

BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, JULY 12

THEME: BACKYARD JAMBOREE

FROZEN MEALS BRING YOUR OWN FOOD/DECORATE YOUR TABLE WITH THEME

Rickey Harris July 1	Antonio Negrete July 5	Fernando Gomez July 8	Alberto Hernandez July 25	Martha Hernandez July 28
Mary Tapia July 3	Ernesto Anis July 7	Yolanda Casas July 13	Dolores Martinez July 25	
Erika Solis July 3	Fermin Gutierrez July 7	Maria Perez July 14	Maria Jimenez July 28	

WHAT YOU MISSED!



District 5 Senior Center at Catholic Charities Project Cool



Zulema Morales Recipient Of Community Service Award For Volunteer Service



D5 Members Wear Purple In Support of World Elder Abuse Awareness Day



River City Produce Market & H.E.A.L Nutrition Education



RiverCity Produce Market



June Birthday Members Show Birth Dates



Father's Day Cake Sponsored by District 3 Council Woman Phyllis Viagran



(WINNERS!) Father's Day Summer Time Fun Celebration



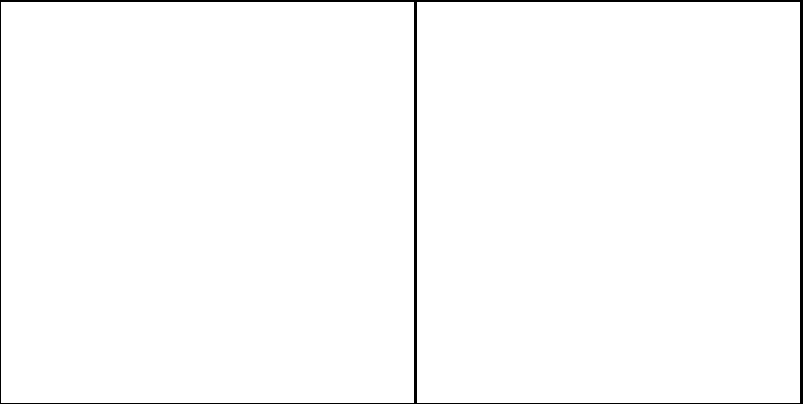
Extended Hours Program Visits the Witte Museum


