



HUMAN SERVICES



Bob Ross Senior Center
2219 Babcock Rd.
San Antonio, TX. 78229
210-207-5300

Monday-Thursday 7am-8pm
Friday 7am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Members must keep all Personal belongings with them at all times.</p>	<p>Calendar subject to change without advance notice.</p>	<p>*Please make reservations for any trips on the check-in kiosk.</p> <p>Transportation Schedule is due every Tuesday before 12pm</p>		<p>1</p> <p>CENTER CLOSED</p> <p>JOIN US AT ROSEDALE PARK FOR A CELEBRATION IN HONOR OF OLDER AMERICAN MONTH</p>
<p>4 10:45am Field Trip*: Reservation Required</p>  <p>10am OATS Technology: iPad Essentials</p>	<p>5 9:30am Nutrition Education & Produce Market Registration Required</p>  <p>9:30am OASIS Technology: Artificial Intelligence</p> <p>1:00pm OASIS Technology: iPad Basics</p>	<p>6 9:30am OASIS Technology: Word Basics</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Intro to Excel</p>	<p>7 10:15 am</p>  	<p>8 8:30am Easy Crafts</p> <p>10am BINGO</p> <p>10am OATS Technology: iPad Essentials</p> <p>2:30pm Early Closure</p>
<p>11 10am OATS Technology: iPad Essentials</p>  <p>11am Mother's Day Performance by JK the Entertainer</p>	<p>12 9:30am OASIS Technology: Google Calendar/Maps</p> <p>9:30 am Walking with WellMed</p> <p>10am Seniors in Play Showcase</p> <p>1:00pm OASIS Technology: iPad Basics</p>	<p>13 9:00am Oasis Presentation</p> <p>9:30am OASIS Technology: Word Basics</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Intro to Excel</p>	<p>14 1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY</p> 	<p>15 10am OATS Technology: iPad Essentials</p> <p>10am BINGO</p>
<p>18 9:30am Field Trip*: Reservation Required</p>  <p>10am OATS Technology: Graduation</p>	<p>19 9:30am OASIS Technology: Google Calendar/Maps</p> <p>9:00 am CPS Table</p> <p>9:30am Field Trip*: Reservation Required</p>  <p>10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: Translation Tools</p>	<p>20 8:45 am metro Health Heat Health Presentation</p> <p>9:00am Name that Tune w/ Keith</p> <p>9:30am OASIS Technology: Word Basics</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Intro to Excel</p>	<p>21 10:15 am</p>  <p>12:30 Crafting with Lydia</p> 	<p>22 8:30am Easy Crafts</p> <p>9am WellMed Nurse Presentation</p> <p>10am BINGO</p> <p>10am OATS Technology: Android Essentials</p>
 <p>MEMORIAL DAY CLOSED</p>	<p>26 9:30am OASIS Technology: Oasis Guide to Internet Safety</p> <p>9:30 am Walking with WellMed</p> <p>10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: iPhone Basics</p>	<p>27 9am Nutrition Education</p> <p>9:30am OASIS Technology: Word Basics</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Going Wireless-How to Use the Wi-Fi</p>	<p>28 10:15 am</p>  <p>12:00 pm Volunteer Appreciation Luncheon INVITATION ONLY</p>	<p>29 8:30am WellMed Caregiver Specialist Presentation "Caregiver Grief and Loss"</p> <p>8:30am Easy Crafts</p> <p>10am BINGO</p> <p>10am OATS Technology: Android Essentials</p>

**Instructor Led Fitness Classes
RESERVATION REQUIRED**

- Monday:**
- ◇ 8:00am YMCA Aquatic Exercise—Pool House
 - ◇ 9:00am YMCA Aquatic Exercise—Pool House
 - ◇ 9:30am YMCA Tai Chi—Rm 110
 - ◇ 10:00am YMCA Aquatic Exercise—Pool House
 - ◇ 11:00am YMCA Aquatic Exercise—Pool House
 - ◇ 1:00pm YWCA ZUMBA Gold—Rm 142
 - ◇ 1:30pm YMCA Strength & Cardio—Rm 110
 - ◇ 2:00pm YWCA Aquatic Exercise—Pool House
 - ◇ 5:30pm YMCA Zumba GOLD

- Tuesday:**
- ◇ 8:00am YMCA Aquatic Exercise—Pool House
 - ◇ 9:00am YMCA Aquatic Exercise—Pool House
 - ◇ 10:00am YMCA Aquatic Exercise—Pool House
 - ◇ 10:00am YMCA Strength & Cardio—Rm 142
 - ◇ 1:30pm YMCA ZUMBA—Rm 110
 - ◇ 1:30pm YWCA Wellness Dance—Rm 142
 - ◇ 5:30pm YMCA Chair Yoga

- Wednesday:**
- ◇ 8:00am YMCA Aquatic Exercise—Pool House
 - ◇ 9:00am YMCA Aquatic Exercise—Pool House
 - ◇ 9:30am YMCA Chair Yoga—Rm 142
 - ◇ 10:00am YMCA Aquatic Exercise—Pool House
 - ◇ 11:00am YMCA Aquatic Exercise—Pool House
 - ◇ 11:00am YWCA Sit and Stretch—Rm 142
 - ◇ 11:00am YMCA ZUMBA Gold—Rm 110
 - ◇ 1:00pm YWCA Aquatic Fitness—Pool House
 - ◇ 1:30pm YMCA Muscle and Mind—Rm 110
 - ◇ 4:45pm YMCA Strength & Cardio

