



DISTRICT 5 SENIOR CENTER
 2701 S. Presa San Antonio, TX 78210 (210) 207-5270
Extended Hours Calendar
MONDAY – THURSDAY
Hours: 4:00-8:00pm



Senior Center Manager: Bertha Franklin
Extended Hours Supervisor: Alma Garza-Rodriguez
Extended Hours Coordinator: Carol Orbe
Chauffer: Rickey Harris

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1. 	2. Chair Volleyball 3:00 – 5:00 SPECIALTY BINGO 5:30 – 7:00	3. Chair Volleyball 3:00 – 5:00 BROWSIÑ ON A BUDGET: Michaels Craft Store 5:30 – 7:00	4. YMCA YOGA CLASS 3:00 – 5:00 SPECIALTY BINGO 5:30 – 7:00
8. LINE DANCING 4:00-5:00 INTRODUCTION TO CHESS 5:00-6:00 BALL DRUMMIÑ 6:00-7:00	9. Chair Volleyball 3:00 – 5:00 SPECIALTY BINGO 5:30 – 7:00	10. Chair Volleyball 3:00 – 5:00 DOCUMENTARY MARTIN LUTHER KING The Fight for Civil Rights 5:30-6:30	11. YMCA YOGA CLASS 3:00 – 5:00 SPECIALTY BINGO 5:30 – 7:00
15. 	16. Chair Volleyball 3:00 – 5:00 SPECIALTY BINGO 5:30 – 7:00	17. Chair Volleyball 3:00 – 5:00 CULTURAL AWAERNESS Documentary Indian Food “Food is Love” 5:30-6:30	18. YMCA YOGA CLASS 3:00 – 5:00 SPECIALTY BINGO 5:30 – 7:00
22. LINE DANCING 4:00-5:00 INTRODUCTION TO CHESS 5:00-6:00 MOVIE NIGHT 2:30 - 6:30	23. Chair Volleyball 3:00 – 5:00 SPECIALTY BINGO 5:30 – 7:00	24. Chair Volleyball 3:00 – 5:00 APNA INDIA RESTAURANT 5:00-7:00	25. YMCA YOGA CLASS 3:00 – 5:00 SPECIALTY BINGO 5:30 – 7:00
29. LINE DANCING 4:00-5:00 INTRODUCTION TO CHESS 5:00-6:00 BALL DRUMMIÑ 6:00-7:00	30. Chair Volleyball 3:00 – 5:00 SPECIALTY BINGO 5:30 – 7:00	31. Chair Volleyball 3:00 – 5:00 WHO DONE IT ??? 5:30 – 7:00	

<p align="center">GYM 4:00 pm -7:45 pm Monday - Thursday</p> <p align="center">Gym Exercise Equipment Elliptical Machine, Treadmill, Seat Stepper. Row Machine, Express Gym</p> <p align="center">YMCA CHAIR YOGA</p> <p align="center">4:00-5:00 Thursdays Yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.</p>	<p align="center">GAMES - Activity Room Corn Hole, Dominos, Pool Table, Shuffleboard and more</p> <p align="center">SPECIALTY BINGO 5:30-7:00 Tuesdays and Thursdays</p> <p align="center">Four Corners, Letter X, Picture Frame, Diagonal and More</p> <p align="center">BOARD GAMES 4:00-7:45</p> <p align="center">ACTIVITY ROOM Yahtzee, Scrabble, Checkers-Bring your Favorite Board Games</p>	<p align="center">CHAIR VOLLEYBALL 3:00-5:00 Tuesdays and Wednesdays</p> <p align="center">Activity Room A sitting activity for older Adults. Members of all abilities and activity levels. Friendly scrimmages with another team.</p> <p align="center">WHO DONE IT Multi- Purpose Room 5:30-7:00 last Wednesday of the month</p> <p align="center">SUPER SLEUTHS - think you can solve the problem, find the clue, identify the bad guy? Mystery games, activities, and movies.</p>
<p align="center">CULTURAL AWARENESS</p> <p align="center">JOIN US for documentaries, films, and movies. Travel to museums, restaurants, and events.</p> <p align="center">Documentary Indian Food and Cultural</p> <p align="center">MARTIN LUTHER KING The Fight for Civil Rights Documentary Wednesday, January 10, 2024, 5:30 – 6:30</p>	<p align="center">LINE DANCING 4:00-5:00 Mondays</p> <p align="center">ACTIVITY ROOM Instructor led with steps such as Electric Slide, Cupid Shuffle, Cowboy Cha Cha, Two Step, Boot Scoot Boogie, Down South Shuffle, and More.</p> <p align="center">INTRODUCTION TO INTERGENERATIONAL CHESS 5:00 – 6:00 - Monday</p> <p align="center">Members and family players of school age and all skills levels. Reservation Required. Limited Chess Sets</p>	<p align="center">MOVIE MONDAY</p> <p align="center">Cinemark McCreless Theater January 22, 2024, See Movie Flier for more information 2:30 - 6:30 Buy Your Ticket Senior Pricing \$5.00 to \$6.25</p> <p align="center">Who Done IT? 5:30 – 7:00</p>
 <p align="center">Come Alive at D5</p>	<p align="center">BALL DRUMMIN' Drums Alive at D5 – CARDIO EXERCISE 6:00- 7:00 Mondays</p> <p align="center">Cardio drumming is a form of exercise that involves pounding on balls with sticks to the rhythm of Music. It improves physical health, reduces stress and anxiety.</p>	<p align="center">BROWSIN' ON A BUDGET Searching for "Treasures "</p> <p align="center">Travel to places like Black Friday, Ross Dress For Less, Burlington, Marshals, Thrift Stores, and more. Dates and times – see fliers .</p>