



HUMAN SERVICES

DISTRICT 5 SENIOR CENTER
2701 S. PRESA ST. SAN ANTONIO, TX 78210

(210) 207-5270
MON-THURS 7:00AM-7:00PM
FRIDAY 7:00AM-4:00PM

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
CALENDAR AND INSTRUCTORS SUBJECT TO CHANGE			1 9:15 Strength & Flex 10:00 WellMed Walkers 10:00 Older Adults Technology Services (OATS) 12:30 BINGO 1:00 Bihl Haus GO! Arts Drawing 3:30 OPEN ART 4:00 PM Chair YOGA 5:00 PM Specialty Bingo	4 9:00 SA Oasis Computer Class 9:00 VIBRANTS WORKS Independent Living Skill Training 10:00 World Hertiage Center 10:15 YWCA Cardio Dance Exercise Equipment Training 12:00 Bihl Haus GO! Arts Painting 12:15 LOTERIA 2:30 Center Closes for Staff Meeting
5 9:00 - 10:00 FOOD BANK CSFP (Cheese Box) 10:00 YWCA Low Impact 12:15 LOTERIA 2:00 Chair Volleyball Exercise 4:00 YMCA Movement and Dance 5:00 PM Games & Billiards Night	6 9:30 Joint Movement 10:00 Shopping Trinkets & Treasure Thrift Shop 10:00 Urban 15 Rhythm Royale Percussion 11:30-1:00 Crafty Creations 12:15 Weight Training 1:00 LOTERIA 4:00 PM WELCOME FALL 5:00 PM Specialty SOS Bingo	7 9:00 Coffee with Officers 9:00 SA Oasis Computer Class 9:45 Joint Movement 10:00 Oasis Lifelong Adventures 12:30 POKENO 1:00 SA Oasis Computer Class 2:00 Dominoes for Beginners 3:00 Chair Volleyball Exercise 5:00 PM Karaoke/Game Night	8 9:15 Strength & Flex 10:00 WellMed Walkers 10:00 Older Adults Technology Services (OATS) 12:30 BINGO 1:00 Bihl Haus GO! Arts Drawing 3:30 OPEN ART 4:00 PM Chair YOGA 5:00 PM Specialty Bingo	9 National Breast Cancer Awareness Day WEAR PINK 9:00 SA Oasis Computer Class 9:30 WELLMED Breast Cancer Awareness 10:15 YWCA Cardio Dance Exercise Equipment Training 12:00 Bihl Haus GO! Arts Painting 12:00 Join US for Paletas for a Purpose! 12:15 LOTERIA
12 9:00-11:00 Jewelry Creation 10:00 YWCA Low Impact 12:15 LOTERIA 2:00 Chair Volleyball Exercise 4:00 PM YMCA Movement and Dance 5:00 PM Games & Billiards Night	13 9:00 Orientation 9:30 Joint Movement 10:00 SHOPPING HEB Grocery Store 10:00 Urban 15 Rhythm Royale Percussion 11:30-1:00 Crafty Creations 12:15 Weight Training 1:00 LOTERIA 4:00 PM Scarecrow Decorating 5:00 PM Specialty Bingo	14 9:00-10:00 FOOD BANK HOPE 9:00 SA Oasis Computer Class 9:45 Joint Movement 12:30 POKENO 1:00 SA Oasis Computer Class 2:00 Dominoes for Beginners 3:00 Chair Volleyball Exercise 4:00 PM Memories In Writing 5:00 PM Games/Billiards Night	15 9:15 Strength & Flex 10:00 WellMed Walkers 10:00 Older Adults Technology Services (OATS) 12:30 BINGO 1:00 Bihl Haus GO! Arts Drawing 3:30 OPEN ART 4:00 PM Chair YOGA 5:00 PM Specialty Bingo	16 9:00 SA Oasis Computer Class 9:15 CATHOLIC CHARITIES Caritas Legal Services 10:15 YWCA Cardio Dance Exercise Equipment Training 12:00 Bihl Haus GO! Arts Painting 12:15 LOTERIA
19 9:00-11:00 Jewelry Creation 10:00 YWCA Low Impact 10:00 Pumkin Patch 12:15 LOTERIA 2:00 Chair Volleyball Exercise 4:00 PM YMCA Movement and Dance 4:30 Pumkin Fest 5:00 PM Games & Billiards Night	20 9:00 Orientation 9:00 Cafecito Con Laura 9:00 Flu Prevention Presentation 9:30 Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 10:00 SHOPPING TEXAS THRIFT 11:30-1:00 Crafty Creations 12:15 Weight Training 1:00 LOTERIA 3:00 Flicks and Flim 5:00 PM Specialty Bingo	21 National Domestic Violence Awareness Day WEAR PURPLE 9:00 SA Oasis Computer Class 9:45 Joint Movement 12:30 POKENO 10:00 SHOPPING Dollar Tree 1:00 SA Oasis Computer Class 2:00 Dominoes for Beginners 3:00 Chair Volleyball Exercise 5:00 PM Karaoke/Game Night	22 9:15 Strength & Flex 10:00 WellMed Walkers 10:00 Older Adults Technology Services (OATS) 12:00 Health Outcome Pilot Awards Ceremony 12:30 BINGO 1:00 Bihl Haus GO! Arts Drawing 3:30 OPEN ART 4:00 PM Chair YOGA 5:00 PM Specialty Bingo	23 9:00 SA Oasis Computer Class 9:00 ALBERT URESTI Placards Presentation 12:00 Birthday Celebration 10:15 YWCA Cardio Dance Exercise Equipment Training 12:00 Bihl Haus GO! Arts Painting
26 SPOOKY SHIRT DAY 9:00-11:00 Jewelry Creation 10:00 YWCA Low Impact 12:15 LOTERIA 2:00 Chair Volleyball Exercise 4:00 PM YMCA Movement and Dance 5:00 PM Games & Billiards Night	27 SPOOKY SOCK DAY 9:30 Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 11:30-1:00 Crafty Creations 12:15 Weight Training 1:00 LOTERIA 3:00 HALLOWEEN CRAFT 5:00 PM Specialty Bingo	28 CRAZY HAT DAY 9:00 SA Oasis Computer Class 9:00-11:00 Jewelry Creation 9:45 Joint Movement 11:30 Nutrition Education 12:30 POKENO 1:00 SA Oasis Computer Class 2:00 Dominoes for Beginners 3:00 Chair Volleyball Exercise 5:00 PM Games/Billiards Night	29 9:15 Strength & Flex 10:00 WellMed Walkers 10:00 Older Adults Technology Services (OATS) 12:30 BINGO 1:00 Bihl Haus GO! Arts Drawing 2:00 Midday Movie Showing 3:30 OPEN ART 4:00 PM Chair YOGA 5:00 PM Specialty Bingo	30 9:00 SA Oasis Computer Class 10:15 YWCA Cardio Dance Exercise Equipment Training 12:00 MONSTER MASH CELEBRATION 12:00 Bihl Haus GO! Arts Painting



