



HUMAN SERVICES

SEPTEMBER 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
	1. Computer Class (CL) Windows 11 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	2. Computer Class (CL) MS Word Basics 9:00am-11:00am Excel Basics 1:00pm-3:00pm SAPL Golden-Agers 12:00pm - 1:00pm Loteria (DR) 5:00pm - 6:30pm	3. 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	4. Bingo Dining Area 9:30am-10:15am Field Trip AACW Senior Conference 10:00am - 11:30am
7. Center Closed for Labor Day	8. Computer Class (CL) Windows 11 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	9. Computer Class (CL) MS Word Basics 9:00am-11:00am Excel Basics 1:00pm-3:00pm Sewing** (AC) 9:30am - 11:00am Loteria (DR) 5:00pm - 6:30pm	10. Drawing 101 (AC) 9:00am-11:00am Volunteer Meeting 12:45pm - 1:15pm 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	11. Bingo Dining Area 9:30am-10:15am Field Trip South Park Mall 10:00am - 12:00pm (9:30am departure)
14. Wellmed Medicare Information 9:00am - 11:00am 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	15. Computer Class (CL) Windows 11 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	16. Computer Class (CL) MS Word Basics 9:00am-11:00am Excel Basics 1:00pm-3:00pm Mexican Indpendence Presentation 4:00pm - 5:00pm Loteria (DR) 5:00pm - 6:30pm	17. 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 Game Night 5:00pm - 6:30pm	18. Bingo Dining Area 9:30am-10:15am New Member Orientation 2:00pm - 2:30pm CENTER WILL CLOSE AT 2:30PM FOR STAFF TRAINING.
21. 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	22. COMMODITIES 7:00am - 9:00am Computer Class (CL) Exploring the Internet 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	23. Computer Class (CL) MS Word Basics 9:00am-11:00am All About Password Safety 1:00pm-3:00pm Sewing** (AC) 9:30am - 11:00am Loteria (DR) 5:00pm - 6:30pm	24. Drawing 101 (AC) 9:00am-11:00am Sing for Joy (RA) 10:00am - 11:00am Senior Advisory Meeting 12:45pm - 1:15pm 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	25. BINGO STORE 9:30am-10:15am (No Bingo)
28. Wellmed Medicare Information 9:00am - 11:00am 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	29. Computer Class (CL) Exploring the Internet 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	30. Computer Class (CL) Google Translate 9:00am-11:00am Google Maps/Calendar 1:00pm-3:00pm Movie Night (DR) 5:00pm - 6:30pm SEPTEMBER BIRTHDAY CELEBRATIONS W/ POTLUCK	1. Room Key CL - Computer Lab AC - Arts& Crafts Room DR - Dining Room LB - Library CR - Conference Room RA - Rec Area MP - Multi-Purpose Room Note: Classes marked with ** are Volunteer-led classes.	2. FLIP PAGE TO SEE EXERCISE CLASSES & SPECIAL EVENTS

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



Exercise Classes



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

LUNCH AT DISTRICT 2 SENIOR CENTER 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 WHILE SUPPLIES LAST. MEALS CANNOT BE TAKEN HOME , WITH THE EXCEPTION OF FROZEN MEALS FOR CENTER CLOSURE. 	 WELLMED WILL BE ON SITE 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, September 21 1:30pm - 3:30pm TUESDAY, September 22 7:00am - 9:00am <i>*FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST*</i>	
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Please note: We are not accepting new applicants for CSFP or HOPE Program at this time.

EVENTS
9/02/26 - SAPL Golden Agers 12:00pm - 1:00pm  9/03/26 - Field Trip! Walmart 10:00am - 12:00pm (9:45am departure. Sign up at Front Desk.)  9/04/26 - Field Trip! AACW Senior Conference 10:00am - 11:30am (9:45am departure. Sign up at Front Desk.) 9/04/26 - Flavors, Sounds and Memories! with Caregiver SOS 12:30pm - 1:30pm 9/07/26 - CENTER CLOSED FOR LABOR DAY (Frozen Meal will be distributed Friday, September 4) 9/08/26 - Nutrition Activity 10:00am - 10:30am 9/11/26 - Veteran Resources (The Homeless Services & Strategy Department) 10:00am - 11:00am  9/11/26 - Field Trip! South Park Mall 10:00am - 12:00pm (9:30am departure. Sign up begins Sept 1.) 9/14/26 - Oasis Presentation “Improve your Memory” 10:30am - 11:30am 9/15/26 - Nutrition Presentation by Tracy 12:00pm - 12:30pm  9/16/26 - Field Trip! Schaefer Library 10:30am - 12:00pm (10:00am departure. Sign up begins September 7.) 9/17/26 - Senior Centers Got Talent SemiFinals @ Northeast Senior Center 8:30am - 12:30pm 9/18/26 - New Member Orientation 2:00pm - 2:30pm 9/18/26 - Center closes at 2:30pm for Staff Training. 9/21/26 - Christian Dental 10:00am - 11:00am 9/23/26 - Tea With Tracy 9:30am - 10:30am 9/24/26 - Food Bank Presentation “Social Connection” 10:00am - 11:00am 9/25/26 - Senior Centers Got Talent FINALS @ Doris Griffin Senior Center 9:00am - 12:30pm 9/28/26 - Wellmed Presentation “Falls and Fractures for Older Adults” 10:30am - 11:00am 9/29/26 - 3 Ways to Handle Grief and Loss (Presentation by Caregiver Specialist Stephanie Massiate) 9:00am - 10:00am 9/30/26 - SEPTEMBER Birthday Celebrations w/ Potluck (Potluck at your individual tables) 9/30/26 - Nutrition Presentation by Tracy 12:00pm - 12:30pm
OUR APOLOGIES: CALENDAR MAY CHANGE OR BE UPDATED WITHOUT ADVANCE NOTICE.