



APRIL

Walker Ranch Senior Center
 835 W. Rhapsody
 San Antonio, TX, 78216
 210-207-5280
 Monday - Thursday: 7 AM - 8 PM
 Friday: 7 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Legend: Art Room (A) Classroom 1 (C1) Classroom 2 (C2) Computer Room (CR) Conference Room (CONF) Consulting Office (CO) Dining Room (D) Fitness Room (F) Game Room (GR) Nurse's Office (NO) Outdoor Courts (OC)</p>	 <p>JOIN US FOR FIESTA AT WALKER RANCH SENIOR CENTER APRIL 17TH 9:00 AM - 1:00 PM FIESTA AND BIRTHDAY CELEBRATION</p>	<p>1 9 AM - Walking at the Park With Nurse Tiffany 9 AM to 11 AM - Computer Class: MS Excel 2 (1 of 4) (CR) 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM - Team Trivia (A) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: MS Word 2 (1 of 4) (CR) 4:30 PM - Loteria (D)</p> <p>9:30 AM Field Trip registration begins</p>	<p>2 9:30 AM - Loteria (D) 10 AM - Virtual Tour: Krakow's Sacred Season: Stories of Passover and Holy Week (CR) 10 AM - Oasis Presentation: Transition of Care (C1) 5:30 PM to 6:30 PM Easter Egg Scavenger Hunt</p> 	<p>3 CENTER CLOSED CITY HOLIDAY</p>
<p>6 9:15 AM - Christian Dental Presentation (C1) 9:30 AM to 11:30 AM - Computer Class: Word Basics (3 of 4) (CR) 10 AM to 12 PM - Play Intermediate Bridge (C2) 12 PM to 3 PM - Play Progressive Bridge (C2) 1 PM to 3 PM - Computer Class: MS Excel Basics (3 of 4) (CR) 4:30 PM - Movie (C1)</p>	<p>7 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9 AM - Nutrition Education: Muscle Loss (Sarcopenia) with Nutrition (D) 9:30 AM to 10:30 AM - Plant Swap (A) 9:30 AM to 11:30 AM - Computer Class: Cybercrime, What's the Best Browser for Me? (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 PM to 2:30 PM - Chess Club (C2) 1:00 PM - Virtual Tour: When Paris Grows: A Journey Through Sunset in the City (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Smartphone Photography (4 of 10) (CR) 4 PM to 5:30 PM - Volunteer Training (Registration required) (C1)</p>	<p>8 9 AM to 11 AM - Computer Class: MS Excel 2 (2 of 4) (CR) 9 AM - Walking at the Park With Nurse Tiffany 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM Computer Class: MS Word 2 (2 of 4) (CR) 4:30 PM - Bingo (D)</p> <p>9 AM to 1 PM Medicare Benefits Counseling (CO)</p>	<p>9 9:30 AM - Field Trip: Fiesta Store at North Star (Registration required) 9:30 AM - Bingo (D) 10 AM - Virtual Tour: Thessaloniki, Greece: Layers of History by the Sea (CR)</p>	<p>10 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12 PM to 1:30 PM: 7 Habits Presentation (CONF) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 1 PM - Good Grammar for Everyone (C1) Note: Activities must conclude by 2:15 PM The center closes at 2:30 PM for staff training.</p>
<p>13 9:15 AM - Walking at the Mall with WellMed (Registration required) 9:30 AM to 11:30 AM - Computer Class: Word Basics (4 of 4) (CR) 10 AM to 12 PM - Play Intermediate Bridge (C2) 12 PM to 3 PM - Play Progressive Bridge (C2) 1 PM to 3 PM - Computer Class: MS Excel Basics (4 of 4) (CR) 4:30 PM - Movie (C1)</p> <p>11 AM to 1 PM Hamilton Community Center Outreach and Information</p>	<p>14 9:15 AM - Field Trip: Market Square (Registration required) 9:30 AM to 11:30 AM - Computer Class: Google Docs (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 PM to 2:30 PM - Chess Club (C2) 1:00 PM - Virtual Tour: Where Forest Meets the Sea: A Walk on Vancouver Island (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Smartphone Photography (5 of 10) (CR) 5 PM to 6:30 PM - Santana Live Video Concert (A)</p>	<p>15 9 AM to 11 AM - Computer Class: MS Excel 2 (3 of 4) (CR) 9 AM - Walking at the Park With Nurse Tiffany 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM - Book Club Meeting: The Vanishing By Brit Bennett (C1) 1 PM Computer Class: MS Word 2 (3 of 4) (CR) 4:30 PM - Loteria (D) 5:30 PM - Creative Writing (CONF) 8:45 AM - Food Bank Distribution today for applicants approved through Walker Ranch Senior Center 9 AM to 11 AM ACOG Benefits Counseling (CO)</p>	<p>16 9:30 AM - Loteria (D) 10 AM - Virtual Tour: The Pearl of the Balkans: Ohrid, North Macedonia (CR) 1 PM - Nature Walk at Walker Ranch Park with Parks and Recreation 5 PM to 6:30 PM - Santana Live Video Concert (A)</p> <p>10 AM Pool Tournament in the Game Room. Registration will be the day of the tournament</p>	<p>17 8:30 AM to 9 AM - WellMed Stretch Class (F) (Registration required) 9 AM - 1 PM Fiesta & Birthday Celebration (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 12:30 PM to 2:30 PM - Open Play Table Games (C2) Note: Activities must conclude by 3:45 PM</p> 
