



Bob Ross
Senior Center
2219 Babcock Rd.
San Antonio, TX. 78229
210-207-5300
Monday-Thursday 7am-8pm
Friday 7am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:30am Store Trip*: Walmart</p> <p>4:00pm Specialty Bingo</p>	<p>2 9:30am OASIS Technology: Intro to PC - Basic Computing</p> <p>10-11:30am Seniors in Play rm 155</p> <p>1:00pm OASIS Technology: iPhone Basics</p> <p>4:00pm BINGO</p>	<p>3 9:30-11:30am OASIS Class: Exploring Google</p> <p>9:00am 4th of July Parade</p> <p>9:30am PAWS visit </p> <p>10am BINGO</p> <p>1pm OASIS Class: Cybercrime: Phishing and Identity Theft</p> <p>4:00pm Karaoke</p>	<p>4 CLOSED Happy 4th</p> 	<p>5 8:30-9:45am Easy Crafts Rm 155</p> <p>9am OATS Technology</p> <p>10am BINGO</p>
<p>8 11am-12pm Eating Out Trip * (leaving at 10:45):</p>  <p>4:00pm Specialty Bingo</p>	<p>9 9:30am OASIS Technology: Intro to PC - Basic Computing</p> <p>10-11:30am Seniors in Play rm 155</p> <p>1:00pm OASIS Technology: iPhone Basics</p> <p>4:00pm BINGO</p>	<p>10 9:30-11:30am OASIS Class: Exploring Google</p> <p>9am Oasis Presentation</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Cybercrime: Phishing and Identity Theft</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>11 1pm Afternoon Commodities/CSFP Pick Up</p> <p>4:00pm MOVIE</p>	<p>12 8:30-9:45am Easy Crafts Rm 155 Presentation</p> <p>9am OATS Technology</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>15 9:30am Field Trip* (load bus at 9:20): Dixie Flag Company</p> <p>10am Name that Tune w/ Keith Dining Rm</p> <p>4:00pm Specialty Bingo</p>	<p>16 9:30am OASIS Technology: Intro to PC - Basic Computing</p> <p>10-11:30am Seniors in Play rm 155</p> <p>1:00pm OASIS Technology: iPad Basics</p> <p>4:00pm BINGO</p>	<p>17 9:30-11:30am OASIS Class: Exploring Google</p> <p>10am BINGO</p> <p>1pm OASIS Class: Beginners Guide to the Cloud</p> <p>4:00pm Karaoke</p>	<p>18 9:45am Walking w/ WellMed</p> <p>4:00pm MOVIE</p>	<p>19 8:30-9:45am Easy Crafts Rm 155</p> <p>9am OATS Technology:</p> <p>10am BINGO</p>
<p>22 9:30am Store Trip*: Walmart</p> <p>10am Name that Tune w/ Keith Dining Rm - Special Spanish Only Version</p> <p>4:00pm Specialty Bingo</p>	<p>23 9:30am OASIS Technology: Browsers & Search Engines</p> <p>10:00-11:00am SiP Ambassador Acting Troupe</p> <p>1:00pm OASIS Technology: iPad Basics</p> <p>4:00pm BINGO</p>	<p>24 9:30-11:30am OASIS Class: iPhone Q&A</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Meet the Computer</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>25 9:45am Walking w/ WellMed</p> <p>10am Alamo Arts Ballet Theater</p> <p>4:00pm MOVIE</p>	<p>26 8:30-9:45am Easy Crafts Rm 155</p> <p>9am OATS Technology</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>29 9:30am Store Trip*: Walmart</p> <p>4:00pm Specialty Bingo</p> <p>5:00pm Loteria</p>	<p>30 9:30am OASIS Technology: Browsers & Search Engines</p> <p>10:00-11:30am Seniors in Play</p> <p>1:00pm OASIS Technology: Cybercrime: What's the Best Browser for Me?</p> <p>4:00pm BINGO</p>	<p>31 9:30-11:30am OASIS Class: Smartphone Photography</p> <p>9:30am Nutrition Education</p> <p>10:30am Produce Market</p> <p>12:15pm July Birthday Celebration</p> <p>1pm OASIS Class: Meet the Computer</p> <p>4:00pm Karaoke</p>	<p>*Please make a reservation for bus transportation to any trips through the check-in kiosk.</p> <p>See back of calendar for fitness class information</p>	<p>(Note: Calendar sub- ject to change with- out advance notice</p>

