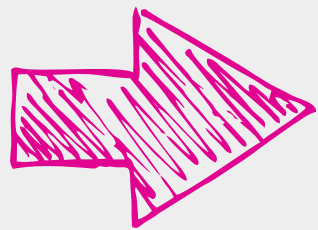




HUMAN SERVICES

OCTOBER 2026

DISTRICT 2 SENIOR CENTER
1751 SOUTH WW WHITE RD.
SAN ANTONIO TX. 78220
(210) 207-5390
MON-THURS 7:00AM - 7:00PM
FRIDAY 7:00AM - 4:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
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>	FLIP PAGE TO SEE EXERCISE CLASSES & SPECIAL EVENTS 		1. Quilting Group** (AC) 1:00pm - 3:00pm Karaoke ** (DR) 1:45pm - 3:45pm Bingo (DR) 5:00pm - 6:30pm	2. Bingo Dining Area 9:30am-10:15am Sing for Joy (RA) 10:00am - 11:00am
5. Beginners Painting (AC) 9:00am-11:00am Seniors In Play (MP) 2:30pm - 4:00pm Karaoke ** (DR) 3:30pm - 6:00pm Loteria (AC) 5:00pm - 6:30pm	6. Caregiver SOS 9:00am - 10:00am Computer Class (CL) <i>Exploring the Internet</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	7. Computer Class (CL) <i>All About Passwords</i> 9:00am-11:00am <i>Google Maps/Calendar</i> 1:00pm-3:00pm Movie Night (DR) 4:30pm - 6:00pm	8. Drawing 101 (AC) 9:00am-11:00am Quilting Group** (AC) 1:00pm - 3:00pm Karaoke ** (DR) 1:45pm - 3:45pm Bingo (DR) 5:00pm - 6:30pm	9. Bingo Dining Area 9:30am-10:15am Sing for Joy (RA) 10:00am - 11:00am
12. Wellmed Medicare Information 9:00am - 11:00am Beginners Painting (AC) 9:00am-11:00am Seniors In Play (MP) 2:30pm - 4:00pm Karaoke ** (DR) 3:30pm - 6:00pm Loteria (AC) 5:00pm - 6:30pm	13. Computer Class (CL) <i>Cybercrime</i> <i>Best Browser for Me</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	14. Computer Class (CL) <i>10 Fun Things to Do with Your iPad</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	15. Drawing 101 (AC) 9:00am-11:00am Volunteer Meeting 1:15pm - 1:45pm Quilting Group** (AC) 1:00pm - 3:00pm Karaoke ** (DR) 1:45pm - 3:45pm Bingo (DR) 5:00pm - 6:30pm	16. Bingo Dining Area 9:30am-10:15am Sing for Joy (RA) 10:00am - 11:00am New Member Orientation 1:00pm - 2:00pm CENTER WILL CLOSE AT 2:30PM FOR STAFF TRAINING.
19. COMMODITIES 1:30pm - 3:30pm Beginners Painting (AC) 9:00am-11:00am Seniors In Play (MP) 2:30pm - 4:00pm Karaoke ** (DR) 3:30pm - 6:00pm Loteria (AC) 5:00pm - 6:30pm	20. COMMODITIES 7:00am - 9:00am Computer Class (CL) <i>Cybercrime</i> <i>Phishing and ID Theft</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	21. Computer Class (CL) <i>Digital Wallet</i> 9:00am-11:00am <i>iPad Basics</i> 1:00pm-3:00pm Movie Night (DR) 4:30pm - 6:00pm	22. Drawing 101 (AC) 9:00am-11:00am Quilting Group** (AC) 1:00pm - 3:00pm Karaoke ** (DR) 1:45pm - 3:45pm Bingo (DR) 5:00pm - 6:30pm WEAR PINK FOR BREAST CANCER AWARENESS 	23. BINGO STORE 9:30am-10:15am (No Bingo) Sing for Joy (RA) 10:00am - 11:00am
26. Wellmed Medicare Information 9:00am - 11:00am Beginners Painting (AC) 9:00am-11:00am Seniors In Play (MP) 2:30pm - 4:00pm Karaoke ** (DR) 3:30pm - 6:00pm Loteria (AC) 5:00pm - 6:30pm	27. Computer Class (CL) <i>Intro to Email</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	28. Computer Class (CL) <i>Exploring Entertainment Apps</i> 9:00am-11:00am <i>Google Photos</i> 1:00pm-3:00pm Sewing** (AC) 9:30am - 11:00am D2 FALL FEST! 4:30pm - 6:30pm OCTOBER BIRTHDAY CELEBRATIONS W/ POTLUCK	29. Drawing 101 (AC) 9:00am-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	30. RESOURCE FAIR 9:00am - 11:00am 

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. - LUNCHEES 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). FLU SHOTS AVAILABLE MONDAYS, WEDNESDAYS, & THURSDAYS <i>(NURSES HOURS & DAYS ARE SUBJECT TO CHANGE)</i>
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COMMODITIES
HOPE Program & CSFP Cheese Box
MONDAY, October 19 1:30pm - 3:30pm
TUESDAY, October 20 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



 10/02/26 - Field Trip! Walmart 10:00am - 12:00pm (10:00am departure. Sign up at Front Desk.)

- 10/06/26 - Caregiver SOS presents AACOG 9:00am - 10:00am

 10/08/26 - Field Trip! Ballet San Antonio “Dracula” 2:00pm - 3:00pm (1:00pm departure. Sign up begins October 1.)

- 10/12/26 - Oasis Presentation “Re-framing Aging” 10:30am - 11:30am
- 10/13/26 - Nutrition Presentation by Tracy 12:00pm - 12:30pm
- 10/14/26 - Nutrition Activity 10:00am - 10:30am
- 10/15/26 - FBI Elder Fraud Presentation 10:00am - 11:00am
- 10/16/26 - New Member Orientation 1:00pm - 2:00pm
- 10/16/26 - Center closes at 2:30pm for Staff Training.
- 10/20/26 - Tea With Tracy 9:30am - 10:30am

 10/21/26 - Field Trip! Schaefer Library 10:30am - 12:00pm (10:00am departure. Sign up begins October 12.)

 10/22/26 - WEAR PINK FOR BREAST CANCER AWARENESS

 10/23/26 - Field Trip! Woodlake Crossing 10:00am - 12:00pm (9:30am departure. Sign up begins October 12.)

- 10/26/26 - Wellmed Presentation “Breast Cancer” 10:30am - 11:00am
- 10/28/26 - OCTOBER Birthday Celebrations w/ Potluck (Potluck at your individual tables)

 10/28/26 - D2 FALL FEST 4:30pm - 6:30pm

- 10/29/26 - Nutrition Presentation by Tracy 12:00pm - 12:30pm

 10/30/26 - D2 ANNUAL RESOURCE FAIR 9:00am - 11:00am

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