<p>20 9:15 AM - Walking at the Mall with WellMed (Registration required) 9:30 AM to 11:30 AM - Computer Class: Google Maps (1 of 2) (CR) 10 AM to 12 PM - Play Intermediate Bridge (C2) 12 PM to 3 PM - Play Progressive Bridge (C2) 12:30 PM - 1:30 PM Financial Empowerment Presentation: Top Scams Right Now (C1) 1 PM to 3 PM - Computer Class: Google Calendars (1 of 2) (CR) 4:30 PM - Movie (C1)</p>	<p>21 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:30 AM to 11:30 AM - Computer Class: iPhone Basics (1 of 2) (CR) 10 AM - Health Talk w/ Nurse Tiffany: Facts about Aging and Alcohol (CONF) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 PM to 2:30 PM - Chess Club (C2) 1 PM - Virtual Tour: Canals in Bloom, A Springtime Journey Through the City (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Smartphone Photography (6 of 10) (CR) 12:30 PM - Women's Pool Tournament in the Game Room. Registration will be the day of the tournament</p>	<p>22 9 AM to 11 AM - Computer Class: MS Excel 2 (4 of 4) (CR) 9 AM - Walking at the Park With Nurse Tiffany 10 AM - Seniors in Play (C1) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 10 AM to 12 PM - Play Hand & Foot (C2) 12 AM to 3 PM - South TX Hearing (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM Computer Class: MS Word 2 (4 of 4) (CR) 4:30 PM - Bingo (D)</p> <p>9 AM to 1 PM - Medicare Benefits Counseling (CO)</p> <p>9:45 AM Card Sharks Game (D)</p>	<p>23 9:30 AM - Bingo (D) 9:15 AM - Field Trip: Senior Fiesta at Wonderland of the Americas Mall (Registration required) 10 AM - Virtual Tour: Warsaw, Poland, The Story of the Ghetto Uprising (CR) 5 PM - Jewelry Making with Candice (A) 5:30 PM - Educational Video: The History of Fiesta (D)</p> <p>*Frozen Meal Distribution for 4/24*</p>	<p>24 CENTER CLOSED FIESTA SAN JACINTO DAY</p>
<p>27 9:15 AM - Walking at the Mall with WellMed (Registration required) 9:00 AM - City Nature Challenge Kick Off (Entrance of Park) 9:30 AM - Member Orientation (CONF) 9:30 AM to 11:30 AM - Computer Class: Google Maps (2 of 2) (CR) 10 AM to 12 PM - Play Intermediate Bridge (C2) 12 PM to 3 PM - Play Progressive Bridge (C2) 1 PM to 3 PM - Computer Class: Google Calendars (2 of 2) (CR) 1 PM to 3 PM - Healthy Bowels, Healthy Bladder (Registration Required) (CONF) 4:30 PM - Movie (C1)</p>	<p>28 9:30 AM to 11:30 AM - Computer Class: iPhone Basics (2 of 2) (CR) 9:30 AM - Nutrition Education: Health Benefits of Mushrooms (D) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 PM to 2:30 PM - Chess Club (C2) 1 PM - Virtual Tour: Przemysl, Poland - Crossroads of Cultures and Empires (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Smartphone Photography (7 of 10) (CR) 10:30 AM Produce Market opens in the Dining Room.</p>	<p>29 9 AM to 11 AM - Computer Class: Online Shopping (CR) 9 AM - Walking at the Park With Nurse Tiffany 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM Computer Class: What's App (CR) 4:30 PM - Loteria (D)</p>	<p>30 9:30 AM - Loteria (D) 10 AM - Virtual Tour: Spring in Vienna - Where the City Comes Alive (CR) 10 AM to 11 AM - Financial Education: "Top Scams Right Now!" (C1) 5 PM to 6:30 PM Fiesta Tea Party</p> <p>*Frozen Meal Distribution for 5/1 **Only for members who signed up before April 6th, that will not be attending the Older Americans Month Celebration**</p>	<p>Please note that this calendar is tentative and subject to change without any advance notice.</p>