In-Person Fitness Classes

Monday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:30am YMCA Tai Chi—Rm 110
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 11:00am YMCA Aquatic Exercise—Pool House
- ◇ 1:00pm YWCA ZUMBA Gold—Rm 142
- ◇ 1:30pm YMCA Strength & Cardio—Rm 110
- ◇ 1:30pm YWCA Aquatic Exercise—Pool House
- ◇ 5:30pm YMCA Zumba GOLD—Rm 110

Tuesday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Strength & Cardio—Rm 142
- ◇ 1:30pm YMCA ZUMBA—Rm 110
- ◇ 1:30pm YWCA Wellness Dance—Rm 142
- ◇ 5:30pm YMCA Chair Yoga—Rm 110

Wednesday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:30am YMCA Chair Yoga—Rm 142
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 11:00am YMCA Aquatic Exercise—Pool House
- ◇ 11:00am YWCA Sit and Stretch—Rm 142
- ◇ 11:00am YMCA ZUMBA Gold—Rm 110
- ◇ 1:00pm YWCA Aquatic Fitness—Pool House
- ◇ 1:30pm YMCA Muscle and Mind—Rm 110

Thursday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 11:00am YWCA Aquatic Fitness—Pool House (Temporary)
- ◇ 10:15am YMCA Strength & Cardio—Rm 142
- ◇ 1:30pm YMCA ZUMBA—Rm 110
- ◇ 1:30pm YWCA Wellness Dance—Rm 142
- ◇ 4:00PM YMCA LINE DANCE—RM 110
- ◇ 5:00pm YMCA Strength & Cardio—Rm 110

Friday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 11:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:15am YMCA Strength & Cardio—Rm 110
- ◇ 1:30pm YMCA Strength & Cardio—Rm 110
- ◇ 1:30pm YWCA Cardio Dance—Rm 142

**Come to our monthly Question & Answer Session with Veronica in the dining room
Wednesday, July 24 at 9am.**



CITY OF SAN ANTONIO
DEPARTMENT OF HUMAN SERVICES

Want information on Medicare?

Come see Corina Gomez every Tuesday from 9:00am-11:30am in front of the computer lab to learn what benefits are available to you!



Join us for a special Spanish ONLY Name That Tune with Keith on Monday the 22nd at 10 am in the Dining Rm



Volunteer-Led Activities

Monday:

- ◇ 9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 118
- ◇ 10:30am Advanced Tai Chi w/ Xu Lan Ruan Rm 110
- ◇ 1pm Dominoes Rm 114

Tuesday:

- ◇ 9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 118
- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110
- ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry
- ◇ 1pm Jewelry Making w/Sandy Rm 118
- ◇ 1:00pm Loteria Dining Rm

Wednesday:

- ◇ 9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 118
- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110
- ◇ 9am Gentle Hands Rm 143 w/ Mari Elena (2nd & 4th Wednesday of the month)
- ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry
- ◇ 12:15pm Karaoke Dining Rm
- ◇ 12:30pm Line Dancing Rm 110 (RESERVATION REQUIRED)
- ◇ 1pm Quilting Group Rm 155
- ◇ 1pm Dominoes Rm 114
- ◇ 2pm Kathy's Social Dancers Rm 142

Thursday:

- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ◇ 10am Book Club w/ Marilyn Lott Rm 143 Discussing "Death of Vivek Oji" by Akwaeke Emezi (2nd Thursday of the month)

Friday:

- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ◇ 1pm Dominoes Rm 114
- ◇ 1-3pm Grupo Musical Rm 155

WellMed Nurse

Tuesday & Thursday from 8am-12pm & 1pm-3pm

Bihl Haus Art Classes on MONDAYS

- ◇ 9:30am-11:30am Beginning Drawing—Rm 155
- ◇ 1pm-3pm Beginning Painting—Rm 155

HAVE LUNCH WITH US!

Hot Meals are served Monday through Friday from 11:15am-12:15pm in the Nutrition Area.

Meal tickets can be picked up between 8:00am-11:00am (or until all tickets have been issued out).



Come and visit with PAWS on Wednesday, July 3rd at 9:30 am.



CITY OF SAN ANTONIO
DEPARTMENT OF HUMAN SERVICES

Join us on Thursdays at 11am for Aquatic Fitness with the YWCA. Here for a limited time only!

