



HUMAN SERVICES



AUGUST 2026



WEST END SENIOR CENTER

1226 NW 18TH STREET
SAN ANTONIO, TX. 78207
(210)207-1703
MON-THURS 7:00AM-8:00PM
FRIDAY 7:00AM-4:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. <u>Caregiver S.O.S.</u> <u>Loteria w/ Laura (A&C)</u> 10:00am-11:30am <u>Arts & Crafts (A&C)</u> 12:00pm-2:00pm <u>PM Loteria (A&C)</u> 4:30pm-5:30pm <u>PM Arts & Crafts (A&C)</u> 5:30pm-7:30pm	4. <u>OASIS- Exploring the Internet (CL)</u> 9:00am-11:00am <u>Jolly & Joe’s Clown Show (A&C)</u> 10:00am-11:00am <u>San Antonio Food Bank Cooking Demo (A&C)</u> 12:00pm-1:00pm <u>PM Karaoke (A&C)</u> 5:00pm-6:00pm <u>PM Table Games (A&C)</u> 6:00pm-7:30pm	5. <u>Walking w/ Wellmed</u> 10:00am-11:30am <u>Quilting Class (A&C)</u> 12:00pm-1:30pm <u>PM O.A.T.S (Spanish)- Voice Assistants(A&C)</u> 5:00pm-6:00pm <u>PM Potluck (A&C)</u> 5:00pm-6:00pm <u>PM Table Games (A&C)</u> 6:00pm-7:30pm	6. <u>Loteria (A&C)</u> 9:00am-10:00am <u>Seniors in Play (CR)</u> 11:00am-12:30pm <u>Bihl Haus Arts (A&C)</u> 12:30pm-2:30pm <u>PM Bingo (CR)</u> 4:30-5:30 PM <u>PM Arts & Crafts (CR)</u> 5:30- 7:30 PM	7. <u>Jewelry Making Class (A&C)</u> 10:00am-11:30am <u>World Heritage Center Trip (A&C)</u> 10:00am-11:30am <u>Karaoke (A&C)</u> 12:30pm-1:30pm
10. <u>Bingo (A&C)</u> 10:00am-11:30am <u>Arts & Crafts (A&C)</u> 12:00pm-2:00pm <u>PM Loteria (A&C)</u> 4:30pm-5:30pm <u>PM Arts & Crafts (A&C)</u> 5:30pm-7:30pm	11. <u>OASIS- Exploring the Internet(CL)</u> 9:00am-11:00am <u>Nutrition w/ Candace(A&C)</u> 9:30am-10:00am <u>San Antonio Food Bank Cooking Demo (A&C)</u> 12:00pm-1:00pm <u>PM Karaoke (A&C)</u> 5:00pm-6:00pm <u>PM Table Games (A&C)</u> 6:00pm-7:30pm	12. <u>Walking w/ Wellmed</u> 10:00am-11:30am <u>Quilting Class (A&C)</u> 12:00pm-1:30pm <u>PM O.A.T.S. (Spanish)- Tech Tips for Disaster Preparedness(A&C)</u> 5:00pm-6:00pm <u>PM Potluck (A&C)</u> 5:00pm-6:00pm <u>PM Table Games (A&C)</u> 6:00pm-7:30pm	13. <u>Loteria (A&C)</u> 9:00am-10:00am <u>H-E-B Trip</u> 10:00am-11:30am <u>Seniors in Play (A&C)</u> 11:00am-12:30pm <u>Bihl Haus Arts (A&C)</u> 12:30pm-2:30pm <u>PM Bingo (CR)</u> 4:30-5:30 PM <u>PM Arts & Crafts (CR)</u> 5:30- 7:30 PM	14. <u>Jewelry Making Class (A&C)</u> 10:00am-11:30am <u>O.A.T.S (Spanish)- Digital Coupon Tools (A&C)</u> 12:00pm-1:00pm <u>Karaoke (A&C)</u> 1:00pm-2:00pm
17. <u>Bingo (A&C)</u> 10:00am-11:30am <u>Arts & Crafts (A&C)</u> 12:00pm-2:00pm <u>PM Loteria (A&C)</u> 4:30pm-5:30pm <u>PM Arts & Crafts (A&C)</u> 5:30pm-7:30pm	18. <u>OASIS- Cybercrime- Phishing and ID Theft(CL)</u> 9:00am-11:00am <u>Roof Repair Program Presentation(A&C)</u> 10:00am-11:00am <u>San Antonio Food Bank Cooking Demo (A&C)</u> 12:00pm-1:00pm <u>PM Karaoke (A&C)</u> 5:00pm-6:00pm <u>PM Table Games (A&C)</u> 6:00pm-7:30pm	19. <u>SAVES Program Presentation (A&C)</u> 10:00am-11:00am <u>Walking w/ Wellmed</u> 10:00am-11:30am <u>Quilting Class (A&C)</u> 12:00pm-1:30pm <u>PM O.A.T.S (Spanish)- Protecting Your Medical Info Online (A&C)</u> 5:00pm-6:00pm <u>PM Potluck (A&C)</u> 5:00pm-6:00pm <u>PM Table Games (A&C)</u> 6:00pm-7:30pm	20. <u>Loteria (A&C)</u> 9:00am-10:00am <u>Ollie’s Trip</u> 10:00am-11:30am <u>Seniors in Play (A&C)</u> 11:00am-12:30pm <u>Bihl Haus Arts (A&C)</u> 12:30pm-2:30pm <u>PM Bingo (CR)</u> 4:30pm-5:30pm <u>PM Arts & Crafts (CR)</u> 5:30pm-7:30pm	21. <u>Jewelry Making Class (A&C)</u> 10:00am-11:30am <u>O.A.T.S (Spanish)- Mindfulness Apps (A&C)</u> 12:00pm-1:00pm <u>Karaoke (A&C)</u> 1:00pm-2:00pm
24. <u>Bingo (A&C)</u> 10:00am-11:30am <u>Arts & Crafts (A&C)</u> 12:00pm-2:00pm <u>PM Loteria (A&C)</u> 4:30pm-5:30pm <u>PM Arts & Crafts (A&C)</u> 5:30pm-7:30pm	25. <u>OASIS-Youtube(CL)</u> 9:00am-11:00am <u>Gardening Trip w/Juan</u> 9:30am-11:30am <u>San Antonio Food Bank Cooking Demo (A&C)</u> 12:00pm-1:00pm <u>PM Karaoke (A&C)</u> 5:00pm-6:00pm <u>PM Table Games(A&C)</u> 6:00pm-7:30pm	26. <u>Walking w/ Wellmed</u> 10:00am-11:30am <u>Quilting Class (A&C)</u> 12:00pm-1:30pm <u>PM O.A.T.S (Spanish)- AI & Disinformation (A&C)</u> 5:00pm-6:00pm <u>PM Back to School Dance(A&C)</u> 5:00pm-7:30pm	27. <u>Loteria (A&C)</u> 9:00am-10:00am <u>Walmart Trip</u> 9:00am-11:30am <u>Seniors in Play(A&C)</u> 11:00am-12:30pm <u>Bihl Haus Arts (A&C)</u> 12:30pm-2:30pm <u>PM Bingo (CR)</u> 4:30pm-5:30pm <u>PM Arts & Crafts (CR)</u> 5:30pm-7:30pm	28. <u>Jewelry Making Class (A&C)</u> 10:00am-11:30am <u>O.A.T.S (Spanish)- Intro to Managing Your Privacy (A&C)</u> 12:00pm-1:00pm <u>Karaoke (A&C)</u> 1:00pm-2:00pm <u>CENTER WILL CLOSE AT 2:30 PM FOR STAFF TRAINING.</u>
31. <u>Bingo (A&C)</u> 10:00am-11:30am <u>Arts & Crafts (A&C)</u> 12:00pm-2:00pm <u>PM Loteria (A&C)</u> 4:30pm-5:30pm <u>PM Arts & Crafts:(A&C)</u> 5:30pm-7:30pm			Schedule Subject to Change Without Notice	<u>Room Key.</u> G-Gym A&C-Arts & Crafts Room CL-Computer Lab CR-Conference Room



