
























6157 NW Loop 410, San Antonio, TX 78238 \* 210-780-7444 \* Monday-Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Don't Miss Mo's Alphabet Challenge</b> It begins May 20th, Pick up your Passport &amp; Challenge sheet at the Front desk the week of May 13th. Everyone that completes the challenge will be entered in a drawing, Good Luck!</p>	<p><b>Field Trips</b> May 7 Riverwalk, shopping and Lunch on your own May 14 Walmart on Potranco MAY 20 Shopping at Dove Creek Shopping Center MAY 22 Brunch at La Panaderia On your own</p>	<p>8:30 Advanced Guitar 9a Jam with Robert Cruz 12:20 Bingo <a href="#">1p Computer Class</a></p> 	<p><b>9:30 Jewelry Class</b> 10a Talk with Nurse Know your "Blood Pressure Numbers" 10a Diabetes Class Week 4 "Deep" Required sign up 10a Do you know how To use your UCard? And Medicare made clear. 11a ESL Beginners</p> 	<p><b>10a Movie</b> <a href="#">10a Knitters Crocheters</a> <a href="#">10a Cinco De Mayo Presentation</a> <a href="#">12n Quilting</a> 12:30 Karaoke <a href="#">1p Movie</a></p> 
<p><b>8:30a Advanced Guitar 9a Beginning Computer Class</b> 9:15a Loteria <b>10a Beginning Guitar</b> <b>11:30a Intermediate Guitar</b> <a href="#">12n Bereavement class</a> <a href="#">Repair your feelings through Art. With Silvia Sarinana</a></p> 	<p><b>9:30 Jewelry Class</b> <b>10a Knitters &amp; Crocheters</b> <b>9:30 Riverwalk Shopping and Stroll Lunch on your own</b> 11a ESL Intermediate <a href="#">12:30 Tour of Seville. Spain</a> <a href="#">Requires Sign Up</a></p> 	<p>8:30 Advanced Guitar 9a Jam with Robert Cruz <b>10a Reframing Age Presentation</b> 12:20 Bingo <a href="#">1p Computer Class</a></p> 	<p><b>9:30 Jewelry Class</b> <b>10a Diabetes Class "Deep" Week 5</b> Required sign up 11a ESL Beginners <b>1p FOOD BANK</b></p>  <p>American Diabetes Association.</p>	<p><b>10a Movie</b> <a href="#">10a Knitters Crocheters</a> <a href="#">12n Quilting</a> <a href="#">12n Carnations and Mariachi's For Mother's Day</a> 12:30p Birthday Cup Cakes 12:30p Karaoke <a href="#">1p Movie</a></p> 
<p><b>8:30a Advanced Guitar 9a Beginning Computer Class</b> 9:15a Loteria <b>10a Beginning Guitar</b> 10:30a Mother's Day project with Luis <b>11:30a Intermediate Guitar</b></p> 	<p><b>9:30 Jewelry Class</b> <b>9:30a Shopping at Walmart on Potranco</b> <b>9:30a Walkers on the Go</b> <b>10a Knitters &amp; Crocheters</b> 11a ESL Intermediate</p> 	<p>8:30a Advanced Guitar 9am Jam with Robert Cruz <b>10am Nutrition with Natalie</b> 12:20 Bingo <a href="#">1p Computer Class</a> <a href="#">How to Use Your Ipad</a></p> 	<p><b>9:30 Jewelry Class</b> <b>10a Diabetes Class "Deep" Required sign up Week 6</b> 11a ESL Beginners <b>12:15p Name That Tune</b> 12:30 Flamenco</p> 	<p><b>10a Movie</b> <a href="#">10a Knitters Crocheters</a> <a href="#">12n Quilting</a> <a href="#">12:30 Sweet 60 Dance</a> <a href="#">CD7 Sponsored</a> 2:30 Karaoke <a href="#">1p Movie</a></p> 
<p><b>8:30a Advanced Guitar 9a Beginning Computer Class</b> 9:15a Loteria <b>9:30a Shopping Trip at the Dove Creek Center</b> <b>10a Beginning Guitar</b> <b>11:30a Intermediate Guitar</b></p> 	<p><b>9:30 Jewelry Class</b> <b>10a Knitters &amp; Crocheters</b> <b>10a Food Bank Cooking Class</b> 11a ESL Intermediate</p> 	<p>8:30a Advanced Guitar 9am Jam with Robert Cruz <b>10:30a Brunch at La Panaderia Downtown (On your own)</b> 12:20 Bingo <a href="#">1p Computer Class</a> <a href="#">How to Use Your Ipad</a></p> 	<p><b>9:30 Jewelry Class</b> <b>11a Diabetes Class "Deep" Required sign up Week 7</b> 11a ESL Beginners</p> 	<p><b>10a Movie</b> <a href="#">10a Knitters Crocheters</a> <a href="#">12n Quilting</a> 12:30 Karaoke <a href="#">1p Movie</a></p> 
<p><b>CLOSED IN OBSERVANCE OF MEMORIAL DAY</b></p>	<p><b>9:30 Jewelry Class</b> <b>9:30a Walkers on the Go</b> <b>10a Knitters &amp; Crocheters</b> 11a ESL Intermediate</p> 	<p>8:30a Advanced Guitar 9am Jam with Robert Cruz <b>9:30a Fresh Produce Market</b> <a href="#">Sign up for Free Box</a> <a href="#">1p Computer Class</a> <a href="#">How to Use Your Ipad</a></p> 	<p><b>9:30 Jewelry Class</b> <b>11a Diabetes Class "Deep" Required sign up Last week (8)</b> 11a ESL Beginners</p> <p><b>IT'S PICTURE DAY! STOP BY THE FRONT DESK HAVE YOUR PICTURE TAKEN AND GET A GRANOLA BAR!!</b></p>	<p><b>10a Movie</b> <a href="#">10a Knitters Crocheters</a> <a href="#">12n Quilting</a> 12:30 Karaoke <a href="#">1p Movie</a></p> 

