



HUMAN SERVICES

September

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
	1 9:30am OASIS: Artificial Intelligence 10am Seniors in Play 1:00pm OASIS: iPad Basics (1 of 2)	2 9:30am OASIS: Word Basics (1 of 4) 10am BINGO 1:00pm OASIS Technology: Intro to Excel (1 of 3)	3 9:00am Bob Ross Talent Show	4 8am Easy Crafts 10am BINGO 10am OATS Technology: Entertainment Series
7 	8 9am Nutrition Education 9:30am OASIS: Intro to GMail (1 of 2) 9:30 am Walking with WellMed 1:00pm OASIS: iPad Basics (2 of 2)	9 9am Oasis Presentation 9:30am OASIS: Word Basics (2 of 4) 10am BINGO 1:00pm OASIS: Intro to Excel (2 of 3)	10 1pm Food Bank Registered Participants ONLY - NO NEW APPLICATIONS  12:30pm Crafting with Lydia Reservation Required 	11 9:30am 9/11 Remembrance Trumpet Performance 10am BINGO 10am OATS Technology: Entertainment Series  2:30pm Early Closure
14 9:30am Field Trip*: Reservation Required  10am OATS Technology: Entertainment Series	15 9:30am OASIS: Intro to GMail (2 of 2) 10am Seniors in Play 10:15am Loteria w/Luis  1:00pm OASIS: Translation Tools	16 8:30am UT Health Nurses 9am Diaper Bank Presentation 9:30am OASIS: Word Basics (3 of 4) 10am BINGO 1:00pm OASIS: Intro to Excel (3 of 3)	17 9am  Join us for a day of fun inspired by a special lady - Dolly Bingo - Dolly Look Alike	18 10am BINGO 10am OATS Technology: Entertainment Series
21 9:30am Field Trip*: Reservation Required  10am OATS Technology: Entertainment Series Graduation	22 9:30am Walking with WellMed 9:30am OASIS: Oasis Guide to Internet Safety 10am Seniors in Play 1:00pm OASIS: iPhone Basics (1 of 2)	23 9am Nutrition Education 9:30am OASIS: Word Basics (4 of 4) 10am BINGO 1:00pm OASIS: Discovering Wellness on the Web	24 10am Name that Tune  1:30pm Day of Peace Meditation Exercise 	25 10am BINGO 10am OATS Technology: Everyday Uses of AI
28 9:30am Field Trip*: Reservation Required  10am OATS Technology: Gardening Tech at a Glance	29 9:30am OASIS: Exploring the Internet Safely (1 of 2) 10am Seniors in Play 1:00pm OASIS: iPhone Basics (2 of 2)	30 9:30am OASIS: iPad Basics (1 of 2) 10am BINGO 1:00pm OASIS: Artificial Intelligence		

Instructor Led Fitness Classes RESERVATION REQUIRED		Volunteer Led Activities	
MONDAY 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		MONDAY 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	
TUESDAY 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		TUESDAY 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	
WEDNESDAY 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		WEDNESDAY 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	
THURSDAY 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		THURSDAY 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110	
FRIDAY 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		FRIDAY 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110 12:30pm Los Clasicos del Ritmo de Bob Ross	
Financial Security Program Financial Counselor Deborah Romo 210-206-5381 Family Support Worker Debra Martinez 210-207-5215	WellMed Nurse Tuesday through Friday 8:00 am to 3:30 pm Texas Medicare Solutions 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			
CLOSED ON MONDAY, SEPTEMBER 7TH FOR LABOR DAY FROZEN MEALS WILL BE DISTRIBUTED ON FRIDAY, SEPTEMBER 4TH	Join us for a Hispanic Heritage Celebration on Wednesday September 16th at 3:30 pm. 	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 International Day of Peace on September 24th at 1:30 pm in the cafeteria for an hour of meditation. 



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EXTENDED HOURS

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MON-THURS 7:00AM-8:00PM
FRIDAY 7:00AM-4:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 4:00pm Bingo  5:30pm YMCA Chair Yoga	2 4pm Creative Writing Class 4pm Karaoke  4:45pm YMCA Strength & Cardio	3 4:00pm Specialty Bingo  4:45PM YMCA Silver Sneakers	4 NO EXTENDED HOURS PROGRAM
7 	8 4:00pm Bingo  5:30pm YMCA Chair Yoga	9 4pm Karaoke  4:45pm YMCA Strength & Cardio	10 4:00pm Specialty Bingo  4:45PM YMCA Silver Sneakers	11 NO EXTENDED HOURS PROGRAM
14 4:00pm MOVIE Stand and Deliver 4:00pm Spanish MOVIE Si Yo Fuera Diputado 5:30pm YMCA Zumba GOLD	15 4:00pm Bingo  5:30pm YMCA Chair Yoga	16 3:30pm Hispanic Heritage Celebration ft. Los Classicos del Ritmo  4:45pm YMCA Strength & Cardio	17 4:00pm Specialty Bingo  4:45PM YMCA Silver Sneakers	18 NO EXTENDED HOURS PROGRAM
21 4:00pm MOVIE Spanglish 5:30pm YMCA Zumba GOLD	22 4:00pm Bingo  5:30pm YMCA Chair Yoga	23 4pm Karaoke  4:45pm YMCA Strength & Cardio	24 4:00pm Specialty Bingo  4:45PM YMCA Silver Sneakers	25 NO EXTENDED HOURS PROGRAM
28 4:00pm MOVIE In the Heights 4:00pm Let's Dance  5:30pm YMCA Zumba GOLD	29 4:00pm Bingo  5:30pm YMCA Chair Yoga	30 4pm Karaoke  4:45pm YMCA Strength & Cardio		