



HUMAN SERVICES

JUNE 2026

**SOUTHSIDE LIONS
SENIOR CENTER
3303 PECAN VALLEY
SAN ANTONIO, TX. 78210**

☎ 210-207-1760
MON-THURS 7:00AM-8:00PM
FRIDAY 7:00AM-4:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
1 9am Iphone Basics 10am Nutrition Class w/Metro Health 10am Unidad Gonzalez w/ Medicare Updates 5pm Craft: Collage 6pm Black Jack	2 9am Painting 10am Senior Planet: Safe Online Shopping 12:30pm BINGO 5pm Movie & Popcorn "Cast Away"	3 9am Drawing 9:15am Southside Collaborative 2pm Movie & Popcorn "Cast Away" 4:30pm Cornhole 6pm BINGO	4 9am Windows 11 10am Senior Planet: Safe Online Shopping 12:15pm Shopping Trip to: HEB 12:30pm BINGO 1pm Exploring Google 5:30pm LOTERIA	5 10am Seniors In Play 12:30pm LOTERIA 1:30pm Fitness Area Machine Orientation
8 9am Iphone Basics 10am Nutrition Class w/Metro Health 10am Unidad Gonzalez w/ Medicare Updates 5pm Art Project: Watercolor 6pm Dice	9 9am Painting 10am Oasis Presents: Mediterranean Diet 10am Senior Planet: Safe Online Shopping 12:30pm Celebrity BINGO w/Councilwoman Viagran 5pm Movie & Popcorn "The Ballad of Wallis Island"	10 9am Drawing 9:15am Southside Collaborative 10am CSFP-CHEESE BOX FOOD BANK 2pm Movie & Popcorn "The Ballad of Wallis Island" 5pm Dominoes 6pm LOTERIA	11 9am Windows 11 10am Senior Planet: Safe Online Shopping 12:30pm BINGO 1pm Exploring Google 4:30pm Nertz	12 9am SSL Spring Swap 10am Seniors In Play 12:30pm LOTERIA 2:30pm Center Early Closure for Staff Meeting
15 9am Meet the Computer 10am WellMed Caregiver Support Group/Grief and Loss Presentation 10am Unidad Gonzalez w/ Medicare Updates 5pm Craft: 6pm Jenga	16 9am Painting 10am Senior Planet: GRADUATION 12:30pm BINGO 5pm Movie & Popcorn "Summer of Soul"	17 9am Drawing 9:15am Southside Collaborative 10am HOPE FOOD BANK 2pm Movie & Popcorn "Summer of Soul" 5:30pm BINGO	18 9am Beginners Guide to the Cloud 10am Senior Planet: Privacy Primer 12:30pm BINGO 1pm Exploring Google 4:30pm Trivia	19 Center Closed  Observing Juneteenth
22 9am Meet the Computer 10am Nutrition Class w/Metro Health 10am Unidad Gonzalez w/ Medicare Updates 5pm Art Project: Origami 6pm Darts	23 9am Painting 10am Senior Planet: Privacy Primer 12:30pm BINGO 5pm Movie & Popcorn "Philadelphia"	24 9am Drawing 9am WellMed Nurse: Alzheimer's Disease 9:15am Southside Collaborative 1pm Prize Market 2pm Movie & Popcorn "Philadelphia" 4:30pm Pool Tournament	25 9am MS Excel Basics 10am Senior Planet: Privacy Primer 12:30pm BINGO 1pm YouTube 5:30pm LOTERIA	26 10am Seniors In Play 10am Nutrition Class: Fueling Health w/Fiber 12pm Celebrating June Birthdays! 12:15pm Field Trip to Market Square 12:30pm LOTERIA
29 9am Smartphone Photography 10am Nutrition Class w/Metro Health 10am Unidad Gonzalez w/ Medicare Updates 5pm Art Project: Lets Relax & Color 6pm Poker	30 9am Painting 10am Senior Planet: Privacy Primer 12:30pm BINGO 5pm Movie & Popcorn "The Shootist"	Celebrating Father's Day at Southside Lions  June 18, 2026	Observing Juneteenth On Friday June 19th Southside Lions will be CLOSED	New at SSL for June Nutrition Classes offered by San Antonio Metro Health Mondays 10AM

June Announcements & Events

CSFP Cheese Box Wednesday June 10, 2026 10:00-10:45am & 12:00-3:45pm
HOPE Program Wednesday June 17, 2026 10:00-10:45am & 12:00-3:45pm

FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:30am WellMed Stretch (Nurse Patty)	9am Chair Rise and Thrive (Alexis)	8:30am Gentle Yoga (Teresa)	9:15am WellMed Walking Group (Patty)	9am Low Impact Bootcamp (Rodney)
10:15am Line Dancing (Anabel)	10:15am Zumba Gold (Veronica)	10am Dance Alegria (Urban 15)	10:15am Tai Chi (Theresa)	10am WellMed Stretch(Nurse Patty)
1pm Chair Yoga (Erma)	12pm Forever Well Circuit (Amanda)	1pm Senior Circuit (Shelly)	1pm Strength & Toning (Teresa)	10:30am Senior Circuit (Mark)
4pm Muscle Strength (Charlotte)	4pm Low Impact Bootcamp (Rodney)	5pm Strength and Toning (Alexis)	*2pm-5pm* Last Thursday of month Open Play Chair Volleyball	1pm Forever Well Stretch (Jane)

Sign-Up for a Fitness Class

- To reserve spot call **210-207-1760** 24 hours before each class to register or reserve in person with staff.
- Tickets for entry to classes are given at check in to center, or when previous class is done.
- Ticket will be handed only to participating member. **(Lost tickets will not be replaced)**
- All classes are 45 minutes & are held in the Fitness Room unless otherwise noted.
- Hand ticket to instructor when entering classroom.
- Seating is on a first come basis, no disruptions of class once started.

Class Schedule & Instructors subject to change

- NO LATE ARRIVALS-NO ENTRY AFTER 5 MINUTES OF CLASS START TIME.
- UPON CLASS START TIME, REMAINING TICKETS WILL GO TO MEMBERS ON STANDBY LIST.
- TENNIS SHOES MUST BE WORN IN FITNESS CLASSROOM & GYM AREA AT ALL TIMES.

**Lunch at Southside Lions Center
11:00-12:00 Monday-Friday**

- Membership card is required.
- 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.



**SOUTHSIDE LIONS SENIOR CENTER
REMINDERS**

Signup on June 5th for SSL Spring Swap (Trade/or Take) participation

Center closed Friday June 19th Frozen Meal given Thursday June 18th

Signup on Wednesday June 24th for Market Square Field Trip (19 Seats Available)

June 25th 2026 Thursday Volleyball Scrimmage-District 5 vs. SSL @SSL 2PM-5PM