






JUNE

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>1 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:15 AM - Walking at the Mall with WellMed (Registration required) 9:30 AM to 11:30 AM - Computer Class: VPN's (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 Maps/Calendar (1 of 2) (CR) 4:30 PM - Movie (C1) 9:30 AM Field Trip Registration Begins 9:30 AM Women's Billiards Class Registration on a first come, first serve basis</p>	<p>2 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:15 AM - Nutrition Education - Health Benefits of Herbs (D) 9:30 AM to 11:30 AM - Computer Class: Exploring the Internet (2 of 3) (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: A Thousand Years Around the Corner: Discover York (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Exploring SeniorPlanet.org (CR) 10:15 AM - Produce Market open in the Dining Room</p>	<p>3 9 AM - Nature Walk at Walker Ranch Park with Parks and Recreation & Nurse Tiffany 9 AM to 11 AM - Computer Class: WhatsApp (CR) 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 to 3 PM - Computer Class: You Tube Q & A (CR) 4:30 PM - Bingo (D) 9 AM to 1 PM Medicare Benefits Counseling (CO)</p>	<p>4 9:30 AM - Bingo (D) 10:00 AM - Oasis Presentation: Men's Health After 60 (CONF) 10 AM - Virtual Tour: In the Shadow of Genius: Michelangelo's Florence (CR)</p>	<p>5 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) 12:30 PM to 2:30 PM - Open Play Table Games (C2) Note: Activities must conclude by 3:45 PM</p>
<p>8 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11:30 AM - Computer Class: iPhone Basics (1 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 Maps/Calendar (2 of 2) (CR) 4:30 PM - Movie (C1)</p>	<p>9 9:30 AM - Bingo (D) 9:30 AM to 10:30 AM - Metro Health: Impacts of Extreme Heat (C1) 9:30 AM to 11:30 AM - Computer Class: Exploring the Internet (3 of 3) (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: Pages That Changed the World: Anne Frank's Amsterdam (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Getting Started with Duolingo (CR)</p>	<p>10 9 AM to 11 AM - Computer Class: Intro to Excel (1 of 3) (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 to 3 PM - Computer Class: PowerPoint (1 of 4) (CR) 4:30 PM - Loteria (D)</p>	<p>11 9:30 AM - Loteria (D) 9:30 AM - Field Trip: Institute of Texan Cultures (Registration Required) 10 AM - Virtual Tour: Fathers of Peru: The Legends Who Shaped a Nation (CR) 11 AM to 2 PM Mixed Doubles Pool Tournament in the Game Room Registration will be the day of the tournament *Frozen Meal Distribution for 6/12</p>	<p>12 8:30 AM to 9 AM - WellMed Stretch Class (F) (Registration required) 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) 12:30 PM to 2 PM - 7 Habits Presentation (CONF) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 1 PM - Good Grammar for Everyone (CONF) NO MEALS SERVED TODAY NO TRANSPORTATION PROVIDED Note: The center closes at 2:30 PM for staff training.</p>
<p>15 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:15 AM - Walking at the Mall with WellMed (Registration required) 9:30 AM to 11:30 AM - Computer Class: iPhone Basics (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: Wellness on the Web (CR) 4:30 PM - Movie (C1) 9:30 AM to 10:30 AM Plant Swap (A) </p>	<p>16 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:30 AM - South Texas Blood And Tissue: Blood Drive (See Flyer for Registration) 9:30 AM to 11:30 AM - Computer Class: Artificial Intelligence (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: Discover Bialystok: The Hidden Heart of Eastern Poland (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Getting Started with Instagram (CR) 12:30 PM - Women's Pool Tournament in the Game Room. Registration will be the day of the tournament</p>	<p>17 9 AM to 11 AM - Computer Class: Intro to Excel (2 of 3) (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: Absolution by Alice McDermot (C1) 1 PM to 3 PM - Computer Class: PowerPoint (2 of 4) (CR) 4:30 PM - Bingo (D) 5:30 PM - Poetry/Writing Session (CONF) 9:30 AM to 10:30 AM AACOG Benefits Counseling (CO)</p>	<p>18 9:30 AM - Bingo (D) 10 AM - Virtual Tour: Echoes of Yugoslavia: Walking Through Ljubljana (CR) 5 PM to 6 PM - Jewelry Making with Candace & Meiba (A) 4:30 PM to 6:30 PM Father's Day Open Car & Motorcycle Show (D) *Frozen Meal Distribution for 6/19</p>	<p>19 CENTER CLOSED IN OBSERVANCE OF  JUNE TEENTH FREEDOM DAY</p>
<p>22 9:30 AM to 11:30 AM - Computer Class: Essential Apps (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: Beginner's Guide to the Cloud (CR) 4:30 PM - Movie (C1) In person art class registration begins today at 9:00 AM (D). First come first, serve basis until spots fill up. Session will run from 07/06 - 09/25.</p>	<p>23 9:30 AM - Nutrition Education - Nutrition and Mood (D) 9:30 AM - 10:30 AM - Beat the Heat and STEAR Presentation (C1) 9:30 AM to 11:30 AM - Computer Class: Google Maps (CR) 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: Beneath the Pines: Nature in the Canadian Rockies (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Instagram DM's (CR)</p>	<p>24 9 AM to 11 AM - Computer Class: Computer Class: Intro to Excel (3 of 3) (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 (A) 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 to 3 PM - Computer Class: PowerPoint (3 of 4) (CR) 4:30 PM - Loteria (D) 9 AM to 1 PM - Medicare Benefits Counseling (CO)</p>	<p>25 9:30 AM - Loteria (D) 9:30 AM - Field Trip: Ruby City Museum (Registration Required) 10 AM - Virtual Tour: International Beatles Day: Back Where It Began (CR) 9 AM to 10 AM - WellMed Presentation: Caregiver SOS - Stress Management (C1) 11 AM to 2 PM Pool Tournament in the Game Room Registration will be on the day of the Tournament</p>	<p>26 8:30 AM to 9 AM - WellMed Stretch Class (F) (Registration required) 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9:30 AM - Health Talk with Nurse Tiffany: Alzheimer's Disease Fact Sheet (CONF) 9:30 AM - Movie (C1) 12 PM - Birthday Celebration (D) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 1 PM - Good Grammar for Everyone (CONF) Note: Activities must conclude by 3:45 PM</p>
<p>29 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:15 AM - Walking at the Mall with WellMed (Registration required) 9:30 AM - Member Orientation (C1) 9:30 AM to 11:30 AM - Computer Class: Google Docs (CR) 10 AM to 12 PM - Play Intermediate Bridge (C2) 12 PM to 3 PM - Play Progressive Bridge (C2) 1 PM to 3 PM - Mind Over Matter (C1) (Registration Required) 1 PM to 3 PM - Computer Class: iPhone Photography (1 of 2) (CR) 4:30 PM - Movie (C1)</p>	<p>30 9:30 AM to 11:30 AM - Computer Class: Google Calendar (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 10:30 AM - Field Trip: The Shops at La Cantera (Registration Required) 12:30 PM to 2:30 PM - Chess Club (C2) 1 PM - Virtual Tour: Colors of the Andes: The Markets of Otavalo (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Finding Community with SPC (CR)</p>	<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>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
- 10 AM - Yoga (Hatha)
- 11 AM - Strength & Toning
- 1 PM - Circuit
- 2:30 PM - Meditation (Art Room) (*volunteer-led*)
- 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 Weekly. Registration required.*
- 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