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:00-10:00 Jewelry Creation 10:00-10:45 YWCA Low Impact Cardio 12:15-2:00 LOTERIA 4:00-5:00 YMCA Zumba 5:00-6:00 Older Adults, Technology 5:00-7:00 Ⓢ Ball Teams/Card Games</p>	<p>2 9:30-10:15 YWCA Joint Movement 10:00-11:00 Urban 15 Rhythm Royale Percussion 12:15-1:00 YWCA Weight Training 1:00 H.E.A.L. Nutrition Education Benefits Of Eating Watermelon 1:30-2:45 LOTERIA 3:00-5:00 Chair Volleyball 5:30-7:00 SPECIALTY BINGO</p>	<p>3 9:00am-7:00pm Stitch In Time Sewing 9:00 & 1:00 SA Oasis Computer Class 10:00 SA Oasis Lifelong Adventure San Antonio Public Library 11:00 SHOPPING HEB Grocery Store 12:30 4th July Celebration 3:00-4:30 Chair Volleyball 4:30-7:00 pm Movie Top Gun: Maverick</p>	<p>4 CENTER CLOSED CENTRO CERRADO </p>	<p>5 9:30 SA Oasis Computer Class 10:30-11:30 YWCA Exercise Equipment Training 12:30 KARAOKE 1:00-3:00 Bihl Haus GO! Arts Painting July 5 - September 20</p>
<p>8 9:00 Caregiver Support Group 9:00 Christian Dental Presentation 10:00-11:00 Jewelry Creation 10:00-10:45 YWCA Low Impact Cardio 12:15-2:00 LOTERIA 4:00-5:00 YMCA Zumba 5:00-6:00 Older Adults, Technology 5:00-7:00 Ⓢ Ball Teams/Card Games National Freezer Pop Day</p>	<p>9 9:30-10:15 YWCA Joint Movement 10:00-11:00 Urban 15 Rhythm Royale Percussion 12:15-1:00 YWCA Weight Training 1:00 WellMed Health Education Taking Care of Yourself: Tips for Caregivers 1:30-2:45 LOTERIA 3:00-5:00 Chair Volleyball 5:30-7:00 SPECIALTY BINGO</p>	<p>10 9:00am - 7:00pm Stitch In Time Sewing 9:00 & 1:00 SA Oasis Computer Class 9:45-10:30 YWCA Joint Movement 12:00 FOOD BANK 3:00-5:00 Chair Volleyball</p>	<p>11 9:00-10:00 D5WellMed/ Mission Walkers 10:00-10:45 YWCA Yo-Chi 12:15 BINGO 1:00-3:00 Bihl Haus GO! Arts Drawing July 11—September 19 3:00 Ball Drummiñ 4:00-5:00 YMCA CHAIR YOGA 5:30-7:00 Specialty Bingo</p>	<p>12 9:30 SA Oasis Computer Class 10:30-11:30 YWCA Exercise Equipment Training 12:00-2:00 BIRTHDAY CELEBRATION Backyard JAMBOREE 1:00-3:00 Bihl Haus GO! Arts Painting July 5 - September 20</p>
<p>15 9:00-10:00 Jewelry Creation 9:00 Healthy Neighborhoods Presentation: Benefits of Aloe Vera 10:00-10:45 YWCA Low Impact Cardio 12:15-2:00 LOTERIA 4:00-5:00 YMCA Zumba 5:00-6:00 Cultural Awareness <i>Greek Presentation: Toga Dress Up Night</i> 5:00-7:00 Ⓢ Ball Teams/Card Games</p>	<p>16 9:30-10:15 YWCA Joint Movement 10:00-11:00 Urban 15 Rhythm Royale Percussion 12:15-1:00 YWCA Weight Training 1:00 SA Metropolitan Health Department Urban Heat Island Effect 3:00-5:00 Chair Volleyball 5:30-7:00 SPECIALTY BINGO</p>	<p>17 9:00am - 7:00pm Stitch In Time Sewing 9:00 & 1:00 SA Oasis Computer Class 9:45-10:30 YWCA Joint Movement 11:00 SHOPPING dd's DISCOUNTS 12:30-2:00 POKENO 3:00-5:00 Chair Volleyball 4:00-7:00 Cultural Awareness Trip <i>Demo's Greek Food Reservation Required</i></p>	<p>18 9:00-10:00 D5WellMed / Mission Walkers 10:00-10:45 YWCA Yo-Chi 11:30-12:30 POPUP BUTTERFLY OUTLET 12:15 BINGO 1:00-3:00 Bihl Haus GO! Arts Drawing July 11—September 19 3:00 Ball Drummiñ 4:00-5:00 YMCA CHAIR YOGA 5:30-7:00 Specialty Bingo</p>	<p>19 9:30 SA Oasis Computer Class 10:30-11:30 YWCA Exercise Equipment Training 1:00-3:00 Bihl Haus GO! Arts Painting July 5 - September 20 1:00-2:30 LOTERIA</p>
<p>22 9:00-10:00 Jewelry Creation 10:00-10:45 YWCA Low Impact Cardio 12:15-2:00 LOTERIA 4:00-5:00 YMCA Zumba 5:00-6:00 Older Adults, Technology 5:00-6:00 Cultural Awareness <i>Presentation: Amelia Earhart</i> 5:00-7:00 Ⓢ Ball Teams/Card Games</p>	<p>23 9:30-10:15 YWCA Joint Movement 10:00-11:00 Urban 15 Rhythm Royale Percussion 12:15-1:00 YWCA Weight Training 1:00 San Antonio Food Bank Nutrition Education/Food Demo 3:00-5:00 Chair Volleyball 5:30-7:00 SPECIALTY BINGO</p>	<p>24 9:00am- 7:00pm Stitch In Time Sewing 9:00 & 1:00 SA Oasis Computer Class 9:45-10:30 YWCA Joint Movement 12:30-2:00 POKENO 3:00-5:00 Chair Volleyball 5:30-7:00 Browsing On A Budget <i>KC Dollar Reservation required</i></p>	<p>25 9:00-10:00 D5WellMed /Mission Walkers 10:00-10:45 YWCA Yo-Chi 12:15 BINGO 1:00-3:00 Bihl Haus GO! Arts Drawing July 11—September 19 3:00 Ball Drummiñ 4:00-5:00 YMCA CHAIR YOGA 5:30-7:00 Specialty Bingo <i>National Refreshment Day</i></p>	<p>26 9:30 SA Oasis Computer Class 10:00 Cafecito with Councilwoman Teri Castillo 10:30-11:30 YWCA Exercise Equipment Training 1:00-3:00 Bihl Haus GO! Arts Painting April 5 - June 21 1:00-2:30 LOTERIA</p>

29
 9:00-10:00 Jewelry Creation
 9:00 Healthy Neighborhoods Presentation Importance Of Hydration
10:00-10:45 YWCA Low Impact Cardio
12:15-2:00 LOTERIA
 4:00-5:00 YMCA Zumba
 5:00-6:00 Older Adults, Technology
 5:00-7:00 ⑧ Ball Teams/Card Games


30 9:30-10:15 YWCA Joint Movement
 10:00-11:00 Urban 15 Rhythm Royale Percussion
 12:15-1:00 YWCA Weight Training
 1:00 H.E.A.L. Nutrition Education Benefits Of Eating Watermelon
1:30-2:45 LOTERIA
 3:00-5:00 Chair Volleyball
 5:00-5:30 National Climb A Mountain Day Motivation Talk
 5:30-7:00 SPECIALTY BINGO

31 9:00am- 7:00pm **Stitch In Time Sewing**
 9:00 & 1:00 SA Oasis Computer Class
9:45-10:30 YWCA Joint Movement
12:30-2:00 POKENO
 3:00-5:00 Chair Volleyball
 5:00-7:00 Movie Night "My Big Fat Greek Wedding"



Health Screenings with Nurse Erika, 
 8:00-3:00 Tuesday & Thursday

Medicaid/Medicare Assistance
 9:00 – 11:00 Every Tuesday
 Ruby Garcia
 Independent Insurance Agent

CAREGIVER SOS 
 09:00-10:00 **MONDAY, July 8 (Multipurpose Room#116)**
 A time and place to be with others who take care of family. Receive encouragement, and support as you unselfishly take care of your beloved family members.

