



SEPTEMBER

WALKER RANCH SENIOR CENTER

835 W. Rhapsody
San Antonio, TX, 78216
210-207-5280
Monday - Thursday: 7 AM - 8 PM
Friday: 7 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Legend:</u> Art Room (A) Classroom 1 (C1) Classroom 2 (C2) Computer Room (CR) Conference Room (CONF) Consulting Office (CO) Dining Room (D) Fitness Room (F) Game Room (GR) Nurse's Office (NO) Outdoor Courts (OC)	1 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9 AM - 10 AM - Texas Diaper Bank Presentation (D) 9:30 AM to 11:30 AM - Computer Class: All About Password Safety (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 PM to 2:30 PM - Chess Club (C2) 1:00 PM - Virtual Tour: Bridges, Bicycles & Beautiful Amsterdam (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Tips for Responsible Device Disposal (CR) 9:30 AM Field Trip Registration Begins	2 9 AM - Walking at the Park With Nurse Tiffany 9 AM to 11 AM - Computer Class: Word Intermediate (1 of 3) (CR) 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM to 3 PM - Computer Class: Android Essentials (1 of 2) (CR) 4:30 PM - Loteria (D) 9:30 AM Spanish Class Registration Begins	3 9:30 AM - Loteria (D) 10 AM - Virtual Tour: The Making of Victoria, Canada: From Indigenous Homelands to a Coastal Capital (CR) 	4 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 12:30 PM - 2:00 PM Tech Time with Mike (CONF) *Frozen Meal Distribution for 9/7 Note: Activities must conclude by 3:45 PM
7  CENTER CLOSED	8 9:30 AM to 11:30 AM - Computer Class: iPhone Basics (1 of 2) (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 PM to 2:30 PM - Chess Club (C2) 1:00 PM - Virtual Tour: Remembering 9/11: A Walk Through the Memorial (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Getting Started with Duolingo (CR)	9 9 AM to 11 AM - Computer Class: Word Intermediate (2 of 3) (CR) 9 AM - Walking at the Park With Nurse Tiffany 9:30 AM - Field Trip: Meals on Wheels (Registration Required) 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play National Mah Jongg League (C2) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM to 3 PM - Computer Class: Android Essential (2 of 2) (CR) 4:30 PM - Bingo (D) 9 AM to 1 PM Medicare Benefits Counseling (CO)	10 9 AM - Nature Walk at Walker Ranch Park with Parks and Recreation 9:30 AM - Bingo (D) 10 AM - Virtual Tour: At the Top of the World: Discovering Canada's Arctic (CR)	11 8:30 AM to 9 AM - WellMed Stretch Class (F) (Registration required) 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) Note: Activities must conclude by 2:15 PM The center closes at 2:30 PM for staff training.
14 9:15 AM - Walking at the Mall with WellMed (Registration required) 9:30 AM to 11:30 AM - Computer Class: Exploring Google (1 of 3) (CR) 10 AM to 12 PM - Play Intermediate Bridge (C2) 12 PM to 3 PM - Play Progressive Bridge (C2) 1 PM to 3 PM - Computer Class: Google Docs (CR) 4:30 PM - Movie (C1)	15 9 AM to 10 AM - Pickleball Skills and Drills (OC) 9:30 AM - Field Trip: Viva Dieci-seis at the Pearl (Registration Required) 9:30 AM - Nutrition Education - Healthy Eating: Falling in Love with Fall Produce (D) 9:30 AM to 11:30 AM - Computer Class: iPhone Basics (2 of 2) (CR) 10:00 AM - 11:00 AM - Oasis Presentation: Wills & Trusts (C1) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 PM to 2:30 PM - Chess Club (C2) 1:00 PM - Virtual Tour: TBD (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Introduction to Sleep Technologies (CR) 12:30 PM - Women's Pool Tournament in the Game Room. Registration will be the day of the tournament	16 9 AM to 11 AM - Computer Class: Word Intermediate (3 of 3) (CR) 9 AM - Walking at the Park With Nurse Tiffany 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM - Book Club Meeting: Yellow Face by R.F. Kuang (C1) 1 PM to 3 PM - Computer Class: Fitness Apps (CR) 4:30 PM - Loteria (D) 5:30 PM - Poetry/Writing Session (CONF) 9:30 AM to 10:30 AM AACOG Benefits Counseling (CO)	17 8:30 AM - Field Trip: Seniors Got Talent Semi-Finals at Northeast Senior Center (Registration Required) 9:30 PM - Loteria (D) 10 AM - Virtual Tour: Live From York, England: Walking Through 2,000 Years of History (CR) 12 PM to 2 PM Pool Tournament in the Game Room Registration will be on the day of the Tournament 5 PM to 6 PM Jewelry Making (Registration Required) (A)	18 9 AM to 10:30 AM - Open Play: Chair Volleyball Registration Required (D) 9:15 AM - Card Shark Game Show (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 12 PM - Birthday Celebration (D) Note: Activities must conclude by 3:45 PM
21 9:15 AM - Walking at the Mall with WellMed (Registration required) 9:30 AM to 11:30 AM - Computer Class: Exploring Google (2 of 3) (CR) 10 AM to 12 PM - Play Intermediate Bridge (C2) 12 PM to 3 PM - Play Progressive Bridge (C2) 1 PM to 3 PM - Computer Class: Artificial Intelligence (CR) 4:30 PM - Movie (C1) 9:00 AM to 10:30 AM Resource Fair	22 9:30 AM to 11:30 AM - Computer Class: Google Docs (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 PM to 2:30 PM - Chess Club (C2) 1 PM - Virtual Tour: TBD (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Digital Scrapbooking Tools (CR) 9:00 AM In Person Art Registration Begins (D)	23 9 AM to 11 AM - Computer Class: Essential Apps (CR) 9 AM - Walking at the Park With Nurse Tiffany 9:30 Puzzle Swap (D) 10 AM - Seniors in Play (C1) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (A) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM to 3 PM - Computer Class: YouTube Q & A (CR) 4:30 PM - Bingo (D) 9 AM to 1 PM Medicare Benefits Counseling (CO)	24 9 AM - Nature Walk at Walker Ranch Park with Parks and Recreation 9:30 AM - Bingo (D) 10 AM - Virtual Tour: TBD (CR) 9:30 AM Mixed Doubles Ping Pong Game Room Registration will be the day of the tournament 4:30 PM Plant Swap (A) 	25 8:30 AM - Field Trip: Seniors Got Talent Finals at Doris Griffin (Registration Required) 8:30 AM to 9 AM - WellMed Stretch Class (F) (Registration required) 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) Note: Activities must conclude by 3:45 PM
28 9:15 AM - Walking at the Mall with WellMed (Registration required) 9:30 AM - Member Orientation (C1) 9:30 AM to 11:30 AM - Computer Class: Exploring Google (3 of 3) (CR) 10 AM to 12 PM - Play Intermediate Bridge (C2) 12 PM to 3 PM - Play Progressive Bridge (C2) 12:30 PM - Health Talk with Nurse Tiffany: Falls and Fractures in Older Adults (CONF) 1 PM to 3 PM - Computer Class: Exploring the Internet Safety (1 of 2) (CR) 4:30 PM - Movie (C1) 9:30 AM Womens's Billiards Class Registration	29 9:30 AM to 11:30 AM - Computer Class: SACRD Portal (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 12:30 PM to 2:30 PM - Chess Club (C2) 1 PM - Virtual Tour: Live From Lima, Peru: Barranco in Full Color (C1) 1 PM - Walker Ranch Craft Time (bring your own supplies) (A) 2 PM to 3 PM - Exploring seniorplanet.org (CR)	30 9 AM to 11 AM - Computer Class: Intro to Excel (1 of 3) (CR) 9 AM - Walking at the Park With Nurse Tiffany 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 12:30 PM - Team Trivia (A) 1 PM to 3 PM - Computer Class: Intro to Power Point (1 of 3) (CR) 4:30 PM - Loteria (D)		Please note that this calendar is tentative and subject to change without any advance notice.

