



Harlandale Nutrition Center 115 Southcross, San Antonio, 78221 210-924-4771

Monday- Friday 8am-12pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00 Social Hour 8:30 Indoor Sports 9:00 Bingo 11:00 Lunch	2 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	3 8:00 Social Hour 9:00 Bingo 11:00 Lunch	CLOSED Independence Day	5 8:00 Social Hour 9:00 Board & Card Games 10:00 HEB 11:00 Lunch
8 8:00 Social Hour 9:00 Bingo 11:00 Lunch	9 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	10 8:00 Social Hour 9:00 Bingo 11:00 Lunch	11 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	12 8:00 Social Hour 9:00 Bingo 10:00 Walmart 11:00 Lunch
15 8:00 Social Hour 9:00 Bingo 10:00 Art Pace 11:00 Lunch	16 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	17 8:00 Social Hour 9:00 Movie- Puss in Boots: The Last Wish 11:00 Lunch	18 8:00 Social Hour 9:00 YMCA Chair Yoga 11:00 Lunch	19 8:00 Social Hour 9:00 Bingo 10:00 Dollar Store 11:00 Lunch
22 8:00 Social Hour 9:00 Indoor Field Day 11:00 Lunch	23 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Shopping Thrift Store 11:00 Lunch	24 8:00 Social Hour 9:00 Activity Packet/Solo time 10:30 Lunch 11:00 FOOD BANK DISTRIBUTION	25 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Activity Packet/Solo time 10:00 La Tiendita 11:00 Lunch	26 8:00 Social Hour 9:00 Bingo Single Winner! 11:00 Lunch
29 8:00 Social Hour 9:00 Bingo 10:00 MedTeam Heat Exhaustion 11:00 Lunch	40 00 T	31 8:00 Social Hour 9:00 Birthday Celebration 11:00 Lunch	(Note: Calendar subject to change without notice) Center Closures o Thursday July 4 - Independence Day WellMed Nurse	

Food Bank

Food Bank will be Distributed June 26 at 11:00 am. *ID CARDS AND BINS REQUIRED*

HAVE LUNCH WITH US!

Hot Meals are served Monday through Friday 11:00am-12:00 pm

Please make a reservation for bus transportation to any trips through Carrie, Tiffany, or Dolores.

Second Thursday of the month 8:00 am - 11:00 am

In Person Fitness Classes

Tuesdays:

- 9:00 am YMCA Chair Zumba Thursdays:
- 9:00 am YMCA Chair Yoga

June and July Birthdays

- O 6/6 Rosalva Moctezuma O 6/27 Manuel Sanchez
- O 6/12 Mary Adame
- O 6/14 Elisa Herrera O 6/15 Anita Alverado
- O 6/28 Pedro Perez
- O 7/18 Virginia Snead
- O 7/21 Mary Esther Garcia
- O 7/26 Ana Maria Gutierrez



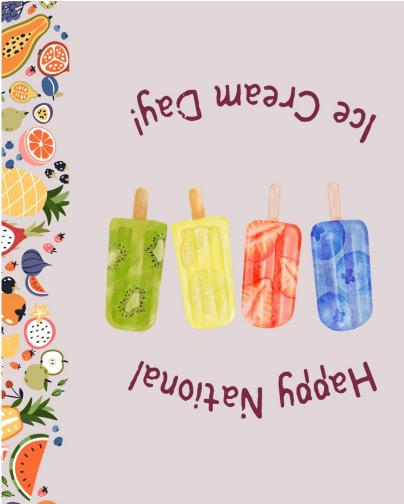
Eligibility Criteria
At least 60 years old • Ability to take care of personal needs • Have Mental and Physical ability to act independently May bring and use any personal device

Harlandale Nutrition Center PREE PARTICIPATION FOR OLDER 215 Southcross, ADULTS

Monday- Friday 8am-12pm

larlandale Mutrition Cent 115 Southcross, San Antonio, 78221 210-924-4771







ALOS YIUL

Indoor Field Day

Monday, July 22

Join us for an exciting Indoor Field Day!
Each participant will receive a complimentary backpack filled with game tickets and a ticket for a free paleta. The games available include bowling, corn hole, yard pong, table shuffleboard, and ring toss. Each game offers a chance to win fantastic prizes. Come and enjoy a morning of fun, friendly competition, and delicious treats!

Field Trips

July 5
 10:00 a.m. HEB

→ June 12

10:00 a.m. Walmart

→ June 15

9:30 a.m. Art Pace

→ June 17

10:00 a.m. Movie-Puss in Boots: The Last Wish

June 19

10:00 a.m. Dollar Store

⋄ June 23

♦ 10:00 Thrift Store

What Happened Last Month???



