



HUMAN SERVICES

# October 2026

Harlandale Nutrition Center  
115 Southcross  
San Antonio TX 78221  
210-924-4771  
Staff: Richard Ramos, NSC  
Raul Urrutia, Chauffeur

| MONDAY                                              | TUESDAY                                                                         | WEDNESDAY                                                                           | THURSDAY                                                                        | FRIDAY                                                                        |
|-----------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
|                                                     |                                                                                 |                                                                                     | 1<br>8:00 Social Hour<br>9:00 YMCA Chair Yoga<br>10:00 Loteria<br>11:00 Lunch   | 2<br>8:00 Social Hour<br>9:00 Bingo<br>10:30 Luby's Cafeteria<br>11:00 Lunch  |
| 5<br>8:00 Social Hour<br>9:00 Bingo<br>11:00 Lunch  | 6<br>8:00 Social Hour<br>9:00 Loteria<br>10:00 YMCA Chair Zumba<br>11:00 Lunch  | 7<br>8:00 Social Hour<br>9:00 Bingo<br>11:00 Lunch                                  | 8<br>8:00 WellMed Nurse<br>9:00 YMCA Chair Yoga<br>10:00 Loteria<br>11:00 Lunch | 9<br>8:00 Social Hour<br>9:00 Bingo<br>9:30 HEB Grocery Store<br>11:00 Lunch  |
| 12<br>8:00 Social Hour<br>9:00 Bingo<br>11:00 Lunch | 13<br>8:00 Social Hour<br>9:00 Loteria<br>10:00 YMCA Chair Zumba<br>11:00 Lunch | 14<br>8:00 Social Hour<br>9:00 Bingo<br>10:00 Nutrition Education<br>11:00 Lunch    | 15<br>8:00 Social Hour<br>9:00 YMCA Chair Yoga<br>10:00 Loteria<br>11:00 Lunch  | 16<br>8:00 Social Hour<br>9:30 Movie Day: Como Caido del Cielo<br>11:00 Lunch |
| 19<br>8:00 Social Hour<br>9:00 Bingo<br>11:00 Lunch | 20<br>8:00 Social Hour<br>9:00 Loteria<br>10:00 YMCA Chair Zumba<br>11:00 Lunch | 21<br>8:00 Social Hour<br>9:00 Bingo<br>10:00 Food Bank Distribution<br>11:00 Lunch | 22<br>8:00 Social Hour<br>9:00 YMCA Chair Yoga<br>10:00 Loteria<br>11:00 Lunch  | 23<br>8:00 Social Hour<br>9:00 Bingo<br>9:30 La Tiendita<br>11:00 Lunch       |
| 26<br>8:00 Social Hour<br>9:00 Bingo<br>11:00 Lunch | 27<br>8:00 Social Hour<br>9:00 Loteria<br>10:00 YMCA Chair Zumba<br>11:00 Lunch | 28<br>8:00 Social Hour<br>9:00 Bingo<br>11:00 Lunch                                 | 29<br>8:00 Social Hour<br>9:00 YMCA Chair Yoga<br>10:00 Loteria<br>11:00 Lunch  | 30<br>8:00 Social Hour<br>9:30 Birthday Celebrations<br>11:00 Lunch           |

Food Bank

WellMed Nurse

Food Bank will be distributed October 21, 2026  
at 10:00 a.m. \*ID CARDS AND BINS REQUIRED\*

Second Thursday of the month  
8:00 a.m. - 11:00 a.m.

Have lunch with us!

In Person Fitness Classes

Hot Meals served Monday through Friday  
11:00 a.m. - 12:00 p.m.

Tuesdays: 10:00 a.m. YMCA Chair Zumba  
Thursdays: 9:00 a.m. YMCA Chair Yoga

Birthday Celebrations



Elizabeth Villarreal 10/10  
Dorothy Reyes 10/11  
Guadalupe Almaraz 10/20  
Maria Elva Sanchez 10/20

Maria L Hernandez 10/15  
Lidia Valdez 10/21  
Sylvia Ruiz Reyes 10/23





Harlandale Nutrition Center  
115 Southcross  
San Antonio, TX 78221  
210-924-4771  
Monday - Friday 8 a.m. - 12 p.m.

**Free Participation for Older Adults**  
**Eligibility Criteria**  
At least 60 years old | Ability to take care of personal needs | Have Mental and Physical ability to act independently | May bring and use any personal device



115 W. SOUTH CROSS  
SAN ANTONIO TX 78221

FRIDAY  
OCTOBER 30  
AT 9:00 AM

**Music - Food - Fun**

Join us for a memorable celebration filled with joy, laughter, and the beauty of the season

**Birthday Celebrations**

You're Invited To Our

**HARLANDALE SENIOR CENTER**



115 W SOUTH CROSS SAN ANTONIO, TX 78221

LEGENDARY MEXICAN ACTOR-SINGER PEDRO INFANTE IS GIVEN A CHANCE TO REDEEM HIMSELF AND EARN A PLACE IN HEAVEN. SENT BACK TO EARTH IN IMPERSONATOR'S BODY, HE MUST PROVE THAT HE HAS CHANGED HIS WAYS.

**HARLANDALE SENIOR CENTER**

FRIDAY 9:30 A.M. | OCTOBER 16, 2026

**MOVIE DAY**  
**COMO CAIDO DEL CIELO**

**FREE MOVIE**  
**POP CORN**



Join us!

944 S.E. Military Dr San Antonio

FRIDAY, OCTOBER 2, 2026  
10:30 A.M.

You will need to pay for your own lunch



**LUBY'S RESTAURANT**

**HARLANDALE SENIOR CENTER**



# OCTOBER 2026

## Birthday Celebration

Join us on Friday, October 30, 2026 for our **Birthday Celebrations!** Dress to impress in your favorite character and enjoy great food, awesome music, and plenty of fun. We can't wait to celebrate with you!

## Field Trips

10:30 A.M.  
October 2, 2026  
**Luby's Cafeteria**

9:30 A.M.  
October 9, 2026  
**HEB Grocery Store**

# WHAT HAPPENED LAST MONTH



## SEPTEMBER BIRTHDAY CELEBRATION!