



HUMAN SERVICES

OCTOBER

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
SSL Swap Meet Bring your items to trade or simply give away! October 7th 11:30AM-1PM	San Antonio Ballet Performance of “Dracula” October 8th SSL Departure at 12:15PM	Halloween Boo Bash Costume Party! Join the fun come dressed in your Halloween Costume Friday October 30th 1PM-3PM	1 9am Intro to Gmail 9:30am HEB Shopping Trip 10am Senior Planet: Exploring SeniorPlanet.org 12:30pm BINGO 1pm Word Basics 4:30pm Rummikub	2 10am Seniors In Play 9:30am Staybridge Suites Movie Theatre: “Nekai Walks” 12:30pm LOTERIA
5 9am Windows 11 10am Unidad Gonzalez Presents: 2027 Medicare Updates 5pm Art Project: Coloring 5pm Dominoes	6 9am Painting 10am Senior Planet: Online Travel Sites 11:15am Neighborhood & Housing Services Presenting: Roof & Home Rehab Program 12:30pm BINGO 4:30pm Movie & Popcorn “Smokey & the Bandit”	7 9am Drawing 9:15am Southside Collaborative 9:30am CPS Online Tools & Resources 11:30am SSL Swap Meet 2pm Movie & Popcorn “Smokey & the Bandit” 5pm Loteria	8 9am Intro to Gmail 10am Senior Planet: Emojis, GIFs & more 12:15pm Field Trip to SA Ballet Performance Dracula 12:30pm BINGO 1pm Word Basics 4:30pm Nertz	9 10am Seniors In Play 9:30am CPS Online Tools & Resources (Spanish Class) 2:30pm SSL Center Early Closure for Staff Meeting
12 9am Windows 11 10am Unidad Gonzalez-Medicare Updates 5pm Art Project: Collage 5pm Cornhole	13 9am Painting 10am Oasis Presents: Introducing Arboretum San Antonio 10am Senior Planet: P2P Payments 12:30pm BINGO 4:30pm Movie & Popcorn “Olympus has Fallen”	14 9am Drawing 9:15am Southside Collaborative 10am CSFP-CHEESE FOOD BANK 2pm Movie & Popcorn “Olympus has Fallen” 5pm BINGO	15 9am Beginners Guide to the Cloud 10am Senior Planet: Home Health Monitors 12:30pm BINGO 1pm Word Basics 4:30pm Trivia	16 10am Seniors In Play 12:15pm Dollar General Shopping Trip 12:30pm LOTERIA
19 9am Smartphone Photography 10am Unidad Gonzalez-Medicare Updates 5pm Craft: Origami 5pm Darts	20 9am Painting 10am Senior Planet: Facebook 12:30pm BINGO 4:30pm Movie & Popcorn “Angels & Demons”	21 9am Drawing 9:15am Southside Collaborative 10am HOPE FOOD BANK 1pm Prize Market 2pm Movie & Popcorn “Angels & Demons” 5pm Loteria	22 9am iphone Basics 10am Senior Planet: Using Facebook Marketplace 12:30pm BINGO 1pm Word Basics 4:30pm Ping Pong	23 10am Seniors In Play 12:30pm LOTERIA
26 9am Smartphone Photography 10am Medicare Updates Presentation 10:15am WellMed Nurse: Breast Cancer 5pm Art Project: Painting 5pm Poker Wear Pink Day! Breast Cancer Awareness	27 9am Painting 10am Senior Planet: AI All Around 12:30pm BINGO 4:30pm Movie & Popcorn “Poltergeist”	28 9am Drawing 9:15am Southside Collaborative 2pm Movie & Popcorn “Poltergeist” 4:30pm Pool Tournament	29 9am iphone Basics 10am Senior Planet: Cloud Storage 12:30pm BINGO 1pm Online Shopping Safety 4:30pm Blackjack	30 10am Seniors In Play 12pm October Birthdays Celebrated! 1pm Halloween Boo Bash Costume Party

October Announcements & Events

CSFP Cheese Box Wednesday October 14, 2026 10:00-10:45am & 12:00-3:45pm
HOPE Program Wednesday October 21, 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)	1:10pm Senior Circuit (Diamonique)	1pm Strength & Toning (Teresa)	10:30am Senior Circuit (Mark)
4pm Muscle Strength (Charlotte)	4pm Low Impact Bootcamp (Rodney)	5pm Strength and Toning (Teresa)	*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

Signup Thursday October 1: For Field Trip to San Antonio Black International Film Festival @ Staybridge Suites Movie Theatre: “Nekai Walks” (Members attending- \$5 Entry Fee) Departure at 9:30AM 18 seats available

Signup Thursday October 1: for SSL SWAP Meet Participation on Wednesday October 7 @ 11:30am

Signup Thursday October 1: for Trip to SA Ballet Performance of “Dracula” at 12:15pm-18 seats available

Signup October 21st: for SSL Pool Tournament-October 28th

October 29th Thursday Volleyball Scrimmage-SSL vs. NE Senior Center @SSL 2PM-5PM

Signup October 23: for October 30th Halloween Boo Bash Costume Party October 30th