



HUMAN SERVICES

AUGUST 2026

DISTRICT 2 SENIOR CENTER

1751 SOUTH WW WHITE RD.
SAN ANTONIO TX. 78220
(210) 207-5390
MON-THURS 7:00AM - 8:00PM
FRIDAY 7:00AM - 4:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
3. Beginners Painting (AC) 9:00am-11:00am Seniors In Play (MP) 2:30pm - 4:00pm Karaoke ** (DR) 4:00pm - 6:30pm Loteria (AC) 5:00pm - 6:30pm	4. Caregiver SOS 7:00am - 11:00am Computer Class (CL) <i>Android Essentials</i> 9:00am-11:00am Crochet Group** (AC) 9:00am-11:00am Arts & Crafts** (AC) 12:00pm-2:00pm Quilting Group** (MP) 1:00pm - 3:00pm Senior Planet (CR) 4:00pm - 5:00pm Bingo (DR) 5:00pm - 6:30pm	5. Computer Class (CL) <i>Exploring Entertainment Apps</i> 9:00am-11:00am <i>Google Photos</i> 1:00pm-3:00pm Movie Night (DR) 4:00pm - 6:30pm	6. Drawing 101 (AC) 9:00am-11:00am Sing for Joy (RA) 10:00am - 11:00am Quilting Group** (AC) 1:00pm - 3:00pm Karaoke ** (DR) 1:45pm - 3:45pm Bingo (DR) 5:00pm - 6:30pm	7. Bingo Dining Area 9:30am-10:15am Field Trip World Heritage Center 10:00am - 12:00pm (9:30am departure)
10. Wellmed Medicare Information 9:00am - 11:00am Beginners Painting (AC) 9:00am-11:00am Volunteer Meeting 1:15pm - 1:45pm Seniors In Play (MP) 2:30pm - 4:00pm Karaoke ** (DR) 4:00pm - 6:30pm Loteria (AC) 5:00pm - 6:30pm	11. Computer Class (CL) <i>Android Essentials</i> 9:00am-11:00am Crochet Group** (AC) 9:00am-11:00am Arts & Crafts** (AC) 12:00pm-2:00pm Quilting Group** (MP) 1:00pm - 3:00pm Senior Planet (CR) 4:00pm - 5:00pm Bingo (DR) 5:00pm - 6:30pm	12. Computer Class (CL) <i>Cybercrime-Best Browser for Me</i> 9:00am-11:00am <i>Google Photos</i> 1:00pm-3:00pm Sewing** (AC) 9:30am - 11:00am Movie Night (DR) 4:00pm - 6:30pm	13. Drawing 101 (AC) 9:00am-11:00am Sing for Joy (RA) 10:00am - 11:00am Quilting Group** (AC) 1:00pm - 3:00pm Karaoke ** (DR) 1:45pm - 3:45pm Bingo (DR) 5:00pm - 6:30pm	14. Bingo Dining Area 9:30am-10:15am Field Trip Shops at Rivercenter 10:00am - 12:00pm (9:30am departure)
17. COMMODITIES 1:30pm - 3:30pm Beginners Painting (AC) 9:00am-11:00am Seniors In Play (MP) 2:30pm - 4:00pm Karaoke ** (DR) 4:00pm - 6:30pm Loteria (AC) 5:00pm - 6:30pm	18. COMMODITIES 7:00am - 9:00am Computer Class (CL) <i>Android Essentials</i> 9:00am-11:00am Crochet Group** (AC) 9:00am-11:00am Arts & Crafts** (AC) 12:00pm-2:00pm Quilting Group** (MP) 1:00pm - 3:00pm Senior Planet (CR) 4:00pm - 5:00pm Bingo (DR) 5:00pm - 6:30pm	19. Computer Class (CL) <i>Translation Tools</i> 9:00am-11:00am <i>iPad Basics</i> 1:00pm-3:00pm Back to the 80s 3:30pm - 7:00pm 	20. Drawing 101 (AC) 9:00am-11:00am Quilting Group** (AC) 1:00pm - 3:00pm Karaoke ** (DR) 1:45pm - 3:45pm Bingo 5:00pm - 6:30pm	21. BINGO STORE 9:30am-10:15am (No Bingo) 2026 SENIOR CENTERS GOT TALENT AUDITIONS 9:30am - 11:00am CENTER WILL CLOSE AT 2:30PM FOR STAFF TRAINING.
24. Wellmed Medicare Information 9:00am - 11:00am Beginners Painting (AC) 9:00am-11:00am Senior Advisory Meeting 1:15pm - 2:00pm Seniors In Play (MP) 2:30pm - 4:00pm Karaoke ** (DR) 4:00pm - 6:30pm Loteria (AC) 5:00pm - 6:30pm	25. Computer Class (CL) <i>Google Maps/Calendar</i> 9:00am-11:00am Crochet Group** (AC) 9:00am-11:00am Arts & Crafts** (AC) 12:00pm-2:00pm Quilting Group** (MP) 1:00pm - 3:00pm Senior Planet (CR) 4:00pm - 5:00pm Bingo (DR) 5:00pm - 6:30pm	26. Computer Class (CL) <i>Oasis Guide to Internet Safety</i> 9:00am-11:00am <i>iPad Basics</i> 1:00pm-3:00pm Sewing** (AC) 9:30am - 11:00am Loteria (DR) 5:00pm - 6:30pm AUGUST BIRTHDAY CELEBRATIONS W/ POTLUCK	27. Drawing 101 (AC) 9:00am-11:00am Quilting Group** (AC) 1:00pm - 3:00pm Karaoke ** (DR) 1:45pm - 3:45pm BINGO STORE 4:00PM - 5:00PM Bingo (DR) 5:00pm - 6:30pm	28. Bingo Dining Area 9:30am-10:15am Field Trip San Antonio Museum of Science and Technology 10:00am - 12:00pm (9:30am departure)
31. Beginners Painting (AC) 9:00am-11:00am Seniors In Play (MP) 2:30pm - 4:00pm Karaoke ** (DR) 4:00pm - 6:30pm Loteria (AC) 5:00pm - 6:30pm	1.	2.	3. Room Key CL - Computer Lab AC - Arts& Crafts Room DR - Dining Room LB - Library CR - Conference Room RA - Rec Area MP - Multi-Purpose Room <i>Note: Classes marked with ** are Volunteer-led classes.</i>	4. FLIP PAGE TO SEE EXERCISE CLASSES & SPECIAL EVENTS

