



HUMAN SERVICES

August

BOB ROSS SENIOR CENTER
2219 BABCOCK

210-207-5300
MON-THURS 7:00AM-8:00PM
FRIDAY 7:00AM-4:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30am Field Trip*: Reservation Required  10am OATS Technology: Privacy & Security Primer Series	4 9am Nutrition Education 9:30am OASIS: windows 11 10am Seniors in Play 1:00pm OASIS : Intro to Computers	5 9:30am OASIS: iPad Basics 10am BINGO 1:00pm OASIS Technology: Android Essentials	6 10:15am Loteria 	7 10am BINGO 10am OATS Technology: Privacy & Security Primer Series
10 10am Bracelet Making with Girl Scout 10:45am Field Trip*: Reservation Required  10am OATS Technology: Privacy & Security Primer Series	11 9:30am OASIS: How to Use WiFi 9:30 am Walking with WellMed 1:00pm OASIS: Cybercrime - Phishing and ID Theft	12 9am Oasis Presentation 9:30am OASIS: iPad Basics 10am BINGO 1:00pm OASIS: Android Essentials	13 1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY 	14 10am BINGO 10am OATS Technology: Privacy & Security Primer Series 2:30pm Early Closure
17 9:30am Field Trip*: Reservation Required  TARGET 10am OATS Technology: Privacy & Security Primer Series Graduation	18 9am CPS Information Table 9:30am OASIS: Smartphone Photography 10am Seniors in Play Pop - Up Performance 1:00pm OASIS: YouTube	19 8:45am Fraud Awareness Presentation 9:30am OASIS: Google Claendar/Maps 9am Name that Tune 10am BINGO 1:00pm OASIS: Intro to Gmail	20 10:15am Loteria 	21 8:30am Caregiver Specialist Presentation 9:30am National Senior Citizen Day 10am BINGO 10am OATS Technology: Entertainment Series
24 9:30am Field Trip*: Reservation Required  10am OATS Technology: Entertainment Series	25 9:30am OASIS: Smartphone Photography 9:30am Walking with WellMed 10am Seniors in Play 10:15am National Banana Split Day with Loteria  1:00pm OASIS: All About Passwords	26 9am Nutrition Education 9:30am OASIS: Google Calendar/Maps 10am BINGO 1:00pm OASIS: Intro to Gmail	27 9am Resource Fair Reservation Required 	28 9am WellMed Nurse Presentation 10am BINGO 10am OATS Technology: Entertainment Series
31 9:30am Field Trip*: Reservation Required  10am OATS Technology: Entertainment Series				

