



HUMAN
SERVICES

January

West End Senior Center

1226 NW 18th Street
San Antonio, TX. 78207
Phone: (210) 207-1720

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Schedule Subject to Change Without Notice	Seniors in Play / Chair Volleyball Located at The Frank Garrett	Happy New Year		2. <u>The Y Senior Circuit</u> 9:00am-9:45am <u>O.A.T.S (Spanish)-Wearables at a Glance</u> 10:30am-11:30am <u>Music Class with JD</u> 12:00pm-2:00pm
5. <u>Zumba Gold</u> 9:30am-10:30am <u>Bingo</u> 10:30am-11:30am <u>Arts & Crafts</u> 12:00pm-1:00pm	6. <u>OASIS (Bilingual)-</u> 9:30am-11:00am <u>Nutrition Education</u> 10:00am-11:00am <u>Line Dancing (FG)</u> 12:30pm-1:30pm <u>Low Impact Cardio w/ Rodney</u> 1:00pm-1:45pm	7. <u>Low Impact Cardio w/ Rodney</u> 9:00am-9:45am <u>Walking w/ Wellmed</u> 9:30am-11:00am <u>Quilting Class</u> 12:00pm-1:30pm <u>Chair Volleyball (FG)</u> 12:30pm-2:00pm	8. <u>Loteria</u> 9:00am-10:00am <u>H-E-B</u> 10:00am-11:00am <u>Joint Movement w/ Jorge</u> 10:15am-11:00am <u>Seniors in Play (FG)</u> 11:00pm-12:30pm <u>Bihl Haus Arts</u> 12:30pm-2:30pm	9. <u>The Y Senior Circuit</u> 9:00am-9:45am <u>The League of Women Voters of The San Antonio Area</u> 10:00am-11:00am <u>O.A.T.S (Spanish)-Voice Assistants</u> 10:30am-11:30am <u>Jewelry Making Class</u> 12:30pm-1:30pm
12. <u>Zumba Gold</u> 9:30am-10:30am <u>Bingo</u> 10:30am-11:30am <u>Arts & Crafts</u> 12:00pm-1:00pm <u>Great Northwest Library Trip: Traveling Craft Series for Older Adults</u> 12:30pm-2:30pm	13. <u>Commodities</u> 8:00am-10:00am  <u>OASIS (Bilingual)-Exploring Google</u> 9:30am-11:00am <u>Line Dancing (FG)</u> 12:30pm-1:30pm <u>Low Impact Cardio w/ Rodney</u> 1:00pm-1:45pm	14. <u>Low Impact Cardio w/ Rodney</u> 9:00am-9:45am <u>San Antonio Storytellers</u> 10:00am-11:00am <u>Walking w/ Wellmed</u> 9:30am-11:00am <u>Health Education w/ Wellmed</u> 12:00pm-1:00pm <u>Quilting Class</u> 12:00pm-1:30pm <u>Chair Volleyball (FG)</u> 12:30pm-2:00pm	15. <u>Loteria</u> 9:00am-10:00am <u>Joint Movement w/ Jorge</u> 10:15am-11:00am <u>Seniors in Play (FG)</u> 11:00pm-12:30pm <u>Bihl Haus Arts</u> 12:30pm-2:30pm	16. <u>The Y Senior Circuit</u> 9:00am-9:45am <u>O.A.T.S (Spanish)-Intro to Chatting with AI</u> 10:30am-11:30am <u>Music Class with JD</u> 12:00pm-2:00pm
19. Closed for Martin Luther King Jr. Day	20. <u>Cafecito w/Laura S.O.S (New Year, New Brain—Habits for Cognitive Wellness)</u> 9:30am-10:30am <u>OASIS (Bilingual)-Exploring Google</u> 9:30am-11:00am <u>AACOG Presentation-</u> 10:30am-11:30am <u>Line Dancing (FG)</u> 12:30pm-1:30pm <u>Low Impact Cardio w/ Rodney</u>	21. <u>Low Impact Cardio w/ Rodney</u> 9:00am-9:45am <u>Walking w/ Wellmed (Hobby Lobby Field Trip)</u> 9:30am-11:00am <u>Quilting Class</u> 12:00pm-1:30pm <u>Chair Volleyball (FG)</u> 12:30pm-2:00pm	22. <u>Loteria</u> 9:00am-10:00am <u>Joint Movement w/ Jorge</u> 10:15am-11:00am <u>Seniors in Play (FG)</u> 11:00pm-12:30pm <u>Bihl Haus Arts</u> 12:30pm-2:30pm	23. <u>The Y Senior Circuit</u> 9:00am-9:45am <u>O.A.T.S (Spanish)-Virtual Reality at a Glance</u> 10:30am-11:30am <u>Jewelry Making Class</u> 12:30pm-1:30pm <u>CENTER WILL CLOSE AT 2:30 PM FOR STAFF TRAINING.</u>
26. <u>Zumba Gold</u> 9:30am-10:30am <u>Bingo</u> 10:30am-11:30am <u>Arts & Crafts</u> 12:00pm-1:00pm	27. <u>OASIS (Bilingual)-Exploring Google</u> 9:30am-11:00am <u>Line Dancing (FG)</u> 12:30pm-1:30pm <u>Low Impact Cardio w/ Rodney</u> 1:00pm-1:45pm <u>Great Northwest Library Trip: Senior Social Hour</u> 12:00pm-2:30pm	28. <u>Low Impact Cardio w/ Rodney</u> 9:00am-9:45am <u>Walking w/ Wellmed (Juan's Gardening Field Trip)</u> 9:30am-11:00am <u>Quilting Class</u> 12:00pm-1:30pm <u>Chair Volleyball (FG)</u> 12:30pm-2:00pm	29. <u>Loteria</u> 9:00am-10:00am <u>Walmart</u> 10:00am-11:00am <u>Joint Movement w/ Jorge</u> 10:15am-11:00am <u>Seniors in Play (FG)</u> 11:00pm-12:30pm <u>Bihl Haus Arts</u> 12:30pm-2:30pm	30. <u>The Y Senior Circuit</u> 9:00am-9:45am <u>O.A.T.S (Spanish)-Digital Legacy at a Glance</u> 10:30am-11:30am <u>Volunteer Training</u> 12:00pm-1:00pm