- 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 (C1) *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 between 8:45 AM and 10 AM.

Commodities pickup is reserved for Walker Ranch Senior Center & SA Food approved applicants only.

A valid Drivers License or photo ID is required at pickup.



Next distribution date: June 17th

FIELD TRIPS

June 11th, 9:30 AM: UT Institute of Texan Cultures Museum - Join fellow members and get ready to explore the Institute of Texan Cultures at the University of Texas at San Antonio as they invite members to explore the richness of Texas history and culture at their new Houston Street location. There will be a **\$5 charge** at the entrance and the museum does **NOT** take cash. Please take 2 forms of debit or credit card for payment as a back-up or you will not be allowed to enter. **(Moderate/Heavy Walking)**

June 25th, 9:30 AM: Ruby City Museum - Ruby City is a contemporary art center in San Antonio, which showcases the Linda Pace collection and over 800 works of art by local and international artists. Admission to Ruby City is free. **(Moderate/Heavy Walking)**

June 30th, 10:30 AM: The Shops at La Cantera - Members will enjoy an afternoon at this premier open-air shopping center. It's distinguished by its unique design as one of San Antonio's impressive outdoor malls which includes a variety of upscale restaurants. Lunch will **NOT** be provided so please feel free to enjoy any of their dining choices during your 2 hour visit. **(Moderate/Heavy 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 June 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