Announcements & Events:
CSFP Cheese Box & HOPE Program-
Every 2nd Tuesday of the Month: August 11, 2026



Please note: San Antonio Food Bank is not accepting new applicants for CSFP or HOPE Program at this time
FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST



Fitness Classes Schedule



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Zumba Gold w/Veronica (G)</u> 9:00am-10:00am	<u>Low Impact Cardio w/ Rodney (G)</u> 1:00pm-1:45pm <u>PM Line Dancing w/ Jane (A&C)</u> 4:00–5:00 PM	<u>Low Impact Cardio w/ Rodney (G)</u> 9:00am-9:45am <u>PM Zumba Gold w/ Veronica (A&C)</u> 4:00-5:00 PM	<u>Joint Movement w/ Jorge (G)</u> 10:15am-11:00am	<u>The Y Senior Circuit (G)</u> 9:00am-9:45am

ONLY TENNIS SHOES CAN BE WORN DURING WORKOUTS / NO FOOD OR DRINK EXCEPT WATER IN GYM AREA.



Lunch at West End Senior Center
Monday-Friday
11:30am-12:30pm



- 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.*

West End Senior Center Reminders

With our extended hours in full affect we ask all of our members staying for activities between 4pm-8pm to please hit the “PM Check in” and the “PM Activity” buttons starting at 4pm.



Cafecito with Laura

Caregiver SOS

-Coaching–Support groups-

Stress Busting–Education-

On the 1st Tuesday of every Month

9:30AM-10:30AM



Nurse Hours (CL)
Mondays & Wednesdays
8:00am-12:00pm



Announcements

Wednesday, August 26th
Back to School Bash / Birthdays Celebrations
11:30AM-12:30PM

Wednesday, August 26th
Back to School Dance
5:00PM-7:30PM