Instructor Led Fitness Classes RESERVATION REQUIRED		Volunteer Led Activities	
<u>MONDAY</u> 8:00am YMCA Aquatic Exercise 9:00am YMCA Aquatic Exercise 9:30am YMCA Tai Chi—Rm 110 10:00am YMCA Aquatic Exercise 11:00am YMCA Aquatic Exercise 1:00pm YWCA ZUMBA Gold—Rm 142 1:30pm YMCA Strength & Cardio—Rm 110 2:00pm YWCA Aquatic Exercise 5:30pm YMCA Zumba GOLD - Rm 110		<u>MONDAY</u> 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118 10:30am Advanced Tai Chi w/ Xu Lan Ruan Rm 110 1pm Dominoes Rm 114	
<u>TUESDAY</u> 8:00am YMCA Aquatic Exercise 9:00am YMCA Aquatic Exercise 10:00am YMCA Aquatic Exercise 10:00am YMCA Strength & Cardio—Rm 142 1:30pm YMCA ZUMBA—Rm 110 1:30pm YWCA Wellness Dance—Rm 142 5:30pm YMCA Chair Yoga - Rm 110		<u>TUESDAY</u> 7am-12pm Busy Bees Sewing & more w/ Vickie Rm 118 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry 3:30pm Piano Class w/Mary - New semester starts in Fall	
<u>WEDNESDAY</u> 8:00am YMCA Aquatic Exercise 9:00am YMCA Aquatic Exercise 9:30am YMCA Chair Yoga—Rm 142 10:00am YMCA Aquatic Exercise 11:00am YMCA Aquatic Exercise 11:00am YWCA Sit and Stretch—Rm 142 11:00am YMCA ZUMBA Gold—Rm 110 1:00pm YWCA Aquatic Fitness 1:30pm YMCA Muscle and Mind—Rm 110 4:45pm YMCA Strength & Cardio - Rm 110		<u>WEDNESDAY</u> 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110 9am Gentle Hands Rm 143 w/ Mari Elena (2nd & 4th Wednesday of the month) 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry 12pm Line Dancing w/Kathy Rm 110 1:30pm Los Clasicos del Ritmo de Bob Ross 1pm Quilting Group Rm 155 2:30pm Kathy’s Social Dancers Rm 110	
<u>THURSDAY</u> 8:00am YMCA Aquatic Exercise 9:00am YMCA Aquatic Exercise 10:00am YMCA Aquatic Exercise 11:00am YWCA Aquatic Fitness 10:15am YMCA Strength & Cardio—Rm 110 1:30pm YMCA ZUMBA— Rm 110 1:30pm YWCA Wellness Dance—Rm 142 4:45pm YMCA Silver Sneakers - Rm 110		<u>THURSDAY</u> 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110	
<u>FRIDAY</u> 8:00am YMCA Aquatic Exercise 9:00am YMCA Aquatic Exercise 10:00am YMCA Aquatic Exercise 11:00am YMCA Aquatic Exercise 10:15am YMCA Strength & Cardio—Rm 110 1:30pm YMCA Strength & Cardio—Rm 110 1:30pm YWCA Cardio Dance—Rm 142		<u>FRIDAY</u> 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110 12:30pm Los Clasicos del Ritmo de Bob Ross	
<u>Financial Security Program</u> Financial Counselor Deborah Romo 210-206-5381 Family Support Worker Debra Martinez 210-207-5215	<u>WellMed Nurse</u> Tuesday through Friday 8:00 am to 3:30 pm <u>Texas Medicare Solutions</u> Abigail Hilliard Thursdays 10 am to 1 pm	Lunch at Bob Ross Senior Center 11:00 am to 12:30 pm Monday-Friday - Lunch tickets are available as early as 8:00 AM - Lunches are available while supplies last - Meals cannot be taken home, this includes milk, juice and side items.	
ANNOUNCEMENTS			
FIELD TRIPS Reservations Required 7/3 Walmart 7/10 Hacienda Vallarata 7/17 Target 7/24 Ingram Shopping Center 7/31 Market Square	Join us for National Banana Split Day on 8/25 at 10 am. We'll enjoy a cool treat while playing some Loteria.	Do you enjoy playing chess? Do you want to learn how to play? If you're interested, sign up at the front desk.	Join us for our Resource Fair on July 27th at 9am and 4pm Reservation Required



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MON-THURS 7:00AM-8:00PM
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 4:00pm MOVIE Boys Town 4:00pm Spanish MOVIE Pos Mis Pistolas 5:30pm YMCA Zumba GOLD	4 4:00pm Bingo  5:30pm YMCA Chair Yoga	5 4pm Creative Writing Class 4pm Karaoke  4:45pm YMCA Strength & Cardio	6 4:00pm Specialty Bingo  4:45PM YMCA Silver Sneakers	7 NO EXTENDED HOURS PROGRAM
10 4:00pm MOVIE The Dalai Lama 5:30pm YMCA Zumba GOLD	11 4:00pm Bingo  5:30pm YMCA Chair Yoga	12 4pm Karaoke  4:45pm YMCA Strength & Cardio	13 4:00pm Specialty Bingo  4:45PM YMCA Silver Sneakers	14 NO EXTENDED HOURS PROGRAM
17 4:00pm MOVIE Eat, Pray, Love 4:00pm Spanish MOVIE A Volar Joven 5:30pm YMCA Zumba GOLD	18 4:00pm Bingo  5:30pm YMCA Chair Yoga	19 4pm Karaoke  4:45pm YMCA Strength & Cardio	20 4:00pm Specialty Bingo  4:45PM YMCA Silver Sneakers	21 NO EXTENDED HOURS PROGRAM
24 4:00pm MOVIE Solo Mio 5:30pm YMCA Zumba GOLD	25 4:00pm Bingo  5:30pm YMCA Chair Yoga	26 4pm Karaoke  4:45pm YMCA Strength & Cardio	27 4:00pm Resource Fair Reservation Required  4:45PM YMCA Silver Sneakers	28 NO EXTENDED HOURS PROGRAM
31 4:00pm MOVIE Chef 4:00pm Let's Dance  5:30pm YMCA Zumba GOLD				