# FITNESS CLASS SCHEDULE

You may sign up in person at 7:15 am or you may start calling at 7:30 am to sign up for a class on that same day

*All classes are first come, first serve. Voicemail NOT accepted to sign up for aerobics classes*

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am		GET MOVING	GET MOVING	GET MOVING	CARDIO DRUMMING
10:00 am	CARDIO DANCE	YOGA	CHAIR CIRCUIT	CARDIO DANCE	MUSCLE MATTERS
11:00 am	ZUMBA GOLD	ZUMBA GOLD	YOGA	ZUMBA GOLD	
12:00 pm	LINE DANCING		FEEL THE BEAT	FLAMENCO	CARDIO DANCE
1:00 pm	FEEL THE BEAT	CARDIO DANCE	BELLY DANCING	STRENGTH 45	CHAIR CIRCUIT
2:00 pm	MUSCLE MATTERS	QIGONG	TAI CHI	QIGONG	

**Please Note: Strength 45 Class is held at 12:00 pm on the 3rd Thursday of the month.**

6157 NW Loop 410 Ste. 120 San Antonio, TX 78238 210.780.7444


# GAME SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG CHAIR VOLLEYBALL DOMINOES / RUMIKUB BILLIARDS	PING PONG CHAIR VOLLEYBALL DOMINOES / RUMIKUB BILLIARDS	PING PONG DOMINOES / RUMIKUB BILLIARDS	PING PONG DOMINOES / RUMIKUB BILLIARDS	PING PONG DOMINOES / RUMIKUB BILLIARDS

# ANNOUNCEMENTS

**WALKERS**  
on the Go!  
2nd and 4th Tuesday  
of the month  
9:30 am

Sign up  
at Front Desk




**VISIT**  
**OUR VIRTUAL**  
**SENIOR CENTER**

Scan the QR code  
using your smartphone camera.  
Tap the notification to open the link.



Enjoy guided activities  
to do from  
the comfort of  
your own home!

We are fortunate to offer **“DEEP”** it is a diabetes self-management workshop designed to help you control your diabetes and reduce their risk of complications. We’ll cover managing symptoms, exercise, medications, and working with their doctors. You’ll get workshop materials, and those who complete the workshop get an **HEB gift card**. This is an 8 week course and limited seating.




**EVERY**  
**WEDNESDAY**

**WEAR YOUR**  
**CENTER T-SHIRT**

**DO YOU HAVE**  
**QUESTIONS ABOUT**  
**MEDICARE?**

visit the Medicare  
Information Center






Located Next to  
WellMed Clinic

**Don't Miss The**  
**Tour of**  
**Seville, Spain**  
May 7 \* 12:30p  
Requires Sign up



**HEALTH AND**  
**WELLNESS CLASS**  
With Nurse Bertha  
First Thursday  
of the Month



Health Screenings	Lunch	Caregiver SOS	Important Numbers to Know
Wednesdays & Fridays (unless otherwise noted)	Lunch Check In Opens at 9:45 am Daily	Are you providing care to a family member or loved one?	<b>S.A.P.D</b> Non-Emergency: (210) 207-7273 <b>Emergency: 911</b> <b>Texas Abuse Hotline 1-800-252-5400</b> When you suspect abuse, neglect, or financial exploitation.
Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available	All Meals Are Served On a First Come, First Serve Basis	<b>SERVICES INCLUDE:</b> Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes Please see Cindy Robles For more information	<b>Alamo Service Connection</b> (210) 477-3275 / 1-866-231-4922 Referral and assistance for seniors, people with disabilities, and veterans.
	Lunch Time is at 11:30 am		<b>City of San Antonio 311</b> Potholes, stray animals, downed street signs, trash collection. <b>United Way 211</b> Crisis + Emergency, Disaster Assistance, Food, Health, Housing + Utilities, Jobs + Support, Reentry, Veterans