



HUMAN SERVICES

MAY 2026

DISTRICT 2 SENIOR CENTER

1751 SOUTH WW WHITE RD.

SAN ANTONIO TX. 78220

(210) 207-5390

MON-THURS 7:00AM-8:00PM

FRIDAY 7:00AM-4:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Room Key CL - Computer Lab AC - Arts& Crafts Room DR - Dining Room LB - Library CR - Conference Room RA - Rec Area MP - Multi-Purpose Room <i>Note: Classes marked with ** are Volunteer-led classes.</i></p>	<p>FLIP PAGE TO SEE EXERCISE CLASSES & SPECIAL EVENTS</p> 			<p>1. CENTER CLOSED</p> <p>Older Americans Month Celebration Rosedale Park Pavillion 8:30am - 2:00pm</p>  <p>CHAMPION YOUR HEALTH: MAY 2026</p>
<p>4. 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</p>	<p>5. Computer Class (CL) Windows 11 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</p>	<p>6. Computer Class (CL) iPhone Basics 9:00am-11:00am MS Word Basics 1:00pm-3:00pm GOLDEN-AGERS 12:00pm - 1:00pm Movie Night (DR) 4:00pm - 6:30pm</p>	<p>7. 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</p>	<p>8. Bingo Dining Area 9:30am-10:15am Sing for Joy (RA) 10:00am - 11:00am</p>
<p>11. 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 Loteria (AC) 4:45pm - 6:30pm Volunteer Meeting 1:15pm - 1:45pm</p>	<p>12. Computer Class (CL) Windows 11 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</p>	<p>13. Computer Class (CL) iPhone Basics 9:00am-11:00am MS Word Basics 1:00pm-3:00pm Sewing** (AC) 9:30am - 11:00am SUDOKU 3:45pm - 4:45pm Loteria (DR) 4:45pm - 6:30pm</p>	<p>14. 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</p>	<p>15. Bingo Dining Area 9:30am-10:15am Sing for Joy (RA) 10:00am - 11:00am New Member Orientation(CR) 1:30pm - 2:30pm</p> <p>Center Closes at 2:30pm for Staff Training</p>
<p>18. 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</p>	<p>19. Computer Class (CL) Windows 11 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</p>	<p>20. Computer Class (CL) Chat GPT 9:00am-11:00am MS Word Basics 1:00pm-3:00pm Memorial Day Presentation 10:00am - 11:00am Loteria (DR) 4:45pm - 6:30pm</p>	<p>21. 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 MOVIE NIGHT (DR) 4:00pm - 6:30pm</p>	<p>22. BINGO STORE 9:30am-10:15am (NO Bingo)</p> <p>Sing for Joy (RA) 10:00am - 11:00am</p>
<p>25. CENTER CLOSED FOR MEMORIAL DAY</p> 	<p>26. Computer Class (CL) Smartphone Photography 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</p>	<p>27. Computer Class (CL) Exploring Google 9:00am-11:00am MS Word Basics 1:00pm-3:00pm Sewing** (AC) 9:30am - 11:00am Loteria (DR) 4:45pm - 6:30pm</p> <p>MAY BIRTHDAY CELEBRATIONS W/ POTLUCK</p>	<p>28. 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 NIGHT (DR) 4:45pm - 6:30pm</p>	<p>29. Bingo Dining Area 9:30am-10:15am Sing for Joy (RA) 10:00am - 11:00am</p>

OUR APOLOGIES: CALENDAR MAY CHANGE OR BE UPDATED WITHOUT ADVANCE NOTICE.

