



**HUMAN SERVICES**

# JULY 2024

Southside Lions Senior Center  
3303 Pecan Valley  
San Antonio, TX. 78210  
210-207-1760  
Mon-Thurs 7:00am-8:00pm;  
Friday 7:00am-4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 am Meet the Computer 12:00 pm Shopping Trip Walmart 12:30 pm Cornhole 4:00 pm Card Game: Nertz	<b>2</b> 9:30 am Painting 12:30pm <b>BINGO</b> 4:00 pm Cornhole 5:00 pm Movie & Popcorn "Blended"	<b>3</b> 9:00 am Drawing 2:00 pm Movie & Popcorn "Blended" 4:00 pm Cornhole 	<b>4</b> <b>CLOSED</b> 	<b>5</b> 10:00 am Seniors In Play  12:30 pm <b>LOTERIA</b>
<b>8</b> 9:00 am Meet the Computer 12:30 pm Cornhole 4:00 pm Art Project: Pastel Drawing	<b>9</b> 9:30 am Painting 10:00 am Oasis Presents: Calcium Superstars 12:30 pm <b>BINGO</b> 4:30 pm Bake Sugar Cookies 5:00 pm Movie & Popcorn "Loving Vincent"	<b>10</b> 9:00 am Drawing 9:30 am Cheese Box  2:00 pm Movie & Popcorn "Loving Vincent" 4:00 pm Board Game Scattergories	<b>11</b> 9:00 am Translation Tools 12:30 pm <b>BINGO</b> 1:00 pm Guide to The Cloud 5:00 pm Karaoke & Ice Cream Sundaes	<b>12</b> 9:00 am Nutrition Education w/Helena: "The Importance of a Well Balanced Diet" 10:00 am Seniors In Play 12:30 pm <b>LOTERIA</b>
<b>15</b> 9:00 am Meet the Computer 12:30 pm Cornhole 4:00 pm Card Game: "Uno Flip"	<b>16</b> 9:30 am Painting 9:30 am Cooking with Metro Health Department 12:30 pm <b>BINGO</b> 5:00 pm Movie & Popcorn "If These Walls Could Sing"	<b>17</b> 9:00 am Drawing 9:30 am Hope Program  2:00 pm Movie & Popcorn "If These Walls Could Sing" 4:00 pm Badminton	<b>18</b> 9:00 am 10 Fun things to do w/IPAD 10:00 am Hot Weather Safety by WellMed 12:30 pm <b>BINGO</b> 1:00 pm Cybersecurity: Phishing & Identity Theft 5:00 pm Crafting: Party Decos	<b>19</b> 9:00 am Orientation 9:45 am Field Trip to San Antonio Art League Museum (more info back of the calendar) 10:00 am Seniors In Play 12:30 pm <b>LOTERIA</b>
<b>22</b> 9:00 am Learning G-Mail 10:00 am Shopping Trip Dollar General 12:30 pm Cornhole 5:00 pm Art Project: Printmaking	<b>23</b> 9:30 am Painting 12:00 pm Nutrition Ed w/Helena: "Cucumbers" 12:30 pm <b>BINGO</b> 4:00 pm Cornhole 5:00 pm Movie & Popcorn "Her Alibi"	<b>24</b> 9:00 am Drawing 9:00 am Orientation 2:00 pm Movie & Popcorn "Her Alibi" 4:00 pm Sudoku Challenge 5:00 pm Standup Comedy Video & Popcorn	<b>25</b> 9:00 am 10 Fun things w/IPAD 12:30 pm <b>BINGO</b> 1:00 pm Cybersecurity: Phishing & Identity Theft 4:30 pm Summer Luau	<b>26</b> 10:00 am Seniors In Play 11:30 am July Birthdays Celebrated!  12:30 pm <b>LOTERIA</b>
<b>29</b> 9:00 am Learning G-Mail 12:30 pm Cornhole 4:00 pm Card Game: Poker	<b>30</b> 9:30 am Painting 10:00 am Self Care by WellMed 12:30 pm <b>BINGO</b> 4:00 pm Cornhole 5:00 pm Movie & Popcorn "Lucy & Desi"	<b>31</b> 9:00 am Drawing 2:00 pm Movie & Popcorn "Lucy & Desi" 4:30 pm Pool Tourney	 <b>Just a friendly reminder...</b> <b>Lunch ticket pickup starts at 9:00 AM</b> <b>Reserve a spot for Exercise Classes 24 hours in advance</b>	

