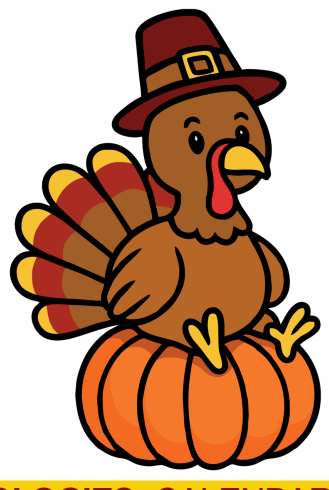
CITY OF SAN ANTONIO — TEXAS

HUMAN SERVICES

# NOVEMBER 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 |
|---|---|---|---|---|
| **2.**<br>**Beginners Painting (AC)**<br>9:00am-11:00am<br>**Seniors In Play (MP)**<br>2:30pm - 4:00pm<br>**Karaoke ** (DR)**<br>3:30pm - 6:00pm<br>**Loteria (AC)**<br>5:00pm - 6:30pm | **3.**<br>**Computer Class (CL)**<br>*Intro to Email*<br>9:00am-11:00am<br>**Crochet Group** (AC)**<br>9:00am-11:00am<br>**Arts & Crafts** (AC)**<br>12:00pm-2:00pm<br>**Quilting Group** (MP)**<br>1:00pm - 3:00pm<br>**Senior Planet (CR)**<br>4:00pm - 5:00pm<br>**Bingo (DR)**<br>5:00pm - 6:30pm | **4.**<br>**Computer Class (CL)**<br>*Google Photos*<br>9:00am-11:00am<br>*Google Photos*<br>1:00pm-3:00pm<br>**SAPL Golden Agers**<br>12:00pm - 1:00pm<br>**Sewing** (AC)**<br>9:30am - 11:30am<br>**Loteria (DR)**<br>5:00pm - 6:30pm | **5.**<br>**Drawing 101 (AC)**<br>9:00am-11:00am<br>**Quilting Group** (AC)**<br>1:00pm - 3:00pm<br>**Karaoke ** (DR)**<br>1:45pm - 3:45pm<br>**Bingo (DR)**<br>5:00pm - 6:30pm | **6.**<br>**Bingo Dining Area**<br>9:30am-10:15am<br>**Sing for Joy (RA)**<br>10:00am - 11:00am |
| **9.**<br>**Wellmed Medicare Information**<br>9:00am - 11:00am<br>**Beginners Painting (AC)**<br>9:00am-11:00am<br>**Seniors In Play (MP)**<br>2:30pm - 4:00pm<br>**Karaoke ** (DR)**<br>3:30pm - 6:00pm<br>**Loteria (AC)**<br>5:00pm - 6:30pm | **10.**<br>**Computer Class (CL)**<br>*Online Shopping and Safety*<br>9:00am-11:00am<br>**Crochet Group** (AC)**<br>9:00am-11:00am<br>**Arts & Crafts** (AC)**<br>12:00pm-2:00pm<br>**Quilting Group** (MP)**<br>1:00pm - 3:00pm<br>**Senior Planet (CR)**<br>4:00pm - 5:00pm<br>**Bingo (DR)**<br>5:00pm - 6:30pm | **11.**<br>**CENTER CLOSED FOR VETERANS DAY**<br>*(Frozen meals will be distributed November 10.)*<br> | **12.**<br>**Drawing 101 (AC)**<br>9:00am-11:00am<br>**Quilting Group** (AC)**<br>1:00pm - 3:00pm<br>**Karaoke ** (DR)**<br>1:45pm - 3:45pm<br>**Bingo (DR)**<br>5:00pm - 6:30pm | **13.**<br>**Bingo Dining Area**<br>9:30am-10:15am<br>**Sing for Joy (RA)**<br>10:00am - 11:00am |
| **16.**<br>**COMMODITIES**<br>1:30pm - 3:30pm<br>**Beginners Painting (AC)**<br>9:00am-11:00am<br>**Seniors In Play (MP)**<br>2:30pm - 4:00pm<br>**Karaoke ** (DR)**<br>3:30pm - 6:00pm<br>**Loteria (AC)**<br>5:00pm - 6:30pm | **17.**<br>**COMMODITIES**<br>7:00am - 9:00am<br>**Computer Class (CL)**<br>*Discovering Wellness through the Web*<br>9:00am-11:00am<br>**Crochet Group** (AC)**<br>9:00am-11:00am<br>**Arts & Crafts** (AC)**<br>12:00pm-2:00pm<br>**Quilting Group** (MP)**<br>1:00pm - 3:00pm<br>**Senior Planet (CR)**<br>4:00pm - 5:00pm<br>**Bingo (DR)**<br>5:00pm - 6:30pm | **18.**<br>**Computer Class (CL)**<br>*Making the Most of Virtual Libraries*<br>9:00am-11:00am<br>**AI and You**<br>1:00pm-3:00pm<br>**Loteria (DR)**<br>5:00pm - 6:30pm | **19.**<br>**Drawing 101 (AC)**<br>9:00am-11:00am<br>**Volunteer Meeting**<br>1:15pm - 1:45pm<br>**Quilting Group** (AC)**<br>1:00pm - 3:00pm<br>**Karaoke ** (DR)**<br>1:45pm - 3:45pm<br>**BINGO STORE**<br>4:00pm - 5:00pm<br>**Bingo (DR)**<br>5:00pm - 6:30pm | **20.**<br>**BINGO STORE**<br>9:30am - 10:15am<br>*(No Bingo)*<br>**Sing for Joy (RA)**<br>10:00am - 11:00am<br>***CENTER WILL CLOSE AT 2:30PM FOR STAFF TRAINING.*** |
| **23.**<br>**Wellmed Medicare Information**<br>9:00am - 11:00am<br>**Beginners Painting (AC)**<br>9:00am-11:00am<br>**Senior Advisory Meeting**<br>1:15pm - 2:00pm<br>**Seniors In Play (MP)**<br>2:30pm - 4:00pm<br>**Karaoke ** (DR)**<br>3:30pm - 6:00pm<br>**Loteria (AC)**<br>5:00pm - 6:30pm | **24.**<br>**Crochet Group** (AC)**<br>9:00am-11:00am<br>**Arts & Crafts** (AC)**<br>12:00pm-2:00pm<br>**Quilting Group** (MP)**<br>1:00pm - 3:00pm<br>**Senior Planet (CR)**<br>4:00pm - 5:00pm<br>**Bingo (DR)**<br>5:00pm - 6:30pm<br>***A Taste of Thanksgiving***<br>*5:30pm - 6:00pm*<br>**NOVEMBER BIRTHDAY CELEBRATIONS W/ POTLUCK** | **25.**<br>**Member Orientation**<br>10:00am - 10:30am<br>**Sewing** (AC)**<br>9:30am - 11:30am<br>**Movie Night (DR)**<br>4:30pm - 6:00pm | **26.**<br>**Center CLOSED for Thanksgiving Break**<br>*(FROZEN MEALS WILL BE DISTRIBUTED NOVEMBER 24TH & 25TH.)* | **27.** |
| **30.**<br>**Beginners Painting (AC)**<br>9:00am-11:00am<br>**Seniors In Play (MP)**<br>2:30pm - 4:00pm<br>**Karaoke ** (DR)**<br>3:30pm - 6:00pm<br>**Loteria (AC)**<br>5:00pm - 6:30pm | **1.**<br> | **2.** | **3.**<br>**Room Key**<br>**CL -** Computer Lab<br>**AC -** Arts& Crafts Room<br>**DR -** Dining Room<br>**LB -** Library<br>**CR -** Conference Room<br>**RA -** Rec Area<br>**MP -** Multi-Purpose Room<br>***Note**: Classes marked with ** are Volunteer-led classes.* | **4.**<br>**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**<br>9:45am - 10:15m<br>**Line Dancing**<br>1:00pm - 1:45pm<br>**Senior Strength**<br>2:15pm - 3:00pm<br>**Pickleball***<br>4:00pm - 4:45pm | **Walking with Wellmed**<br>9:00am - 9:30am<br>**Cardio Dance**<br>10:30am - 11:15am<br>**Sit & Be Fit**<br>1:00pm - 1:45pm<br>**Pickleball***<br>4:00pm - 4:45pm | **Senior Circuit**<br>9:00am - 9:45am<br>**Chair Volleyball**<br>10:00am - 10:45am<br>**Line Dancing**<br>1:30pm - 2:15pm<br>**Core & Balance**<br>4:00pm - 4:45pm | **Gentle Yoga**<br>1:00pm - 1:45pm<br>**Chair Volleyball**<br>2:00pm - 2:45pm<br>**Low Impact Bootcamp**<br>4:00pm - 4:45pm | **Senior Circuit**<br>8:45am - 9:30am |

