



District 2 Senior Center
 1751 S.WW White Rd
 San Antonio, TX. 78220
 Phone: (210) 207-5390
 Hours of Operation:
 Monday - Thursday 7:00am - 8:00pm
 Friday 7:00am - 4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. <u>Painting Class (AC)</u> 9:30am-11:30am</p> <p><u>Karaoke ** (DR)</u> 4:00pm - 6:30pm</p> <p><u>Word Find (AC)</u> 5:00pm - 5:30pm</p> <p><u>Loteria (AC)</u> 5:30pm - 7:00pm</p>	<p>2. <u>Computer Class (CL)</u> <u>Meet the Computer</u> 9:00am-11:00am</p> <p><u>Crocheting** (AC)</u> 9:00am-11:00am</p> <p><u>Arts & Crafts** (AC)</u> Flowers on a Frame 12:00pm-2:00pm</p> <p><u>Senior Planet Technology Class (CR)</u> 4:30pm - 5:30pm</p> <p><u>Bingo (DR)</u> 5:30pm - 7:00pm</p>	<p>3. <u>Computer Class (CL)</u> 10 Fun things to do with your iPad 9:00am-11:00am</p> <p><u>iPhone Basics</u> 1:00pm-3:00pm</p> <p><u>Sewing** (AC)</u> 9:30am-11:00am</p> <p><u>Diabetes Prevention (CR)</u> 3:30pm - 4:30pm 4:30pm - 5:30pm</p> <p><u>Loteria (DR)</u> 5:30pm - 7:00pm</p>	<p style="text-align: center;">Center Closed for Independence Day</p>	<p>5. <u>Sing for Joy</u> 10:00am - 11:00am</p> <p><u>Bilingual Computers y Creative Learning</u> 10:30am - 11:30am</p> <p><u>Bingo Dining Area</u> 1:15pm-2:15pm</p>
<p>8. <u>Painting Class (AC)</u> 9:30am-11:30am</p> <p><u>Karaoke ** (DR)</u> 4:00pm - 6:30pm</p> <p><u>Word Find (AC)</u> 5:00pm - 5:30pm</p> <p><u>Loteria (AC)</u> 5:30pm - 7:00pm</p>	<p>9. <u>Computer Class (CL)</u> <u>Meet the Computer</u> 9:00am-11:00am</p> <p><u>Crocheting** (AC)</u> 9:00am-11:00am</p> <p><u>Arts & Crafts** (AC)</u> Butterfly Spoon 12:00pm-2:00pm</p> <p><u>Senior Planet Technology Class (CR)</u> 4:30pm - 5:30pm</p> <p><u>Bingo (DR)</u> 5:30pm - 7:00pm</p>	<p>10. <u>Computer Class (CL)</u> 10 Fun things to do with your iPad 9:00am-11:00am</p> <p><u>iPhone Basics</u> 1:00pm-3:00pm</p> <p><u>Sewing** (AC)</u> 9:30am-11:00am</p> <p><u>Seniors In Play (LB)</u> 1:00pm - 2:30pm</p> <p><u>Diabetes Prevention (CR)</u> 4:30pm - 5:30pm</p> <p><u>Loteria (DR)</u> 5:30pm - 7:00pm</p>	<p>11. <u>Drawing Class (AC)</u> 9:30am-11:30am</p> <p><u>Karaoke** (DR)</u> 1:45pm - 3:45pm</p> <p><u>Quilting** (MP)</u> 1:00pm - 2:45pm</p> <p><u>Puzzle Table (DR)</u> 5:00pm - 5:30pm</p> <p><u>Bingo (DR)</u> 5:30pm - 7:00pm</p>	<p>12. <u>Sing for Joy</u> 10:00am - 11:00am</p> <p><u>Bilingual Computers y Creative Learning</u> 10:30am - 11:30am</p> <p><u>Wellmed Medicare Information</u> 1:00pm-3:00pm</p> <p><u>Bingo Dining Area</u> 1:15pm-2:15pm</p>
<p>15. COMMODITIES 1:30PM - 3:30PM</p> <p><u>Painting Class (AC)</u> 9:30am-11:30am</p> <p><u>Karaoke ** (DR)</u> 4:00pm - 6:30pm</p> <p><u>Word Find (AC)</u> 5:00pm - 5:30pm</p> <p><u>Loteria (AC)</u> 5:30pm - 7:00pm</p>	<p>16. COMMODITIES 7:00AM - 9:00AM</p> <p><u>Computer Class (CL)</u> <u>Meet the Computer</u> 9:00am-11:00am</p> <p><u>Crocheting** (AC)</u> 9:00am-11:00am</p> <p><u>Arts & Crafts** (AC)</u> Newspaper Craft 12:00pm-2:00pm</p> <p><u>Senior Planet Technology Class (CR)</u> 4:30pm - 5:30pm</p> <p><u>Bingo (DR)</u> 5:30pm - 7:00pm</p>	<p>17. <u>Computer Class (CL)</u> <u>Intro to Computers</u> 9:00am-11:00am</p> <p><u>Google Maps & Calendars</u> 1:00pm-3:00pm</p> <p><u>Sewing** (AC)</u> 9:30am-11:00am</p> <p><u>Seniors