLUNTEERS



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Extended Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>4:00pm MOVIE The Rosa Parks Story</div> <div></div> <div>4:00pm El Gendarme Desconocido</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>3</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div> <div>6pm Jeopardy</div>	<div>4</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength & Cardio</div> <div>4pm Beginners Creative Writing Conference Rm</div>	<div>5</div> <div>3:30pm Jeopardy</div> <div>4:00pm Specialty Bingo</div> <div></div> <div>4:45PM NEW CLASS COMING SOON</div>	<div>6</div> <div>NO EXTENDED HOURS PROGRAM</div>
<div>9</div> <div>4:00pm MOVIE Akeelah and the Bee</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>10</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div> <div>6pm Jeopardy</div>	<div>11</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength & Cardio</div>	<div>12</div> <div>3:30pm Jeopardy</div> <div>4:00pm Specialty Bingo</div> <div></div> <div>4:45PM NEW CLASS COMIING SOON</div>	<div>13</div> <div>NO EXTENDED HOURS PROGRAM</div>
<div>16</div> <div>4:00pm MOVIE Pride</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>17</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div> <div>6pm Jeopardy</div>	<div>18</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength & Cardio</div>	<div>19</div> <div>3:30pm Jeopardy</div> <div>4:00pm Specialty Bingo</div> <div></div> <div>4:45PM NEW CLASS COMING SOON</div>	<div>20</div> <div>NO EXTENDED HOURS PROGRAM</div>
<div>23</div> <div>4:00pm MOVIE The Ballad of Davy Crockett</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>24</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div> <div>6pm Jeopardy</div>	<div>25</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength & Cardio</div>	<div>26</div> <div>4pm</div> <div></div> <div>RESERVATION REQUIRED</div>	<div>27</div> <div>NO EXTENDED HOURS PROGRAM</div>
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