



ALICIA TREVINO LOPEZ SENIOR CENTER

8353 Culebra Rd., San Antonio, TX (210) 558-0178

Monday-Thursday 4:00 pm - 8:00 pm

February

2023

EXTENDED HOURS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Room Key (1) Activity Room #1 (2) Activity Room #2 (3) Activity Room #3 (4) Theatre Room	Room Key (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (OL) On Line (C) Conference Room (CL) Computer Lab (L) Lobby	1 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Karaoke (LR) 4:30-7:00pm Video Workout (3) 5:00pm OATS Mindfulness Apps (4) 6:00pm	2 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm 
6 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Video Workout (3) 5:00pm	7 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Intro to Pickleball (LR) 4:00-7:00pm	8 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Karaoke (LR) 4:30-7:00pm Video Workout (3) 5:00pm OATS Telemedicine (4) 6:00pm	9 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Intro to Pickleball (LR) 4:00-7:00pm
13 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Video Workout (3) 5:00pm <i>Valentines Dance</i> 5:00-7:00pm (LR)	14 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Intro to Pickleball (LR) 4:00-7:00pm Wear  PINK or RED	15 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Karaoke (LR) 4:30-7:00pm Video Workout (3) 5:00pm OATS IoT: Wearables (4) 6:00pm	16 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Intro to Pickleball (LR) 4:00-7:00pm
20 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Video Workout (3) 5:00pm	21 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Intro to Pickleball (LR) 4:00-7:00pm Genealogy: Researching Naturalization Records (CL) 7:00pm Wear Favorite Mask 	22 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Karaoke (LR) 4:30-7:00pm Video Workout (3) 5:00pm OATS My Chart (4) 6:00pm	23 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Intro to Pickleball (LR) 4:00-7:00pm Movie (4) 4:30pm
27 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Video Workout (3) 5:00pm	28 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Intro to Pickleball (LR) 4:00-7:00pm Genealogy: Beginning Genealogy (CL) 7:00pm	29 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Karaoke (LR) 4:30-7:00pm Video Workout (3) 5:00pm	30 Exercise Equipment 4:00-8:00pm Table Games (SA) 4:00- 8:00pm Chair Volleyball (1) 4:00-7:00pm Intro to Pickleball (LR) 4:00-7:00pm