



HUMAN
SERVICES

SEPTEMBER 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



14. Bingo (A&C)
10:00am-11:00am
Arts & Crafts (A&C)
12:00pm-2:00pm
PM Loteria (A&C)
4:30pm-5:30pm
PM Arts & Crafts (A&C)
5:30pm-7:30pm

21. Bingo (A&C)
10:00am-11:00am
Arts & Crafts (A&C)
12:00pm-2:00pm
PM Loteria (A&C)
4:30pm-5:30pm
PM Arts & Crafts (A&C)
5:30pm-7:30pm

28. Bingo (A&C)
10:00am-11:00am
Arts & Crafts (A&C)
12:00pm-2:00pm
PM Loteria (A&C)
4:30pm-5:30pm
PM Arts & Crafts (A&C)
5:30pm-7:30pm

1. OASIS- iPad Basics (CL)
9:00am-11:00am
Texas Thrif Store Trip
10:00am-11:00am
San Antonio Food Bank Cooking Demo (A&C)
12:00pm-1:00pm
PM Karaoke (A&C)
5:00pm-6:00pm
PM Table Games (A&C)
6:00pm-7:30pm

8. OASIS- iPad Basics(CL)
9:00am-11:00am
Texas Diaper Bank Presentation (A&C)
10:00am-11:00am
San Antonio Food Bank Cooking Demo (A&C)
12:00pm-1:00pm
PM Karaoke (A&C)
5:00pm-6:00pm
PM Table Games (A&C)
6:00pm-7:30pm

15. OASIS- Word Basics(CL)
9:00am-11:00am
Animal Care Services Presentation (A&C)
10:00am-11:00am
San Antonio Food Bank Cooking Demo (A&C)
12:00pm-1:00pm
PM Karaoke (A&C)
5:00pm-6:00pm
PM Table Games (A&C)
6:00pm-7:30pm

22. OASIS- Word Basics(CL)
9:00am-11:00am
Juan's Gardening Trip (A&C)
9:30am-11:30am
Memorial Library Presentation(A&C)
10:00am-11:00am
San Antonio Food Bank Cooking Demo (A&C)
12:00pm-1:00pm
PM Karaoke (A&C)
5:00pm-6:00pm
PM Table Games(A&C)
6:00pm-7:30pm

29. OASIS- Smart Phone Photography(CL)
9:00am-11:00am
Roof & Home Repair Program Presentation (A&C)
10:00am-11:00am
San Antonio Food Bank Cooking Demo (A&C)
12:00pm-1:00pm
PM Karaoke (A&C)
5:00pm-6:00pm
PM Table Games(A&C)
6:00pm-7:30pm

2. Walking w/ Wellmed
9:30am-11:00am
Quilting Class (CR)
12:00pm-1:30pm
PM O.A.T.S- Digital Tools for Brain Health(A&C)
5:00pm-6:00pm
PM Potluck (A&C)
5:00pm-6:00pm
PM Table Games (A&C)
6:00pm-7:30pm

9. AgriLife Frame MakingTrip
9:30am-11:00am
Quilting Class (CR)
12:00pm-1:30pm
PM O.A.T.S.- Tips for Responsible Tech Disposal(A&C)
5:00pm-6:00pm
PM Potluck (A&C)
5:00pm-6:00pm
PM Table Games (A&C)
6:00pm-7:30pm

16. Walking w/ Wellmed
9:30am-11:00am
Quilting Class (CR)
12:00pm-1:30pm
PM O.A.T.S.- Fitness Apps(A&C)
5:00pm-6:00pm
PM Potluck (A&C)
5:00pm-6:00pm
PM Table Games (A&C)
6:00pm-7:30pm

23. Walking w/ Wellmed
9:30am-11:00am
Quilting Class (CR)
12:00pm-1:30pm
PM O.A.T.S.- (A&C)
5:00pm-6:00pm
PM Back to School Dance(A&C)
5:00pm-7:30pm

30. Walking w/ Wellmed
9:30am-11:00am
Quilting Class (CR)
12:00pm-1:30pm
PM O.A.T.S.- Online RX Drug Resources (A&C)
5:00pm-6:00pm
PM Potluck (A&C)
5:00pm-6:00pm
PM Table Games (A&C)
6:00pm-7:30pm

3. Loteria (A&C)
9:00am-10:00am
Seniors in Play (CR)
11:00am-12:30pm
Bihl Haus Arts (A&C)
12:30pm-2:30pm
PM Bingo (CR)
4:30-5:30 PM
PM Arts & Crafts (CR)
5:30- 7:30 PM

10. Loteria (A&C)
9:00am-10:00am
Fraud Awareness Presentation (A&C)
10:00am-11:00am
Seniors in Play (CR)
11:00am-12:30pm
Bihl Haus Arts (A&C)
12:30pm-2:30pm
PM Bingo (CR)
4:30-5:30 PM
PM Arts & Crafts (CR)
5:30- 7:30 PM

17. Loteria (A&C)
9:00am-10:00am
H-E-B Trip
10:00am-11:00am
Seniors in Play (CR)
11:00am-12:30pm
Bihl Haus Arts (A&C)
12:30pm-2:30pm
PM Bingo (CR)
4:30pm-5:30pm
PM Arts & Crafts (CR)
5:30pm-7:30pm

24. Loteria (A&C)
9:00am-10:00am
Walmart Trip
10:00am-11:00am
Seniors in Play(CR)
11:00am-12:30pm
Bihl Haus Arts (A&C)
12:30pm-2:30pm
PM Bingo (CR)
4:30pm-5:30pm
PM Arts & Crafts (CR)
5:30pm-7:30pm

**Schedule
Subject to
Change
Without
Notice**

4. Jewelry Making Class (A&C)
9:30am-11:00am
O.A.T.S.- Tips for Being News Savvy Online(A&C)
12:00pm-1:00pm
Karaoke (A&C)
12:30pm-1:30pm

11. Jewelry Making Class (A&C)
9:30am-11:00am
O.A.T.S.- Exploring Seniorplanet.org(A&C)
12:00pm-1:00pm
Karaoke (A&C)
1:00pm-2:00pm

18. Jewelry Making Class (A&C)
9:30am-11:00am
O.A.T.S.- Intro to TikTok(A&C)
12:00pm-1:00pm
Karaoke (A&C)
1:00pm-2:00pm

25. Jewelry Making Class (A&C)
9:30am-11:00am
O.A.T.S.- Home Health Monitors(A&C)
12:00pm-1:00pm
Karaoke (A&C)
1:00pm-2:00pm
CENTER WILL CLOSE AT 2:30 PM FOR STAFF TRAINING.

Room Key
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: September 8th, 2026



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
11:00am-12:00pm



- 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, September 2nd
Seniors Got Talent Showcase
10:00AM-11:00AM

Wednesday, September 16th
Grandfather’s Day
12:00PM-12:30PM

Wednesday, September 23rd
Birthday Celebrations
10:00AM-11:00AM