OUR APOLOGIES: CALENDAR MAY CHANGE OR BE UPDATED WITHOUT ADVANCE NOTICE.



Exercise Classes



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Wellmed Chair Exercise</u> 9:45am - 10:15m	<u>Walking with Wellmed</u> 9:00am - 9:30am	<u>Senior Circuit</u> 9:00am - 9:45am	<u>Gentle Yoga</u> 1:00pm - 1:45pm	<u>Senior Circuit</u> 8:45am - 9:30am
<u>Line Dancing</u> 1:00pm - 1:45pm	<u>Cardio Dance</u> 10:30am - 11:15am	<u>Chair Volleyball</u> 10:00am - 10:45am	<u>Chair Volleyball</u> 2:00pm - 2:45pm	
<u>Senior Strength</u> 2:15pm - 3:00pm	<u>Sit & Be Fit</u> 1:00pm - 1:45pm	<u>Line Dancing</u> 1:00pm - 1:45pm	<u>Low Impact Bootcamp</u> 4:00pm - 4:45pm	
<u>Pickleball</u> 4:00pm - 4:45pm	<u>Pickleball</u> 4:00pm - 4:45pm	<u>Core & Balance</u> 4:00pm - 4:45pm		

<u>LUNCH AT DISTRICT 2 SENIOR CENTER</u> 11:00AM - 12:30PM MONDAY - FRIDAY - LUNCH TICKETS ARE AVAILABLE AS EARLY AS 7:30 AM. - MEMBERSHIP CARD (OR PHONE NUMBER) IS REQUIRED. - LUNCHES ARE AVAILABLE <u>WHILE SUPPLIES LAST</u>. MEALS CANNOT BE TAKEN HOME , WITH THE EXCEPTION OF FROZEN MEALS FOR CENTER CLOSURE. 	 <u>WELLMED WILL BE ON SITE</u> 7:30AM - 3:30PM MONDAY - THURSDAY BMI, BLOOD PRESSURE & BLOOD GLUCOSE (FASTING). <i>(NURSES HOURS & DAYS ARE SUBJECT TO CHANGE)</i>
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COMMODITIES
HOPE Program & CSFP Cheese Box
MONDAY, August 17 1:30pm - 3:30pm
TUESDAY, August 18 7:00am - 9:00am
FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST



Please note: We are not accepting new applicants for CSFP or HOPE Program at this time.



EVENTS



 **8/03/26 - Field Trip! Walmart** 10:00am - 12:00pm (9:45am departure. Sign up at Front Desk.)

- 8/04/26 - Nutrition Activity** 10:00am - 10:30am
- 8/05/26 - SA Climate Ready Plan** 10:30am - 12:30pm

 **8/07/26 - Field Trip! World Heritage Center** 10:00am - 12:00pm (9:30am departure. Sign up begins August 3.)

- 8/10/26 - Oasis Presentation “SAPL LIBBY Program”** 10:30am - 11:30am
- 8/11/26 - Volunteer SAVES Program Presentation** 9:30am - 10:30am (Must be current volunteer to attend)
- 8/11/26 - Nutrition Presentation by Tracy** 12:00pm - 12:30pm

 **8/14/26 - Field Trip! Shops at Rivercenter** 10:00am - 12:00pm (9:30am departure. Sign up begins August 3.)

 **8/19/26 - BACK TO THE 80s** 3:30pm - 7:00pm

- 8/21/26 - TALENT SHOW AUDITIONS** 9:30am - 11:00pm
- 8/21/26 - Center closes at 2:30pm for Staff Training.**
- 8/24/26 - Tea With Tracy** 9:30am - 10:30am
- 8/24/26 - Wellmed Presentation “Vaccinations for Older Adults”** 10:30am - 11:00am
- 8/25/26 - 3 Practical Ways to Manage Stress** (Presentation by Caregiver Specialist Stephanie Massiate) 9:00am - 10:00am
- 8/26/26 - AUGUST Birthday Celebrations w/ Potluck** (Potluck at your individual tables)
- 8/26/26 - Nutrition Presentation by Tracy** 12:00pm - 12:30pm
- 8/27/26 - Food Bank Presentation “Stress Management”** 10:00am - 11:00am

 **8/28/26 - Field Trip! SAMSAT** 10:00am - 12:00pm (9:30am departure. Sign up begins August 17.)

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