GROUP FITNESS SCHEDULE
MONDAY 9 AM - Line Dance 10 AM - Tai Chi (volunteer-led) 11:30 AM - Low Impact Cardio 1 PM - Circuit 2 PM - Yoga 3 PM - Barre/Pilates 5 PM - Yoga (Yin)
TUESDAY 8 AM - Low Impact Cardio 9 AM - Circuit 10 AM - Zumba 11 AM - Joint & Movement 12:15 PM - Silver Sneakers Classic 1:15 PM - Line Dance 3 PM - Circuit 4:30 PM - Chair Aerobics 5:30 PM - Line Dance
WEDNESDAY 8:15 AM - Zumba 10 AM - Yoga (Hatha) 11 AM - Strength & Toning 1 PM - Circuit 2:30 PM - Meditation (Art Room) (volunteer-led) 4:30 PM - Belly Dancing
THURSDAY 8 AM - Sit & Be Fit 9 AM - Low Impact Boot Camp 10 AM - Tai Chi (volunteer-led) 11 AM - Zumba Gold 12 PM - Circuit 1 PM - Yoga (Vinyasa Flow) 2 PM - Strength & Toning 3 PM - Mobility & Stretch 4:30 PM - Tai Chi (Intermediate)
FRIDAY 9:15 AM - Pilates 10 AM - Strength 11 AM - Line Dance 12 PM - Sit & Be Fit 1 PM - Core & Balance Boot Camp

FITNESS CLASS RESERVATION PROCESS
- Class registration <u>begins at 7:30 AM by calling 210-207-5280</u> the day before a class. In person registration may also be done the day before a class or the day of. Limit one class per day, however, if there is availability, member may wait in line 10 minutes before a fitness class starts. <u>Please note that leaving a voicemail is not considered as a reservation.</u> - Tickets for entry into the fitness classes are distributed <u>10 minutes before class.</u> To pick up a ticket, line up by the front desk and wait to be called. - If the previous fitness class has not finished, please wait outside the room until class has concluded. Once class has concluded, wait for the instructor to take your ticket. Instructor will then provide a sign in sheet - sign in on your assigned number. - If you would like to take a second class and there are available spots the day of, spots will be assigned to members who are present and in the standby line <u>10 minutes</u> before class starts, with priority given to members who are not registered for another class or who have not taken a class. Late Arrival Policy: Open slots will be given to members waiting in line <u>one</u> minute before class begins. <i>No late admittance.</i> Note: Limit of <u>1</u> class per day, based on class availability. Note: There is <u>no</u> “spot saving” for any fitness class. **All classes may be accommodated as needed.**

