CITY OF SAN ANTONIO — TEXAS

HUMAN SERVICES

# November 2026

## WEST END SENIOR CENTER

1226 NW 18TH STREET

SAN ANTONIO, TX. 78207

(210)207-1703

MON-THURS 7:00AM-7:00PM

FRIDAY 7:00AM-4:00PM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2.<br>Bingo (A&C)<br>10:00am-11:00am<br>Arts & Crafts (A&C)<br>12:00pm-2:00pm<br>PM Loteria (A&C)<br>4:00pm-5:00pm<br>PM Day of the Dead Remembrance (A&C)<br>5:00pm-6:30pm | 3.<br>OASIS- Exploring Google(CL)<br>9:00am-11:00am<br>Caregiver SOS Presentation(A&C)<br>9:00am-10:00am<br>A&M Healthy Cooking Presentation(A&C)<br>10:00am-11:00am<br>San Antonio Food Bank Cooking Demo (A&C)<br>12:00pm-1:00pm<br>PM Bonus Bucks: Bingo(A&C)<br>5:00pm-6:00pm<br>PM Table Games (A&C)<br>6:00pm-6:45pm | 4.<br>Walking w/ Wellmed<br>9:30am-11:00am<br>FBI Elder Fraud Presentation(A&C)<br>10:00am-11:00am<br>Quilting Class (CR)<br>12:00pm-1:30pm<br>PM Rummikub Social (A&C)<br>5:00pm-6:00pm<br>PM Arts & Crafts (A&C)<br>6:00pm-6:45pm | 5.<br>Loteria (A&C)<br>9:00am-10:00am<br>H-E-B Trip<br>10:00am-11:00am<br>Seniors in Play (CR)<br>11:30am-1:00pm<br>PM Bingo (CR)<br>4:00pm-5:00pm<br>PM O.A.T.S.- Tips for Responsible Tech Disposal (CR)<br>5:00pm-6:00pm | 6.<br>Jewelry Making Class (CR)<br>9:45am-11:00am<br>O.A.T.S.- Youtube (A&C)<br>12:00pm-1:00pm<br>Bonus Bucks: Lotera (A&C)<br>1:00pm-2:00pm |
| 9.<br>Bingo (A&C)<br>10:00am-11:00am<br>Arts & Crafts (A&C)<br>12:00pm-2:00pm<br>PM Loteria (A&C)<br>4:00pm-5:00pm<br>PM Arts & Crafts (A&C)<br>5:00pm-6:30pm | 10.<br>OASIS- Exploring Google(CL)<br>9:00am-11:00am<br>A&M Healthy Cooking Presentation(A&C)<br>10:00am-11:00am<br>San Antonio Food Bank Cooking Demo (A&C)<br>12:00pm-1:00pm<br>PM Bonus Bucks: Bingo(A&C)<br>5:00pm-6:00pm<br>PM Veteran's Day: Movie and Popcorn (A&C)<br>6:00pm-6:45pm | 11.<br>Center Closed for<br> | 12.<br>Loteria (A&C)<br>9:00am-10:00am<br>Seniors in Play Showcase(A&C)<br>10:00am-11:00am<br>Bihl Haus Arts (A&C)<br>12:30pm-2:30pm<br>San Antonio Ballet Performance Trip<br>1:30pm-3:00pm<br>PM Bingo (CR)<br>4:00pm-5:00pm<br>PM O.A.T.S.- Intro to Digital Wallets (CR)<br>5:00pm-6:00pm | 13.<br>Jewelry Making Class (CR)<br>9:45am-11:00am<br>O.A.T.S.- Intro to Managing Your Privacy(A&C)<br>12:00pm-1:00pm<br>Bonus Bucks: Lotera (A&C)<br>1:00pm-2:00pm |