**HOLIDAY SCHEDULE REVISION**

**NOVEMBER 23, 24, 25, IN LIEU OF EXERCISE CLASSES,**
**ONLY VOLLEYBALL, AND PICKLEBALL ACTIVITIES WILL BE AVAILABLE IN GYM FLOOR AREA.**

## 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).

**FLU SHOTS AVAILABLE MONDAYS, WEDNESDAYS, & THURSDAYS**

*(NURSES HOURS & DAYS ARE SUBJECT TO CHANGE)*

## COMMODITIES

**HOPE Program & CSFP Cheese Box**

**MONDAY, November 16** *1:30pm - 3:30pm*

**TUESDAY, November 17** *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

- **11/03/26 - Field Trip! Walmart** 10:00am - 12:00pm (10:00am departure. Sign up at Front Desk.)
- **11/09/26 - Oasis Presentation *"All About Wills and Trusts"*** 10:30am - 11:30am
- **11/10/26 - Veterans Day Presentation** 10:30am - 11:00am
- **11/10/26 - Nutrition Presentation by Tracy** 12:00pm - 12:30pm
- × **11/11/26 - CENTER CLOSED FOR VETERANS DAY** *(Frozen meal will be distributed November 10th)*
- **11/17/26 - Nutrition Activity** 10:00am - 10:30am
- **11/18/26 - Field Trip! Schaefer Library** 10:30am - 12:00pm (10:00*am departure. Sign up begins November 9.*)
- **11/19/26 - Field Trip! Ballet San Antonio** "The Nutcracker" 2:00pm - 3:00pm *(1:00pm departure. Sign up begins November 9.)*
- **11/19/26 - Nutrition Presentation by Tracy** 12:00pm - 12:30pm
- **11/20/26 - Center closes at 2:30pm for Staff Training.**
- **11/23/26 - Tea With Tracy** 9:30am - 10:30am
- **11/23/26 - Wellmed Presentation "Diabetes and Older Adults"** 10:30am - 11:00am
- **11/24/26 - NOVEMBER Birthday Celebrations w/ Potluck** (Potluck at your individual tables)
- **11/24/26 - "Thanksgiving Reflections & Joyful Memories" by Caregiver SOS** 12:30pm - 2:00pm
- **11/25/26 - Member Orientation** 10:00am - 10:30am
- × **11/26/26 - CENTER CLOSED FOR THANKSGIVING BREAK** *(Frozen meal will be distributed November 24th)*
- × **11/27/26 - CENTER CLOSED FOR THANKSGIVING BREAK** *(Frozen meal will be distributed November 25th)*

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