COMMODITIES
CSFP (Cheese Box) * Every First Monday of the Month

Next Distribution: October 5, 9:00 - 10:00

Valid ID Drivers License or photo ID is required

First Come, First Served

HOPE Program * Every Second Wednesday of the Month
Next Distribution: October 14, 9:00 - 10:00

FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST

TOGETHER WE FIGHT

We Wear PINK
October 9

Join US for
Paletas for a Purpose!



OCTOBER is
Domestic Violence
AWARENESS
MONTH

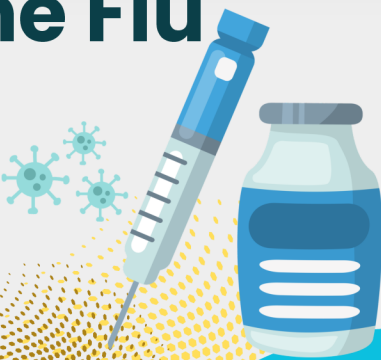
We Wear PURPLE
October 21

Fight the Flu



WELLMED®

Get Vaccinate!



Tuesdays and Fridays
10a - 11:30a & 1:30p-3p

Thursdays
1p-3p

Get your flu shot and stay healthy all season long!

Annual Enrollment Period

Tuesday, October 20
Kick-Off Class
Medicare Basics

MedicaroPRO
Insurance Advisor:
Ruby Garcia



Computer Classes

WEDNESDAYS 9:00 & 1:00

7 - Cybercrime-Phishing and ID Theft
14 - Windows 11 (1 of 3)
21 - Windows 11 (2 of 3)
28 - Windows 11 (3 of 3)
7 - Intro to Computers (1 of 3)
14 - Intro to Computers (2 of 3)
21 - Intro to Computers (3 of 3)

FRIDAYS 9:00

2 - Intro to Computers (1 of 3)
9 - Intro to Computers (2 of 3)
16 - Intro to Computers (3 of 3)
23 - Making the Most of Virtual Libraries
30 - Apple Watch



OLDER ADULTS
TECHNOLOGY
SERVICES

10:00 - 11:00
Thursdays

8
Messaging Apps

15
Digital Tools for Brain Health

22
YouTube

29
Introduction to Social Media

Exercise Classes

MONDAYS

10:00 Low Impact
2:00 Chair Volleyball Exercise
4:00 pm Movement and Dance

TUESDAYS

9:30 Joint Movement
12:00 Weight Training

WEDNESDAYS

9:45 Joint Movement
3:00 Chair Volleyball Exercise

THURSDAYS

9:15 Strength & Flex
4:00 pm Chair YOGA

FRIDAYS

10:15 Cardio Dance

DON'T FORGET

9:00 Friday, 2
VIBRANTS WORKS PRESENTATION
Independent Living Skill Training

2:30 Friday, 2
CENTER CLOSSES FOR STAFF MEETING

9:30 Friday, 9
WELLMED PRESENTATION
Breast Cancer Awareness

9:15 Friday 16
CATHOLIC CHARITIES PRESENTATION
Caritas Legal Services

9:00 Friday, 23
ALBERT URESTI,MPA TAX ASSESSOR-COLLECTOR
Placards Presentation



Health Screenings
with Nurse Erika

BMI, Blood Pressure &
Blood Glucose (Fasting)

8:00 - 3:00 Tuesdays, Thursdays, Fridays



MEDICARE PRO

Medicare Assistance

9:00 - 11:00 Tuesdays

Ruby Garcia, Independent Medicare Professional (210) 378.5721



Are you providing care to a family member or loved one?

Services: Coaching, Support Groups,
Virtual Sessions, Stress-Busting & more

Laura Keown, Caregiver Specialist (210) 207.5272

MEAL PROGRAM

Hot Meal Served

11:00a Mondays to Fridays

First Come, First Served

Orientation to Policies & Procedures

COMPUTER LAB ROOM#113

9:00A TUESDAYS, OCTOBER 13 & 20

Birthday Celebration
12:00 Friday, October 30
THEME: "PUMKING PATCH!"

WHAT YOU MISSED LAST MONTH



Lotería Parade Participants



Seniors GOT TALENT Participants



Senior Got TALENT Semi-Final Winner



August Birthday Honorees



Dance of the Elders – performers