| 16.<br>Bingo (A&C)<br>10:00am-11:00am<br>Arts & Crafts (A&C)<br>12:00pm-2:00pm<br>PM Loteria (A&C)<br>4:00pm-5:00pm<br>PM Arts & Crafts (A&C)<br>5:00pm-6:30pm | 17.<br>OASIS- AI and You(CL)<br>9:00am-11:00am<br>A&M Healthy Cooking Presentation(A&C)<br>10:00am-11:00am<br>San Antonio Food Bank Cooking Demo (A&C)<br>12:00pm-1:00pm<br>PM Bonus Bucks: Bingo(A&C)<br>5:00pm-6:00pm<br>PM Table Games (A&C)<br>6:00pm-6:45pm | 18.<br>Our Lady of the Lake University Trip<br>10:00am-12:00pm<br>Quilting Class (CR)<br>12:00pm-1:30pm<br>PM Tea Party (A&C)<br>5:00pm-6:00pm<br>PM Arts & Crafts: Thanksgiving Tree(A&C)<br>6:00pm-6:45pm | 19.<br>Loteria (A&C)<br>9:00am-10:00am<br>San Antonio Ballet: The Nutcracker Trip<br>1:30pm-3:30pm<br>Seniors in Play (CR)<br>11:30am-1:00pm<br>Bihl Haus Arts (A&C)<br>12:30pm-2:30pm<br>PM Bingo (CR)<br>4:00pm-5:00pm<br>PM O.A.T.S- Digital Legacy at a Glance (CR)<br>5:00pm-6:00pm | 20.<br>Jewelry Making Class (CR)<br>10:00am-11:00am<br>Metro Health Violence Presentation(A&C)<br>10:00am-11:00am<br>O.A.T.S.- Passwords, Passkeys, and More(A&C)<br>12:00pm-1:00pm<br>Bonus Bucks: Store (A&C)<br>1:00pm-2:00pm |
| 23.<br>Bingo (A&C)<br>10:00am-11:00am<br>Arts & Crafts (A&C)<br>12:00pm-2:00pm<br>PM Loteria (A&C)<br>4:00pm-5:00pm<br>PM Arts & Crafts (A&C)<br>5:00pm-6:30pm | 24.<br>San Antonio Food Bank Cooking Demo (A&C)<br>12:00pm-1:00pm<br>PM Bonus Bucks: Bingo(A&C)<br>5:00pm-6:00pm<br>PM Table Games (A&C)<br>6:00pm-6:45pm | 25.<br>Walking w/ Wellmed<br>9:30am-11:00am<br>Quilting Class (CR)<br>12:00pm-1:30pm<br>PM Rummikub Social (A&C)<br>5:00pm-6:00pm<br>PM Arts & Crafts (A&C)<br>6:00pm-6:45pm | 26.<br> | 27.<br> |
| 30.<br>Juan's Gardening Trip<br>9:30am-11:30am<br>Bingo (A&C)<br>10:00am-11:00am<br>Arts & Crafts (A&C)<br>12:00pm-2:00pm<br>PM Loteria (A&C)<br>4:00pm-5:00pm<br>PM Arts & Crafts: Paint Jack-O-Lantern (A&C)<br>4:30pm-6:30pm | **Schedule Subject to Change Without Notice** | Room Key<br>G-Gym<br>A&C-Arts & Crafts Room<br>CL-Computer Lab<br>CR-Conference Room |  | |

## Announcements & Events:

**CSFP Cheese Box & HOPE Program-**

**Every 2nd Tuesday of the Month: November 10th**

***FOOD BANK PROGRAMS ARE DISTRIBUTED WHILE SUPPLIES LAST***

## Fitness Classes Schedule

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

WellMed®

### Nurse Hours (CL)

Mondays & Wednesdays
8:00am-12:00pm

### Announcements



**Wednesday , November 18th**
Tea Party with Light Refreshements
5:00PM-6:00PM

**Monday, November 23th**
Thanksgiving Celebration/Birthday Celebrations
11:00AM-12:00PM