FITNESS EQUIPMENT ORIENTATION
<i>Learn how to start, stop, and adjust machines!</i> Join Walker Ranch Senior Center staff every Thursday at 3:15 PM for a basic introduction to fitness equipment. <u>Please consult your medical provider should you have any questions regarding medical advice.</u>

TRANSPORTATION TO THE CENTER
<i>In need of a ride? You may qualify for transportation services to and from the center!</i>  For more information on transportation provided by the center, please see the reception desk.

VOLUNTEER-LED ACTIVITIES
Monday 9 AM to 9:45 AM - Tai Chi Club (Classroom 2) <i>Weekly.</i> 9 AM - Craft Time (Art Room) <i>Weekly.</i> 10:00 AM - Name That Tune (Classroom 1) <i>2nd Monday.</i> 12:30 PM - Women’s Billiards for Beginners (Game Room) <i>Weekly. Registration required.</i> 1:30 PM - Intermediates Women’s Billiards (Game Room) <i>Weekly. Registration required.</i> 2:30 PM - Advanced Women’s Billiards (Game Room) <i>Weekly. Registration required.</i> 4 PM - Karaoke (Dining Room) <i>Weekly.</i>
Tuesday 12:30 PM to 2:30 PM - Chess Club (Classroom 2) 3 PM - Bunco (Classroom 2) <i>3rd Tuesday. Registration required.</i> 4:30 PM - Play Jeopardy (Conference Room) <i>Weekly.</i>
Wednesday 12:30 PM - Team Trivia (Art Room) <i>Weekly.</i> 2:30 PM - Meditation (Art Room) <i>Weekly. Registration required</i>
Thursday 9 AM to 9:45 AM - Tao Club (Classroom 2) <i>Weekly.</i> 9 AM to 11 AM - Open Art Studio Time (Art Room) <i>Bring your own supplies. 1st and 3rd Thursday.</i> 9:30 AM to 11:30 AM - Socrates Café and Talk About Ted Talks (C1) <i>Weekly.</i> 10 AM to 12 PM - Beginner Bridge (Classroom 2) <i>Weekly.</i> 12:30 PM to 2 PM - Karaoke (Dining Room) <i>Weekly.</i> 12:30 PM - Learn to Play Eastern Mahjong (Classroom 2) <i>Weekly.</i> 1 PM to 1:45 PM - Beginners Guitar Classes (Classroom 1) <i>Registration required. Weekly.</i> 1:45 PM to 2:30 PM - Intermediate Guitar Classes (Classroom 1) <i>Registration required. Weekly.</i> 2:30 PM - Jam Session (Classroom 1) <i>Weekly.</i>
Friday 9:30 AM to 11 AM Knitting for Beginners (Art Room) 1:00 PM - Good Grammar for Everyone (Classroom 1) <i>2nd and 4th Friday.</i> 1:30 PM to 3:30 PM - The Tao of Poetics, Open Writing Workshop (Conference Room) <i>Last Friday.</i>

PROJECT HOPE FOOD BANK DISTRIBUTION
 Distribution Date Distribution tickets may be picked up between 8:45 AM and 10 AM. Commodities pickup is reserved for Walker Ranch Senior Center & SA Food approved applicants only. A valid Drivers License or photo ID is required at pickup. Next distribution date: September 16th

FIELD TRIPS
September 9th, 9:30 AM: Meals on Wheels – Take a tour of the Meals on Wheels facility. Members will get to see the kitchen in operation and a dietician will have an interactive presentation with members while they eat lunch. (Moderate to Heavy Walking) September 15th, 9:30 AM: Viva Dieciséis at the Pearl - Mark your calendars to celebrate Mexican Independence Day at Viva Dieciséis! The vibrant, family-friendly festival at the Pearl marks the kickoff of Hispanic Heritage Month. (Heavy Walking) September 17th, 8:30 AM: Northeast Senior Center - Seniors Got Talent Semi-Finals at Northeast Senior Center - Enjoy a morning filled with talent during the Semi-Finals to see who qualifies for the finals. (Light Walking) September 25th, 8:30 AM: Doris Griffin Senior Center - Seniors Got Talent Finals - Witness the top talent from all city Senior Centers. May the best contestant win! (Light Walking)

MEAL PROGRAM
 Hot meals are served in the dining room from 11 AM to 12:30 PM on a first come, first serve basis. While supplies last. Hot meals must be eaten in the dining room with the exception of frozen meals for center closure. *On the days the center is closed, members will receive a frozen meal to take home.*

 SENIOR CENTERS GOT TALENT IMPORTANT DATES: 9/17 : Semi-Finals @ North East Senior Center 9/25 : Finals @ Doris Griffin Senior Center

ALL ARE WELCOME