



**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

**Schedule
Subject to
Change
Without
Notice**

**Seniors in
Play / Chair
Volleyball
Located at
The Frank
Garrett**

WEDNESDAY

THURSDAY

FRIDAY

5. **Zumba Gold**
9:30am-10:30am
Bingo
10:30am-11:30am
Arts & Crafts
12:00pm-1:00pm

6. **OASIS (Bilingual)-**
9:30am-11:00am
Nutrition Education
10:00am-11:00am
Line Dancing (FG)
12:30pm-1:30pm
**Low Impact Cardio w/
Rodney**
1:00pm-1:45pm

7. **Low Impact Cardio w/
Rodney**
9:00am-9:45am
Walking w/ Wellmed
9:30am-11:00am
Quilting Class
12:00pm-1:30pm
Chair Volleyball (FG)
12:30pm-2:00pm

8. **Loteria**
9:00am-10:00am
H-E-B
10:00am-11:00am
**Joint Movement w/
Jorge**
10:15am-11:00am
Seniors in Play (FG)
11:00pm-12:30pm
Bihl Haus Arts
12:30pm-2:30pm

9. **The Y Senior Circuit**
9:00am-9:45am
**The League of Women
Voters of The San
Antonio Area**
10:00am-11:00am
**O.A.T.S (Spanish)-
Voice Assistants**
10:30am-11:30am
Jewelry Making Class
12:30pm-1:30pm

12. **Zumba Gold**
9:30am-10:30am
Bingo
10:30am-11:30am
Arts & Crafts
12:00pm-1:00pm
**Great Northwest
Library Trip:
Traveling Craft
Series for Older
Adults**
12:30pm-2:30pm

13. **Commodities**
8:00am-10:00am

OASIS (Bilingual)-
Exploring Google
9:30am-11:00am
Line Dancing (FG)
12:30pm-1:30pm
**Low Impact Cardio w/
Rodney**
1:00pm-1:45pm

14. **Low Impact Cardio w/
Rodney**
9:00am-9:45am
San Antonio Storytellers
10:00am-11:00am
Walking w/ Wellmed
9:30am-11:00am
**Health Education w/
Wellmed**
12:00pm-1:00pm
Quilting Class
12:00pm-1:30pm
Chair Volleyball (FG)
12:30pm-2:00pm

15. **Loteria**
9:00am-10:00am
**Joint Movement w/
Jorge**
10:15am-11:00am
Seniors in Play (FG)
11:00pm-12:30pm
Bihl Haus Arts
12:30pm-2:30pm

16. **The Y Senior Circuit**
9:00am-9:45am
O.A.T.S (Spanish)-
Intro to Chatting with AI
10:30am-11:30am
Music Class with JD
12:00pm-2:00pm

19. **Closed for
Martin
Luther
King Jr.
Day**

20. **Cafecito w/Laura S.O.S
(New Year, New Brain-
Habits for Cognitive
Wellness)**
9:30am-10:30am
OASIS (Bilingual)-
Exploring Google
9:30am-11:00am
AACOG Presentation-
10:30am-11:30am
Line Dancing (FG)
12:30pm-1:30pm
**Low Impact Cardio w/
Rodney**

21. **Low Impact Cardio w/
Rodney**
9:00am-9:45am
Walking w/ Wellmed
**(Hobby Lo
bby Field Trip)**
9:30am-11:00am
Quilting Class
12:00pm-1:30pm
Chair Volleyball (FG)
12:30pm-2:00pm

22. **Loteria**
9:00am-10:00am
**Joint Movement w/
Jorge**
10:15am-11:00am
Seniors in Play (FG)
11:00pm-12:30pm
Bihl Haus Arts
12:30pm-2:30pm

23. **The Y Senior Circuit**
9:00am-9:45am
O.A.T.S (Spanish)-
**Virtual Reality at a
Glance**
10:30am-11:30am
Jewelry Making Class
12:30pm-1:30pm
**CENTER WILL CLOSE AT
2:30 PM FOR STAFF
TRAINING.**

26. **Zumba Gold**
9:30am-10:30am
Bingo
10:30am-11:30am
Arts & Crafts
12:00pm-1:00pm

27. **OASIS (Bilingual)-**
Exploring Google
9:30am-11:00am
Line Dancing (FG)
12:30pm-1:30pm
**Low Impact Cardio w/
Rodney**
1:00pm-1:45pm
**Great Northwest
Library Trip:
Senior Social Hour**
12:00pm-2:30pm

28. **Low Impact Cardio w/
Rodney**
9:00am-9:45am
Walking w/ Wellmed
**(Juan's Gardening Field
Trip)**
9:30am-11:00am
Quilting Class
12:00pm-1:30pm
Chair Volleyball (FG)
12:30pm-2:00pm

29. **Loteria**
9:00am-10:00am
Walmart
10:00am-11:00am
**Joint Movement w/
Jorge**
10:15am-11:00am
Seniors in Play (FG)
11:00pm-12:30pm
Bihl Haus Arts
12:30pm-2:30pm

30. **The Y Senior Circuit**
9:00am-9:45am
O.A.T.S (Spanish)-
**Digital Legacy at a
Glance**
10:30am-11:30am
Volunteer Training
12:00pm-1:00pm

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 Center Closed for New Years
5 Evening Field Trip- Golden Corral 3:00-5:00 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