In Play (LB)</u> 1:00pm - 2:30pm</p> <p><u>Diabetes Prevention (CR)</u> 4:30pm - 5:30pm</p> <p><u>Loteria (DR)</u> 5:30pm - 7:00pm</p>	<p>18. <u>Drawing Class (AC)</u> 9:30am-11:30am</p> <p><u>Karaoke** (DR)</u> 1:45pm - 3:45pm</p> <p><u>Quilting** (MP)</u> 1:00pm - 2:45pm</p> <p><u>Puzzle Table (DR)</u> 5:00pm - 5:30pm</p> <p><u>Bingo (DR)</u> 5:30pm - 7:00pm</p>	<p>19. <u>Sing for Joy</u> 10:00am - 11:00am</p> <p><u>Bilingual Computers y Creative Learning</u> 10:30am - 11:30am</p> <p style="text-align: center;">Bingo Ticket Redemption 9:30am - 10:30am</p>
<p>22. <u>Painting Class (AC)</u> 9:30am-11:30am</p> <p><u>Karaoke ** (DR)</u> 4:00pm - 6:30pm</p> <p><u>Word Find (AC)</u> 5:00pm - 5:30pm</p> <p><u>Loteria (AC)</u> 5:30pm - 7:00pm</p> <p><u>Senior Advisory Meeting</u> 9:30am - 10:30am</p>	<p>23. <u>Computer Class (CL)</u> <u>Going Wireless</u> 9:00am-11:00am</p> <p><u>Crocheting** (AC)</u> 9:00am-11:00am</p> <p><u>Arts & Crafts** (AC)</u> Coffee Filter Flowers 12:00pm-2:00pm</p> <p><u>Senior Planet Technology Class (CR)</u> 4:30pm - 5:30pm</p> <p><u>Bingo (DR)</u> 5:30pm - 7:00pm</p>	<p>24. <u>Computer Class (CL)</u> <u>Intro to Computers</u> 9:00am-11:00am</p> <p><u>Google Maps & Calendars</u> 1:00pm-3:00pm</p> <p><u>Sewing** (AC)</u> 9:30am-11:00am</p> <p><u>Seniors In Play (LB)</u> 1:00pm - 2:30pm</p> <p><u>Diabetes Prevention (CR)</u> 4:30pm - 5:30pm</p> <p><u>Loteria (DR)</u> 5:30pm - 7:00pm</p>	<p>25. <u>Drawing Class (AC)</u> 9:30am-11:30am</p> <p><u>Karaoke** (DR)</u> 1:45pm - 3:45pm</p> <p><u>Quilting** (MP)</u> 1:00pm - 2:45pm</p> <p><u>Bingo Ticket Redemption</u> 4:00pm - 5:00pm</p> <p><u>Puzzle Table (DR)</u> 5:00pm - 5:30pm</p> <p><u>Bingo (DR)</u> 5:30pm - 7:00pm</p>	<p>26. <u>Sing for Joy</u> 10:00am - 11:00am</p> <p><u>Bilingual Computers y Creative Learning</u> 10:30am - 11:30am</p> <p><u>Bingo Dining Area</u> 1:15pm-2:15pm</p> <p><u>Wellmed Medicare Information</u> 1:00pm-3:00pm</p> <p>July Birthday Celebrations w/ Potluck (Potluck at your Individual Tables)</p>
<p>29. <u>Painting Class (AC)</u> 9:30am-11:30am</p> <p><u>Karaoke ** (DR)</u> 4:00pm - 6:30pm</p> <p><u>Word Find (AC)</u> 5:00pm - 5:30pm</p> <p><u>Loteria (AC)</u> 5:30pm - 7:00pm</p>	<p>30. <u>Computer Class (CL)</u> <u>Beginners Guide to the Cloud</u> 9:00am-11:00am</p> <p><u>Crocheting** (AC)</u> 9:00am-11:00am</p> <p><u>Arts & Crafts** (AC)</u> Color Day 12:00pm-2:00pm</p> <p><u>Senior Planet Technology Class (CR)</u> 4:30pm - 5:30pm</p> <p><u>Bingo (DR)</u> 5:30pm - 7:00pm</p>	<p>31. <u>Computer Class (CL)</u> <u>Intro to Computers</u> 9:00am-11:00am</p> <p><u>Cybercrime: Phishing & Identity Theft</u> 1:00pm-3:00pm</p> <p><u>Sewing** (AC)</u> 9:30am-11:00am</p> <p><u>Seniors In Play (LB)</u> 1:00pm - 2:30pm</p> <p><u>Diabetes Prevention (CR)</u> 4:30pm - 5:30pm</p> <p><u>Loteria (DR)</u> 5:30pm - 7:00pm</p>	<p>Room Key</p> <p>CL - Computer Lab AC - Arts & Crafts Room DR - Dining Room LB - Library CR - Conference Room RA - Rec Area MP - Multi-Purpose Room</p> <p>Note: Classes marked with ** are Volunteer-led classes.</p>	<p style="text-align: center;">Flip page to see Exercise Classes & Special Events!</p> 

Our Apologies: Calendar may change or be updated without advance notice.