GROUP FITNESS SCHEDULE

MONDAY

- 9 AM - Line Dance
- 10 AM - Tai Chi (*volunteer-led*)
- 11:30 AM - Low Impact Cardio
- 1 PM - Circuit
- 2 PM - Yoga
- 3 PM - Barre/Pilates
- 5 PM - Yoga (*Yin*)

TUESDAY

- 8 AM - Low Impact Cardio
- 9 AM - Circuit
- 10 AM - Zumba
- 11 AM - Joint & Movement
- 12:15 PM - Silver Sneakers Classic
- 1:15 PM - Line Dance
- 3 PM - Circuit
- 4:30 PM - Chair Aerobics
- 5:30 PM - Line Dance

WEDNESDAY

- 8:15 AM - Zumba
- 9:15 AM - Back to Basics Yoga (*2nd & 4th Wed. - volunteer-led*)
- 10 AM - Yoga (Hatha)
- 11 AM - Strength & Toning
- 1 PM - Circuit
- 4:30 PM - Belly Dancing
- 6:15 PM - Yoga (*Restorative*)

THURSDAY

- 8 AM - Sit & Be Fit
- 9 AM - Low Impact Boot Camp
- 10 AM - Tai Chi (*volunteer-led*)
- 11 AM - Zumba Gold
- 12 PM - Circuit
- 1 PM - Yoga (*Vinyasa Flow*)
- 2 PM - Strength & Toning
- 3 PM - Mobility & Stretch
- 4:30 PM - Tai Chi (*Intermediate*)

FRIDAY

- 9:15 AM - Pilates
- 10 AM - Strength
- 11 AM - Line Dance
- 12 PM - Sit & Be Fit
- 1 PM - Core & Balance Boot Camp

FITNESS CLASS RESERVATION PROCESS

- Class registration **begins at 7:30 AM by calling 210-207-5280** the day before a class. In person registration may also be done the day before a class or the day of. Limit one class per day, however, if there is availability, member may wait in line 10 minutes before a fitness class starts. ***Please note that leaving a voicemail is not considered as a reservation.***
- Tickets for entry into the fitness classes are distributed **10 minutes before class.** To pick up a ticket, line up by the front desk and wait to be called.
- If the previous fitness class has not finished, please wait outside the room until class has concluded. Once class has concluded, wait for the instructor to take your ticket. Instructor will then provide a sign in sheet - sign in on your assigned number.
- If you would like to take a second class and there are available spots the day of, spots will be assigned to members who are present and in the standby line **10 minutes** before class starts, with priority given to members who are not registered for another class or who have not taken a class.

Late Arrival Policy: Open slots will be given to members waiting in line one minute before class begins. *No late admittance.*

Note: Limit of 1 class per day, based on class availability.

Note: There is no "spot saving" for any fitness class.

****All classes may be accommodated as needed.****

FITNESS EQUIPMENT ORIENTATION

Learn how to start, stop, and adjust machines!

Join Walker Ranch Senior Center staff every Thursday at 3:15 PM for a basic introduction to fitness equipment.

Please consult your medical provider should you have any questions regarding medical advice.

TRANSPORTATION TO THE CENTER

In need of a ride? You may qualify for transportation services to and from the center!



For more information on transportation provided by the center, please see the reception desk.