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 Center Closed for New Years
5 Evening Field Trip- Golden Corral 3:00-5:00 PM  Loteria 4:00 PM	6 O.A.T.S- Google Maps 3:30-4:30 PM Line Dancing 4:00 PM  Noodle Volleyball 5:00 PM	7  ZUMBA GOLD 4:00 PM Arts & Crafts- Snowflake Ornament 3:00-5:00 PM	8 BINGO 4:00 PM  Movie Night w/ Hot Chocolate 5:00 PM
12 Evening Field Trip- Pica Pica 4:00-6:00 PM  Loteria 4:00PM	13 O.A.T.S- Intro to X 3:30-4:30 PM Line Dancing 4:00 PM  Noodle Volleyball 5:00 PM	14  ZUMBA GOLD 4:00 PM Arts & Crafts- Watercolor Painting 3:00-5:00 PM	15 BINGO 4:00 PM  Table Games- Rummikub 5:00 PM
19 Center Closed for Martin Luther King Jr. Day	20 O.A.T.S- IoT: Entertainment 3:30-4:30 PM Line Dancing 4:00 PM Evening Field Trip- Thrift Store 4:30-7:00 PM  Noodle Volleyball 5:00 PM	21  ZUMBA GOLD 4:00 PM Arts & Crafts- Winter Snow Painting 3:00-5:00 PM	22 BINGO 4:00 PM  Movie Night w/ Popcorn 5:00 PM
26  Loteria 4:00 PM Pool Table 5:00 PM	27 O.A.T.S- IoT: Smart Cities 3:30-4:30 PM Line Dancing 4:00 PM Evening Field Trip- Senior Social Hour @ the Library 4:30-7:00 PM  Noodle Volleyball 5:00 PM	28  ZUMBA GOLD 4:00 PM Arts & Crafts- Poem Story Writing 3:00-5:00 PM	29 BINGO 4:00 PM  Table Games- Pokeno 5:00 PM

With our extended hours in full affect we ask all of our members staying for activities between 4pm-8pm to please hit the **“PM Check in”** and the **“PM Activity”** buttons starting at 4pm.



HAVE LUNCH WITH US!
Hot Meals are served Monday through Friday from **11:30am-12:30pm** in the Nutrition Area.



Come by to see the Caregiver SOS
-Coaching-Support groups-
Stress Busting-Education-
On the 1st Tuesday of every Month
9:30AM-10:30AM

