



HUMAN SERVICES

SEPTEMBER

SOUTHSIDE LIONS
SENIOR CENTER
3303 PECAN VALLEY
SAN ANTONIO, TX. 78210

210-207-1760
MONDAY-THURSDAY
7:00AM-8:00PM
FRIDAY 7:00AM-4:00PM

Monday	Tuesday	Wednesday	Thursday	Friday
 CELEBRATION SEPTEMBER 16TH 2PM-6PM ENJOY GREAT COMPANY & ENTERTAINMENT	1 9am Painting 10am Senior Planet: Tips for Device Disposal 12:30pm BINGO 5pm Movie & Popcorn “Arthur the King”	2 9am Drawing 9:15am Southside Collaborative 12:15pm Shopping Trip to WalMart 2pm Movie & Popcorn “Arthur the King” 4:30pm 6pm BINGO	3 9am ipad Basics 10am Senior Planet: Booking a Ride w/Lyft Silver 12:30pm BINGO 1pm Rideshare Apps 4:30pm Rummikub	4 10am Seniors In Play 12:30pm LOTERIA
7 CENTER CLOSED In Observance of 	8 9am Painting 10am Oasis Presents: Social Isolation 10am Senior Planet: Protecting Your Personal Info Online 12:30pm BINGO 5pm Movie & Popcorn “City Slickers”	9 9am Drawing 9:15am Southside Collaborative 10am CSFP-CHEESE BOX FOOD BANK 2pm Movie & Popcorn “City Slickers” 5pm Dominoes 6pm Loteria	10 9am ipad Basics 10am Senior Planet: Protecting Your Medical Info Online 12:30pm BINGO 1pm What is Artificial Intelligence? 4:30pm Nertz	11 10am Seniors In Play 11:30am Seniors in Play Troupe Showcase 2:30pm SSL Center Early Closure for Staff Meeting
14 8:30am D3 Grandparents Day Celebration & Community Fair 9am Meet the Computer 10am Unidad Gonzalez Medicare Updates 5pm Art Project: Conte Crayon 6pm Cornhole	15 9am Painting 10am Senior Planet: Explore SeniorPlanet.org 12:30pm BINGO 5pm Movie & Popcorn “Los Tres Mosqueteros”	16 9am Drawing 9:15am Southside Collaborative 10am HOPE FOOD BANK 11am WellMed Caregiver Support: “Sabores, Sonidos y Recuerdos” 2pm Hispanic Heritage Celebration 6pm BINGO	17 9am SACRD Portal 10am Senior Planet: Discovering Browser Extensions 12:30pm BINGO 1pm iphone Basics 4:30pm Trivia	18 10am Seniors In Play 12:30pm LOTERIA
21 9am Meet the Computer 5pm Craft: Tissue Paper Lanterns 6pm Darts	22 9am Painting 10am Senior Planet: Understanding Fraud & Scams 12:30pm BINGO 5pm Movie & Popcorn “Knowing”	23 9am Drawing 9:15am Southside Collaborative 1pm Prize Market 2pm Movie & Popcorn “Knowing” 5pm Loteria	24 8am D3 SAVE Clinic Vascular Awareness Day Event 9am 10 Fun Things to do with your ipad 10am Senior Planet: Navigating Medicare Resources Online 12:30pm BINGO 1pm iphone Basics 5:30pm Ping Pong	25 10am Seniors In Play 11:30am Lunch Time Karaoke 12:15pm Field Trip to PICA-PICA
28 9am Windows 11 10am Unidad Gonzalez Medicare Updates 10:15am WellMed Falls & Fractures in Older Adults: Causes & Prevention 5pm Art Project: Collage 6pm Poker	29 10am Senior Planet: Digital Vaults 12:30pm BINGO 5pm Movie & Popcorn “Get Smart”	30 9:15am Southside Collaborative 9:30am St. Paul’s Thrift Store Trip 2pm Movie & Popcorn “Get Smart” 4:30pm Pool Tournament	Senior Centers Got Talent! September 17th Semi Finals @ NE Senior Ctr September 25th Finals @ Doris Griffin Senior Ctr.	Celebrating Grandparents Day! September 14th 8AM-10:30AM 

September Announcements & Events

CSFP Cheese Box Wednesday September 9, 2026 10:00-10:45am & 12:00-3:45pm
HOPE Program Wednesday September 16, 2026 10:00-10:45am & 12:00-3:45pm
FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am WellMed Stretch (Nurse Patty)	9am Chair Rise and Thrive (Anabel)	8:30am Gentle Yoga (Teresa)	9:15am WellMed Stretch(Nurse Patty)	9am Low Impact Bootcamp (Rodney)
10:15am Line Dancing (Anabel)	10:15am Zumba Gold (Veronica)	10am Dance Alegria (Urban 15)	10:15am Tai Chi (Theresa)	9:15am WellMed Walking Group (Patty)
1pm Chair Yoga (Erma)	12pm Forever Well Circuit (Teresa)	1pm Senior Circuit (Shelly)	1pm Strength & Toning (Teresa)	10:30am Senior Circuit (Mark)
4pm Muscle Strength (Charlotte)	4pm Low Impact Bootcamp (Rodney)	5pm Strength and Toning (Alexis)	*2pm-5pm* Last Thursday of month Open Play Chair Volleyball	1pm Forever Well Stretch (Jorge)

Sign-Up for a Fitness Class

Please Note: Meal Program Members participating in a class scheduled during lunch hour will be responsible for signing a lunch reservation roster posted at front desk each day.

- To reserve spot call **210-207-1760** 24 hours before each class to register or reserve in person with staff.
- Tickets for entry to classes are given at check in to center, or when previous class is done.
- Ticket will be handed only to participating member. **(Lost tickets will not be replaced)**
- All classes are 45 minutes & are held in the Fitness Room unless otherwise noted.
- Hand ticket to instructor when entering classroom.
- Seating is on a first come basis, no disruptions of class once started.

- NO LATE ARRIVALS-NO ENTRY AFTER 5 MINUTES OF CLASS START TIME.
- UPON CLASS START TIME, REMAINING TICKETS WILL GO TO MEMBERS ON STANDBY LIST.
- TENNIS SHOES MUST BE WORN IN FITNESS CLASSROOM & GYM AREA AT ALL TIMES.

Lunch at Southside Lions Center
11:00-12:00 Monday-Friday



- *Membership card is required.
- *Lunches are available while supplies last.
- *Meals cannot be taken home, with the exception of frozen meals for center closure.
- *On the dates center is closed frozen or shelf stable meals will be given to take home.
- *Members participating in a class scheduled during lunch hour will be responsible for signing a lunch reservation roster posted at front desk each day.

SOUTHSIDE LIONS SENIOR CENTER
REMINDERS

CENTER CLOSED Monday September 7th /Frozen meal given Friday September 4th

Signup September 8th for D3 Grandparents Day Celebration & Community Fair scheduled September 14th

Signup September 9th for Hispanic Heritage Month Celebration scheduled September 16th

Signup September 21st for Pica Pica field trip 18 seats available scheduled September 25th

Signup September 23rd for SSL Pool Tournament-September 30th

Signup September 28th for Bihl Haus Arts Painting/Drawing Classes begin October 6th & 7th

September 24th Thursday Volleyball Scrimmage-SSL vs. District 5 @SSL 2PM-5PM