## JULY Announcements & Events:

**CSFP Cheese Box** Wednesday July 10, 2024 9:30 -11:00 am & 12:00 -1:00 pm (While supplies last)

**Hope Program** Wednesday July 17, 2024 9:30-11:00 am & 12:00 -1:00 pm (While supplies last)

**Field trip to San Antonio Art League Museum** Friday July 19th-No Charge-SSL Senior Center departure at 9:45 am.

**\*Southside Lions Senior Center will be closed Thursday July 4, 2024**

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
<b>10:00 am</b> Senior Circuit (Liz) <b>1:00 pm</b> Yo-Chi (Elaine) <b>4:00 pm</b> Muscle Strength (Jorge)	<b>9:00 am</b> Chair Rise and Thrive (Elaine) <b>10:30 am</b> Zumba (Veronica) <b>12:00 pm</b> Low Impact Cardio (Jorge) <b>4:00 pm</b> Low Impact Bootcamp (Rodney)	<b>8:30 am</b> Gentle Yoga (Maci) <b>10:00 am</b> Dance Alegria (Urban 15) <b>1:00 pm</b> Senior Circuit (Shelly) <b>5:00 pm</b> Strength and Toning (Alexis)	<b>9:15 am</b> Walking w/ WellMed at River Center Mall <b>10:15 am</b> Tai Chi (Theresa) <b>1:00 pm</b> Strength and Toning (Elaine) <b>4:00 pm</b> Drumming Fitness (Video)	<b>9:00 am</b> Low Impact Bootcamp (Rodney) <b>1:00 pm</b> Full Body Stretch (Jorge)

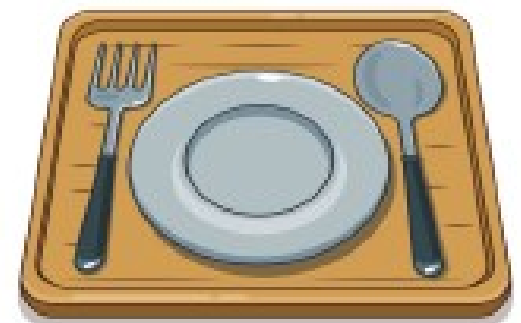
### How to Sign-Up for a Fitness Class

- \* To reserve spot call 210-207-1760 24 hours before each class to register.
  - \* Speak to a staff member to make reservation. (No voicemails will be accepted).
  - \* Tickets for entry to classes are given at check in to center, or 15 minutes prior to class.
  - \* Ticket will be handed only to . **(Lost tickets will not be replaced)**
  - \* All classes are 45 minutes & are held in the Fitness Room unless otherwise noted.
  - \* Hand ticket to instructor when entering classroom.
  - \* Seating is on a first come, first served basis, no disruptions of class once started.
  - \* **PLEASE NO LATE ARRIVALS \*WE CANNOT HOLD TIME SLOTS\* UPON CLASS.**
- START TIME REMAINING TICKETS WILL GO TO MEMBERS ON WAIT LIST**

### Lunch

**11:00-12:00 Monday-Friday**

- \* **Tickets are available as early as 9:00 AM**
- \* **Membership card is required**
- \* **Hold your ticket till 11:00 AM—Please do not lose ticket**
- \* **Lunches are available while supplies last**
- \* **Meals cannot be taken home**
- \* **On days center is closed, frozen meal will be given**
- \* **Only frozen meal can be taken home**



**\*Calendar and instructors subject to change\***