BRAIN CHALLENGERS
 Hidden Pictures Tuesdays and Thursdays

Chair Volleyball
 3:00-5:00 Tuesday & Wednesday Practice
 10:30 Friday Instructed Training

VOLUNTEERS
 General Meeting First Wednesday 1:30
 Advisory Council Meeting Last Wednesday 1:00

SA OASIS COMPUTER CLASS
W E D N E S D A Y

9:00-11:00 *July 3-July 17* - Google Photos
 9:00-11:00 *July 17-July 24* - iPhone Basics
 9:00-11:00 *July 31* - Meet the Computer
 1:00-3:00 *July 3-July 10* - iPhone Basics
 1:00-3:00 *July 17-July 24* - Cybercrime: Phishing and Identity Theft
 1:00-3:00 *July 31* - Google Maps and Calendars

FRIDAY
 9:00-11:00 *July 5-July 26* Introduction to the Internet

SAN ANTONIO SENIOR PLANET
 FROM **AARP**

FREE In-Person Technology Classes For Older Adults

JULY 8	3:00-4:00	VIDEO CHAT
JULY 22	3:00-4:00	ALL THINGS ZOOM
JULY 29	3:00-4:00	INTRODUCTION HOSTING ON ZOOM
AUG. 5	3:00-4:00	MOBILE HEALTH APPS
AUG. 12	3:00-4:00	MINDFULNESS APPS
AUG. 19	3:00-4:00	INTRODUCTION TO SOCIAL MEDIA
SEPT. 2	3:00-4:00	FACEBOOK
SEPT. 9	3:00-4:00	AFFORDABLE HOME INTERNET

 **FUN AND FIT**
 Exercise Classes

10:00-10:45 Monday Low Impact Cardio
 9:30-10:15 Tuesday Joint Movement
 12:15-1:00 Tuesday Weight Training
NO EXERCISE CLASS FIRST WEDNESDAY
 9:45-10:30 Wednesday Joint Movement
 10:00-10:45 Thursday Yo-Chi
10:30-11:30 EVERY SECOND FRIDAY
 Exercise Equipment Training w/Personal Trainer
 10:30-11:30 Friday Chair Volleyball Training

11:30—12:30 3rd Thursday POPUP OUTLET
 Play Loteria, Pokeno, or Bingo and win "Butterfly Bucks" Redeem for prizes.



⇒ **4:00-5:00 Thursdays CHAIR YOGA**
 Yoga supports stress management, mental health, mindfulness, healthy eating weight loss and quality sleep.
 ⇒ **4:00-5:00 Mondays ZUMBA**
 Zumba Gold is an excellent way to strengthen the bones and muscles.

Ball Drummiñ
Drums Alive at D5 Cardio Exercise
 Cardio drumming is form of exercise that involves pounding on balls with sticks to the rhythm of Music. It improves physical health, reduces stress and anxiety.

BROWSIÑ ON A BUDGET
 Travel to places like Black Friday, Ross Dress For Less, Burlington, Marshals, Thrifts Stores and more.
 For dates and times - SEE FLIERS

CULTURAL AWARENESS
 Documentaries, films, and movies. Travel to museums restaurants, and events.
SEE FLIERS

JULY 2024



On **July 4**, 1776, the Second Continental Congress unanimously adopted the *Declaration of Independence*, announcing the colonies' separation from Great Britain. The Constitution provides the legal and governmental framework for the United States.

4th July Celebration

Wednesday, July 3, 2024

12:30 - 2:00 pm Join us for

Sweet Taste of Freedom!



Bingo & Prizes

4:30-7:00 pm Movie

"Top Gun: Maverick"

&

Chili with Fritos and Beverage

DISTRICT 5 SENIOR CENTER

2701 S. Presa | San Antonio, TX 78210 (210) 207-5270

Active Adult Center for Entertainment (AACE)

Activities from Monday -Thursday 7:15 - 7:45 and Friday 7:15 - 3:45

MEALS SERVED DAILY

11:00 MONDAY -THURSDAY & 11:30 FRIDAY

We Are Butterflies!

We Come Alive at District 5 Senior Center!

Our Colors Are Royal Blue and Burnt Orange



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 necessary for mobility

VISIT OR CALL FOR MORE DETAILS