



HUMAN SERVICES



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	4 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	30 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	31 8:00 Social Hour 9:00 Birthday Celebration 11:00 Lunch	<p style="text-align: center;">(Note: Calendar subject to change without notice)</p> <p style="text-align: center;">Center Closures</p> <p>o Thursday July 4 - Independence Day</p> <p style="text-align: center;">WellMed Nurse</p> <p style="text-align: center;">Second Thursday of the month 8:00 am - 11:00 am</p> <p style="text-align: center;">In Person Fitness Classes</p> <p>Tuesdays:</p> <ul style="list-style-type: none"> o 9:00 am YMCA Chair Zumba <p>Thursdays:</p> <ul style="list-style-type: none"> o 9:00 am YMCA Chair Yoga 	
<p style="background-color: #4b0082; color: white; padding: 5px;">Food Bank</p> <p style="text-align: center;">Food Bank will be Distributed June 26 at 11:00 am. *ID CARDS AND BINS REQUIRED*</p>				
<p style="font-size: 1.2em; margin: 0;">HAVE LUNCH WITH US!</p> <p style="margin: 0;">Hot Meals are served Monday through Friday <u>11:00am-12:00 pm</u></p>				
<p>*Please make a reservation for bus transportation to any trips through Carrie, Tiffany, or Dolores.*</p>				
<p style="font-size: 1.2em; margin: 0;">June and July Birthdays</p>				
<ul style="list-style-type: none"> o 6/6 Rosalva Moctezuma o 6/12 Mary Adame o 6/14 Elisa Herrera o 6/15 Anita Alverado 	<ul style="list-style-type: none"> o 6/27 Manuel Sanchez o 6/28 Pedro Perez 		<ul style="list-style-type: none"> o 7/18 Virginia Snead o 7/21 Mary Esther Garcia o 7/26 Ana Maria Gutierrez 	



FREE PARTICIPATION FOR OLDER ADULTS
 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

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July 2024

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???