EXERCISE CLASSES

Monday

Line Dancing 1:00pm - 1:45pm
Senior Strength 2:00pm - 2:45pm
Chair Volleyball 4:00pm - 4:45pm

Tuesday

Wellmed Chair Exercise 9:45am - 10:15am
Cardio Dance 10:30am - 11:15am
Sit & Be Fit 1:00pm - 1:45pm
Chair Yoga 4:00pm - 4:45pm

Wednesday

Senior Circuit Workout 9:00am - 9:45am
Chair Volleyball 10:00am - 10:45am
Line Dancing 4:00pm - 4:45pm

Thursday

Wellmed Chair Exercise 9:45am - 10:15am
Gentle Yoga 1:00pm - 1:45pm
Chair Volleyball 2:00pm - 2:45pm
Low Impact Bootcamp 4:00pm - 4:45pm

Friday

Line Dancing 2:30pm - 3:15pm
Senior Circuit Workout 8:30am - 9:15am

EVENTS

- ❖ 7/03/24 - Dress in Red, White & Blue to Celebrate Independence Day!
- ❖ 7/03/24 - Field Trip! Walmart 10:00am - 12:00pm
- ❖ 7/05/24 - FIELD TRIP! Central Market (Reading Nutrition Labels w/ Philip Banks) 10:00am - 12:00pm
- ❖ 7/08/24 - OASIS Presentation "Healthy Eating on a Budget" 10:30am - 11:30am
- ❖ 7/08/24 - PM Field Trip! Walmart 3:30pm - 6:00pm
- ❖ 7/10/24 - Volunteer SAVES Program Meeting 10:00am - 11:00am (CLEARED VOLUNTEERS ONLY)
- ❖ 7/10/24 - Metro Health "Urban Heat Island" 10:30am - 11:00am
- ❖ 7/10/24 - Nutrition Presentation "Breakfast Zinger" (By Philip Banks) 12:30pm - 1:00pm
- ❖ 7/11/24 - Federal / Case Management Resources & Information 10:30am - 10:45am
- ❖ 7/11/24 - Healthy Eating Made Easy (By Nurse Marivel Roque & Philip Banks) 10:30am - 11:00am
- ❖ 7/12/24 - Field Trip! Edwards Aquifer Authority 10:30am - 11:30am (Van will leave @ 9:45am)
- ❖ 7/15/24 - Financial Empowerment Center 9:00am - 10:00am
- ❖ 7/15/24 - COMMODITIES - 1:30pm - 3:30pm
- ❖ 7/16/24 - COMMODITIES - 7:00am - 9:00am
- ❖ 7/16/24 - San Antonio Public Library Information Booth 9:30am - 12:00pm
- ❖ 7/17/24 - Field Trip! Mall Walking at Rivercenter Mall 10:00am - 11:00am
- ❖ 7/18/24 - Food Bank Presentation (w/ cooking Demo) 10:00am - 11:00am
- ❖ 7/22/24 - SACADA Presentation 10:00am - 11:00am
- ❖ 7/22/24 - PM Field Trip! Dollar Tree 3:30pm - 6:00pm
- ❖ 7/25/24 - AACOG Presentation (Services offered & Medicare Fraud) 10:00am - 11:00am
- ❖ 7/25/24 - Nutrition Presentation "Coconut Water" (By Philip Banks) 12:30pm - 1:00pm
- ❖ 7/26/24 - July Birthday Celebrations w/ Potluck

Rules of Conduct

- All HEAL participants MUST eat meals in the dining area. Meal may NOT be taken home.
- Participant will not use language or behave in an obscene, abusive, hostile, insulting or a disrespectful manner towards any center staff, volunteers, guests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
- Participant will not harass or discriminate on basis of race, color, religion, national origin, sex, sexual orientation, gender identity, veteran status, age or disability.
- Participant will not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the center or grounds.
- Participant will not bring illegal drugs or alcoholic beverages into the center or be under the influence.
- Participant should not bring or consume food or beverages in the computer labs.
- Participant should not attend the center if suffering from an illness that may be transmitted to staff, volunteers, guests or other participants.
- Participant will not use the center to store personal property or as a place to receive deliveries or mail.
- Participant will not steal, destroy or damage property in the center.
- Participant will not engage in illegal activities while at the center.

Well Med will be On Site at D2 Senior Center

**8:00am-3:30pm on Tuesdays & Thursdays.
BMI, Blood Pressure & Blood Glucose (fasting).**

(Nurses hours & days are subject to change)