- Thursday:**
- ◇ 8:00am YMCA Aquatic Exercise—Pool House
 - ◇ 9:00am YMCA Aquatic Exercise—Pool House
 - ◇ 10:00am YMCA Aquatic Exercise—Pool House
 - ◇ 11:00am YWCA Aquatic Fitness—Pool House
 - ◇ 10:15am YMCA Strength & Cardio—Rm 110
 - ◇ 1:30pm YMCA ZUMBA— Rm 110
 - ◇ 1:30pm YWCA Wellness Dance—Rm 142
 - ◇ 4:45pm YMCA Silver Sneakers

- Friday:**
- ◇ 8:00am YMCA Aquatic Exercise—Pool House
 - ◇ 9:00am YMCA Aquatic Exercise—Pool House
 - ◇ 10:00am YMCA Aquatic Exercise—Pool House
 - ◇ 11:00am YMCA Aquatic Exercise—Pool House
 - ◇ 10:15am YMCA Strength & Cardio—Rm 110
 - ◇ 1:30pm YMCA Strength & Cardio—Rm 110
 - ◇ 1:30pm YWCA Cardio Dance—Rm 142

Volunteer Led Activities

- Monday:**
- ◇ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118
 - ◇ 10:30am Advanced Tai Chi w/ Xu Lan Ruan Rm 110
 - ◇ 1pm Dominoes Rm 114
- Tuesday:**
- ◇ 7am-12pm Busy Bees Sewing & more w/ Vickie Rm 118
 - ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110
 - ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry
 - ◇ 3:30pm Piano Class/Mary
- Wednesday:**
- ◇ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118
 - ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110
 - ◇ 9am Gentle Hands Rm 143 w/ Mari Elena (2nd & 4th Wednesday of the month)
 - ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry
 - ◇ 10am Guitar Class Rm 141 w/Meide
 - ◇ 12pm Line Dancing w/Kathy Rm 110
 - ◇ 12:15pm Karaoke Dining Rm
 - ◇ 1:30pm Los Clasicos del Ritmo de Bob Ross
 - ◇ 1pm Quilting Group Rm 155
 - ◇ 1pm Dominoes Rm 114
 - ◇ 2:30pm Kathy's Social Dancers Rm 110
- Thursday:**
- ◇ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118
 - ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- Friday:**
- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
 - ◇ 12:30pm Los Clasicos del Ritmo de Bob Ross
 - ◇ 1pm Dominoes Rm 114

Elderly Financial Security Program

- ◇ Financial Counselor - Deborah Romo - 210-206-5381
- ◇ Family Support Worker - Debra Martinez 210-207-75215

WellMed

- ◇ Nurse available Tuesday through Friday
8:00 am to 3:30 pm

Agent with Texas Medicare Solutions

Thursday from 10 am to 1 pm with Abigail Hilliard

Bihl Haus Art Classes on MONDAYS

- ◇ 9:30am-11:30am Beginning Drawing - Rm 155
 - ◇ 12:30pm-2:30pm Beginning Painting- Rm 155
- NEW SEMESTER STARTING APRIL 6

HAVE LUNCH WITH US!

Hot Meals are served Monday through Friday from 11:15am-12:30pm in the Nutrition Area.

Meal tickets can be picked up between 8:00am-11:00am (or until all tickets have been issued out).



MAY 19

9:30am Field Trip*:
Reservation Required
San Antonio Zoo
\$8 ADMISSION















HUMAN SERVICES



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Extended Hours

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<p>Calendar subject to change without advance notice.</p>	<p>Members must keep all Personal belongings with them at all times.</p>	<p>*Please make reservations for any trips on the check-in kiosk.</p> <hr/> <p>Transportation Schedule is due every Tuesday before 12pm</p>		<p>1</p> <p>CENTER CLOSED</p> <p>JOIN US AT ROSEDALE PARK FOR A CELEBRATION IN HONOR OF OLDER AMERICAN MONTH</p>
<p>4 4:00pm MOVIE MFarland USA</p>  <p>4:00pm MOVIE Lluvia Roja</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>5 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>6 3:30pm Karaoke</p>  <p>4:00 pm Beginners Creative Writing</p> <p>4:45pm YMCA Strength & Cardio</p>	<p>7 4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Silver Sneakers</p>	<p>8</p> <p>NO EXTENDED HOURS PROGRAM</p>
<p>11 4:00pm MOVIE Cool Runnings</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>12 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>13 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>14 4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Silver Sneakers</p>	<p>15</p> <p>NO EXTENDED HOURS PROGRAM</p>
<p>18 4:00pm MOVIE Spare Parts</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>19 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>20 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>21 4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Silver Sneakers</p>	<p>22</p> <p>NO EXTENDED HOURS PROGRAM</p>
 <p>WE WILL NEVER FORGET MEMORIAL DAY CLOSED</p> 	<p>26 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>27 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>28 4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Silver Sneakers</p>	<p>29</p> <p>NO EXTENDED HOURS PROGRAM</p>