Exercise Classes

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><u>Wellmed Chair Exercise</u> 9:45am - 10:15m</p> <p><u>Line Dancing</u> 1:00pm - 1:45pm</p> <p><u>Senior Strength</u> 2:15pm - 3:00pm</p> <p><u>Pickleball</u> 4:00pm - 4:45pm</p>	<p><u>Walking with Wellmed</u> 9:00am - 9:30am</p> <p><u>Cardio Dance</u> 10:30am - 11:15am</p> <p><u>Sit & Be Fit</u> 1:00pm - 1:45pm</p> <p><u>Pickleball</u> 4:00pm - 4:45pm</p>	<p><u>Senior Circuit</u> 9:00am - 9:45am</p> <p><u>Chair Volleyball</u> 10:00am - 10:45am</p> <p><u>Line Dancing</u> 1:00pm - 1:45pm</p> <p><u>Core & Balance</u> 4:00pm - 4:45pm</p>	<p><u>Gentle Yoga</u> 1:00pm - 1:45pm</p> <p><u>Chair Volleyball</u> 2:00pm - 2:45pm</p> <p><u>Low Impact Bootcamp</u> 4:00pm - 4:45pm</p>	<p><u>Senior Circuit</u> 8:45am - 9:30am</p>

Lunch at District 2 Senior Center



11:00am - 1:00pm Monday - Friday

- Lunch tickets are available as early as 7:30 AM
- Membership card (or phone number) is required
- Hold your ticket till 11:00 AM - Please do not lose ticket
- Lunches are available while supplies last



- Meals cannot be taken home, with the exception of frozen meals for center closure.
- On the dates center is closed frozen or shelf stable meals will be given to take home.*



COMMODITIES

HOPE Program & CSFP Cheese Box

MONDAY, MAY 18 1:30pm - 3:30pm

TUESDAY, MAY 19 7:00am - 9:00am

FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST

Please note: San Antonio Food Bank is not accepting new applicants for CSFP or HOPE Program at this time.



EVENTS

- 5/01/26 - OLDER AMERICANS MONTH CELEBRATION @ Rosedale Park Pavilion 8:30am - 2:00pm
- 5/04/26 - Field Trip! McCreless Market HEB plus! 10:00am - 12:00pm (9:45am departure. Sign up at Front Desk.)
- 5/05/26 - Living Guilt Free (by Caregiver Specialist Stephanie Massiate) 9:00am - 10:00am
- 5/06/26 - SAPL Golden-Agers 12:00pm - 1:00pm (Sign up at front Desk.)
- 5/07/26 - Mother's Day Hat Show & Morning Tea 9:30am - 11:00am
- 5/11/26 - Christian Dental Presentation 9:30am - 10:15am
- 5/11/26 - Oasis Presentation "Cutting the Cable" 10:30am - 11:30am
- 5/12/26 - Top Scams of 2026 (by Financial Counselor Deborah Romo) 10:00am - 11:00am
- 5/12/26 - Nutrition Presentation by Tracy 12:30pm - 1:00pm
- 5/13/25 - Field Trip! Meals on Wheels Facility Tour 10:30am - 12:00pm (9:45am departure. Sign-up begins 5/4/26)
- 5/14/26 - Nutrition Activity 10:00am - 10:30am
- 5/15/26 - New Member Orientation 1:30pm - 2:30pm
- 5/15/26 - Center Will Close at 2:30pm for Staff Training
- 5/18/26 - Seniors in Play Showcase 10:00am - 11:00am
- 5/18/26 - COMMODITIES 1:30pm - 3:30pm (Must be on Food Bank Roster. Applications are now closed.)
- 5/19/26 - COMMODITIES 7:00am - 9:00am (Must be on Food Bank Roster. Applications are now closed.)
- 5/19/26 - Nutrition Presentation by Tracy 12:30pm - 1:00pm
- 5/20/26 - Field Trip! Schaefer Library 10:30am - 12:00pm (10:00am departure. Sign up begins 5/11/26)
- 5/20/26 - Memorial Day Presentation 10:00am - 11:00am
- 5/21/26 - HEAT HEALTH (By Metropolitan Health District) 10:00am - 11:00am
- 5/25/26 - CENTER CLOSED FOR MEMORIAL DAY
- 5/26/26 - Tea With Tracy 9:30am - 10:30am
- 5/27/26 - May Birthday Celebrations w/ Potluck (Potluck at your individual tables)
- 5/28/26 - Food Bank Presentation "Movement for a Clear Mind" 10:00am - 11:00am

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