

Falls Prevention Awareness Week

2025

Elvira Cisneros Senior Activity Center

517 SW Military Dr. San Antonio, TX 78221

9/22/25	11:00 am	Tai Chi Demo
9/23/25	10:00 am	Proper Use of Walking Devices
9/24/25	8:00 am-12:00 pm	Fall Prevention Resource Fair
9/25/25	10:00 am	Home Balance Exercises
9/26/25	12:30 pm	Fall Prevention Bingo

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Alicia Lopez Senior Activity Center

8353 Culebra Rd. Ste 102 San Antonio, Texas 78251

9/22/25	10:15 am	Factors of Balance Presentation
9/23/25	10:00 am	Fall Prevention Bingo
9/24/25	9:00 am	“Safe Home, Safe You” Information Session
9/25/25	9:00 am	Fall Prevention “Trivia Feud”
9/25/25	1:00 pm	Tai Chi Class
9/26/25	12:00 pm	Balance Power Hour Games
9/22—9/26	8:00 am	Fall Prevention Olympic Games

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Crossroads Senior Activity Center

1301 E Fern Ave., Ste. C1 McAllen, TX 78501

9/22/25	8:00 am—10:00 am	Cue & Balance
9/23/25	12:00 pm	Volley of Balance Seated Volleyball Awareness Tournament
9/23/25		Green or Orange Out Wear Green or Orange for Fall Prevention Awareness
9/24/25	8:00 am—11:00 am	Balance Test
9/26/25	11:45 am—1:30 pm	Obstacle Course Challenge

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Zavala Senior Activity Center

510 Osage St. Corpus Christi, TX 78405

9/22/25	8:15 am & 1:00 pm	Balance Workout
9/23/25	12:00 pm	Fall Prevention Video
9/24/25	9:00 am	Corpus Christi Fire Department Presentation: Preventing Falls at Home
9/25/25	12:00 pm	Fall Prevention Game/Quiz
9/26/25	8:15 am & 1:00 pm	Balance Workout

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Doris Griffin Senior Activity Center

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

9/22/25	9:30 am	Presentation: Review of Fall Risk Factors (vision, hearing, amount of exercise, etc)
9/23/25	10:00 am	Demonstration/Practice of getting up and down to the floor (to establish awareness and confidence)
9/24/25	12:00 pm	Presentation on Myths and Realities of Falls (i.e. falling only happens to other people, not me) (detail the truth and misconceptions about falls)
9/25/25	9:00 am	Berg Balance Test "Booth"
9/26/25	9:00 am	Straight line walk challenge and standing on one foot challenge

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Redbird Square Senior Activity Center

3107 W. Camp Wisdom Road, Suite 175 Dallas, TX 75237

9/22—9/26	Available during business hours Please call to reserve your time slot	Balance Assessments
9/22/25	10:00 am	Home Safety and What to do when You Fall
9/23/25	12:30 pm	Open Tai Chi Demo
9/24/25	10:00 am	Fall Prevention Q&A with WellMed Provider Dr. Perry
9/26/25	1:30 pm	Fall Prevention Bingo

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Roy Florez Senior Activity Center	Little Havana Senior Activity Center	Fern Park Senior Activity Center	East Hialeah Senior Activity Center	Sun City Senior Activity Center
9101 SW 24 Street Suite 100 Miami, Florida	2974 SW 8 St. Miami, FL 33135	7800 S.U.S. Highway 17-92, #144 Fern Park, FL 32730	415 W 49th St. Hialeah, FL 33012	787 Cortaro Dr. Sun City Center, Florida 33573
9/22/25	1:00 pm	Keeping your Safety and Independence While learning about potential fall risks in your surroundings		
9/23/25	1:00 pm	Torso Strength to Improve Balance and Stability		
9/24/25	1:00 pm	Footwear and the Fitness Experience		
9/25/25	1:00 pm	Oxygenation and Hydration to Improve Balance		

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Harlingen Senior Activity Center

509 S. Expressway 83, Suite B-1 Harlingen, TX 78550

9/22/25	10:00 am	Lose the Lace, Save Your Face - Lace Swap Event
9/23/25	10:00 am	No Monkeying Around Balance Challenge & Obstacle Course
9/24/25	10:00 am	Matter of Balance Presentation
9/25/25	10:00 am	Fall Prevention Loteria
9/26/25	10:00 am	Foot Care Talk Discuss the Importance of Foot Health in preventing falls and share practical care tips

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Austin Senior Activity Center

706 W Ben White Blvd, Ste. 125-A Austin, TX 78704

9/22/25	12:00 pm	Balance Olympics Opening Games Ceremony
9/22/25	12:30 pm	Fall Prevention Lecture
9/22/25	3:00 pm	Fall Clinic: Backward Chaining How to Get Up After a Fall
9/23/25	12:00 pm	Balance Essentials Timed Competition
9/23/25	1:00 pm	How to Mentally Conquer the Fear of Falling after Falling Presentation
9/24/25	12:00 pm	Jumbo Egg - Little Spoon Race
9/24/25	12:30 pm	Timed Balance Obstacle Course
9/24/25	1:15 pm	What if the Shoe Doesn't Fit? Appropriate Footwear, Proper Ways to Wear Shoes and Foot Health Presentation
9/25/25	1:15 pm	Putt Thru Croque Indoor Golf Course Challenge
9/25/25	2:15 pm	Balance Jeopardy Trivia with Prices
9/26/25	9:30 am	Bowling Pins Knockout
9/26/25	12:00 pm	Balance Olympics Closing Games Ceremony

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Brownsville Senior Activity Center

26 S. Corea St, Suite A Brownsville, TX 78520

9/22/25	11:30 am	Fall Prevention Presentation by South Texas Rehab
9/23/25	11:30 am	Balance Boot Camp
9/24/25	11:45 am	Balance and Pistol Squat Challenge
9/25/25	11:30 am	Fall Prevention Bingo
9/26/25	11:30 am	Fall Free Fiesta