VOLUNTEER-LED ACTIVITIES

Monday

- 9 AM to 9:45 AM - Tai Chi Club (Classroom 2) *Weekly.*
- 9 AM - Craft Time (Art Room) *Weekly.*
- 10:00 AM - Name That Tune (Classroom 1) *2nd Monday.*
- 12:30 PM - Women's Billiards for Beginners (Game Room) *Weekly. Registration required.*
- 1:30 PM - Intermediates Women's Billiards (Game Room) *Weekly. Registration required.*
- 2:30 PM - Advanced Women's Billiards (Game Room) *Weekly. Registration required.*
- 4 PM - Karaoke (Dining Room) *Weekly.*

Tuesday

- 12:30 PM to 2:30 PM - Chess Club (Classroom 2)
- 3 PM - Bunco (Classroom 2) *3rd Tuesday. Registration required.*
- 4:30 PM - Play Jeopardy (Conference Room) *Weekly.*

Wednesday

- 9:15 AM to 9:45 AM - Yoga: Back to Basics (Fitness Room) *2nd and 4th Wednesday. Registration required.*
- 12:30 PM - Team Trivia (Art Room) *Weekly.*
- 2:30 PM - Meditation (Art Room) *Weekly. Registration required.*

Thursday

- 9 AM to 9:45 AM - Tao Club (Classroom 2) *Weekly.*
- 9 AM to 11 AM - Open Art Studio Time (Art Room) *Bring your own supplies. 1st and 3rd Thursday.*
- 9:30 AM to 11:30 AM - Socrates Café and Talk About Ted Talks (Conference Room) *Weekly.*
- 10 AM to 12 PM - Beginner Bridge (Classroom 2) *Weekly.*
- 12:30 PM to 2 PM - Karaoke (Dining Room) *Weekly.*
- 12:30 PM - Learn to Play Eastern Mahjong (Classroom 2) *Weekly.*
- 1 PM to 1:45 PM - Beginners Guitar Classes (Classroom 1) *Registration required. Weekly.*
- 1:45 PM to 2:30 PM - Intermediate Guitar Classes (Classroom 1) *Registration required. Weekly.*
- 2:30 PM - Jam Session (Classroom 1) *Weekly.*

Friday

- 9:30 AM to 11 AM Knitting for Beginners (Art Room)
- 1:00 PM - Good Grammar for Everyone (Classroom 1) *2nd and 4th Friday.*
- 1:30 PM to 3:30 PM - The Tao of Poetics, Open Writing Workshop (Conference Room) *Last Friday.*

PROJECT HOPE FOOD BANK DISTRIBUTION

Distribution Date

Distribution tickets may be picked up beginning at 8:45 AM. Commodities pickup is reserved for Walker Ranch Senior Center & SA Food Bank approved applicants only. A valid Drivers License or photo ID is required at pickup.

Next distribution date: April 15th



FIELD TRIPS

April 9th, 9:30 AM: Fiesta Store at North Star - Are you ready for fiesta? Join fellow members and get ready to shop! FIESTA AT NORTH STAR® welcomes everyone who wants to learn, experience, and purchase a little bit of Mexico and beyond. The store offers a large array of items including seasonal party supplies (with a specialty in Fiesta Season including Official Fiesta Merchandise), forever home art, and everyday clothing for all genders and ages. (**Moderate Walking**)

April 14th, 9:15 AM: Market Square - Enjoy the sights and flavors of old Mexico at Historic Market Square, a favorite of locals and tourists for generations. Explore over 100 locally owned businesses that provide a unique market place experience. (**Heavy Walking**)

April 23rd, 9:15 AM: Senior Fiesta at Wonderland of the Americas Mall - Join us for an entertaining and informational morning planned just for you! Seniors will enjoy live entertainment, a health and wellness fair, and activities at this FREE event! Senior lifestyle partners will be on site to provide information about medical, household aids, senior engagement programs, leisure activities, and more. This is the only Official Fiesta® San Antonio event sanctioned event planned especially for seniors, offering a fun and welcoming space to celebrate the spirit of Fiesta! (**Moderate Walking**)

***All field trips are subject to change.**

****Only one trip per member per month, based on availability. NOTE: Field trip registrations will begin at 9:30 AM on April 1st.**

MEAL PROGRAM

Hot meals are served in the dining room from 11 AM to 12:30 PM on a first come, first serve basis. While supplies last.

Hot meals must be eaten in the dining room with the exception of frozen meals for center closure.

On the days the center is closed, members will receive a frozen meal to take home.



ALL ARE WELCOME