



HUMAN SERVICES

March 2025

Evening Hours

The Alicia Trevino Lopez Senior One Stop Center

8353 Culebra Rd.

San Antonio, TX 78251

210-558-0178

Monday—Thursday, 4:00pm—8:00pm

Monday	Tuesday	Wednesday	Thursday
3 Seniors In Play (LR) 4:00-5:30pm Line Dancing (LR) 5:45-6:45pm Noodle Volleyball (1) 6:30-7:30pm	4 Beginner Guitar (4) 4:00-5:30pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm	5 Karaoke (2) 4:30-6:30pm Darts (1) 5:00-6:00pm Line Dancing (LR) 5:30-6:30pm OATS Tech Hour (CL) 6:00-7:00pm Noodle Volleyball (1) 6:30-7:30pm	6 Pickleball (LR) 4:00-7:00pm Zumba (2) 5:30-6:30pm Circuit (3) 6:30-7:30pm
10 Seniors In Play (LR) 4:00-5:30pm Line Dancing (LR) 5:45-6:45pm Noodle Volleyball (1) 6:30-7:30pm	11 Beginner Guitar (4) 4:00-5:30pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm	12 Karaoke (2) 4:30-6:30pm Line Dancing (LR) 5:30-6:30pm OATS Tech Hour (CL) 6:00-7:00pm Noodle Volleyball (1) 6:30-7:30pm	13 Pickleball (LR) 4:00-7:00pm Zumba (2) 5:30-6:30pm Circuit (3) 6:30-7:30pm
17 Seniors In Play (LR) 4:00-5:30pm Line Dancing (LR) 5:45-6:45pm Noodle Volleyball (1) 6:30-7:30pm	18 Beginner Guitar (4) 4:00-5:30pm Chair Yoga (3) 5:00-6:00pm Bingo (LR) 5:00-6:00pm Zumba (3) 6:30-7:15pm	19 Karaoke (2) 4:30-6:30pm Darts (1) 5:00-6:00pm Line Dancing (LR) 5:30-6:30pm OATS Tech Hour (CL) 6:00-7:00pm Noodle Volleyball (1) 6:30-7:30pm	20 Pickleball (LR) 4:00-7:00pm Zumba (2) 5:30-6:30pm Circuit (3) 6:30-7:30pm
24 Seniors In Play (LR) 4:00-5:30pm Craft (L) 5:00-6:00pm Line Dancing (LR) 5:45-6:45pm Noodle Volleyball (1) 6:30-7:30pm	25 Beginner Guitar (4) 4:00-5:30pm Chair Yoga (3) 5:00-6:00pm Loteria (4) 6:00-7:00pm Zumba (3) 6:30-7:15pm	26 Karaoke (2) 4:30-6:30pm Line Dancing (LR) 5:30-6:30pm OATS Tech Hour (CL) 6:00-7:00pm Noodle Volleyball (1) 6:30-7:30pm	27 Pickleball (LR) 4:00-7:00pm Zumba (2) 5:30-6:30pm Circuit (3) 6:30-7:30pm March Birthday Celebration!
31 CLOSED 		<p>The Department of Human Services is committed to providing San Antonio older adults with comprehensive services that will empower the older adult community to lead active, independent, and engaged lives.</p>	Room Key Activity Rooms: #1, #2, #3 Theatre Room (#4) (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (OL) Online (C) Conference Room (CL) Computer Lab (L) Lobby **Early sign in required for some activities