# BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, JANUARY 10 THEME: CANDLES-LIGHTS OF JOY! Color: Deep Red HOT MEALS PROVIDED/DECORATE YOUR TABLE WITH THEME

| Irma Pena        | Jan. 2 | Perla Critzer  | Jan. 10 | Linda Esqueda     | Jan. 16 | Lura Daffin       | Jan. 21    | Hyon Russel      | Jan. 28 |
|------------------|--------|----------------|---------|-------------------|---------|-------------------|------------|------------------|---------|
| Jesus Orozco     | Jan. 2 | Vincent Turner | Jan. 10 | Guadalupe Delgado | Jan. 17 | Mike Ramirez      | Jan. 21    | Gloria Gutierrez | Jan. 29 |
| Maria Liendo     | Jan. 6 | Jose Sanchez   | Jan. 11 | Tony Gonzalez     | Jan. 17 | San Juana Martine | ez Jan. 23 | Alma McRae       | Jan. 30 |
| Maria E Gonzalez | Jan. 7 | Rosa Guerrero  | Jan. 13 | Lydia Martinez    | Jan. 20 | Juanita Martinez  | Jan. 27    | Julia Solis      | Jan. 31 |
| Rachel Garza     | Jan. 9 | Jorge Manzur   | Jan. 15 | -                 |         |                   |            |                  |         |

















| MONDAY                                          | TUESDAY                                                                 | WEDNESDAY                                                           | THURSDAY                                                | FRIDAY                                           |
|-------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------|
| HONDAI                                          | ICEODAI                                                                 | WEDITEGRA                                                           | 2                                                       | 3                                                |
|                                                 |                                                                         |                                                                     |                                                         | 8:00 Senior Services Benefit Navigator           |
|                                                 |                                                                         |                                                                     | 10:30 D5 WellMed/Mission Walkers                        | 10:30 YWCA                                       |
|                                                 |                                                                         |                                                                     | 12:00 Volunteer Game Training                           | Chair Volleyball Training                        |
|                                                 |                                                                         |                                                                     | 1:00 Bihl Haus <b>GO!</b> Arts Drawing                  | 12:00 Dibl Hous COL Arts Dointing                |
|                                                 |                                                                         |                                                                     | 4:00 YMCA CHAIR YOGA                                    | 12.00 Billi Haus GO: Arts Failtung               |
|                                                 |                                                                         |                                                                     | 5:00 What's Happening This Week                         |                                                  |
|                                                 |                                                                         |                                                                     | 5:30 Specialty Bingo                                    | 2:00 Early Release                               |
|                                                 |                                                                         |                                                                     | National Cream Puff Day                                 |                                                  |
| 6                                               | 7                                                                       | 8                                                                   | 9                                                       | 10                                               |
| 9:00 Jewelry Creation                           | 9:30 YWCA Joint Movement                                                | 9:00 Stitch In Time Sewing                                          | 10:00 YWCA Yo-Chi                                       | 10:30 YWCA                                       |
| 9:00 Healthy Neighborhood<br>Herbs On The Patio | 10:00 Urban 15 Rhythm Royale Percussion                                 | 9:45 YWCA Joint Movement                                            | 10:30 D5 WellMed/Mission Walkers 1                      | Exercise Equipment Training                      |
| 10:00 YWCA Low Impact Cardio                    | 11:00 SHOPPING HEB Grocery Store                                        |                                                                     | ,                                                       |                                                  |
| 10:30 Ring In The New Year!                     | 12:15 YWCA Weight Training                                              | <b>12:00 FOOD BANK</b>                                              | 12:00 Mandatory Volunteer Presentation                  | 12:00 BIRTHDAY CELEBRATION                       |
| 12:15 LOTERIA                                   | 12:30 Volunteer Committee Planning Meeting                              |                                                                     | 1:00 Bihl Haus GO! Arts Drawing                         | Theme: Candles-Lights of Joy!<br>Color: Deep Red |
| 1:00 Chair Volleyball Practice-Normoyle         |                                                                         |                                                                     |                                                         | 12:00 Bihl Haus <b>GO!</b> Arts Painting         |
| 3:00 Older Adults Technology Services (OATS)    | 3:00 Flicks & Films (See flier)                                         | one open in a contract                                              | 4:00 YMCA CHAIR YOGA                                    | 12:00 Billi Haus GO: Arts Painting               |
| , , ,                                           | 5:00 What's Happening This Week                                         | nee chesca framing chair tenegram                                   | 5:00 What's Happening This Week 5:30 Specialty Bingo    |                                                  |
| 4:00 YMCA Zumba                                 |                                                                         | 5:00 Board Game Night<br>5:00 Cultural Awareness Trip:              | National Apricot Day                                    |                                                  |
| 5:00 Pool Table Games                           | 5:30 SPECIALTY BINGO                                                    | Lulac History Exhibit                                               |                                                         |                                                  |
| <b>13</b>                                       | 14                                                                      | 15                                                                  | 16                                                      | 17                                               |
| 9:00 Jewelry Creation                           | <b>9:30 YWCA Joint Movement</b> 10:00 Urban 15 Rhythm Royale Percussion | 9:00 Stitch In Time Sewing                                          |                                                         | 8:00 Senior Services Benefit Navigator           |
| 10:00 YWCA Low Impact Cardio                    | 12:15 YWCA Weight Training                                              | 9:45 YWCA Joint Movement                                            | 10:30 D5 WellMed/Mission Walkers                        | 9:00 SA Oasis Computer Class                     |
| 12:15 LOTERIA                                   | 1:00 <b>WellMed</b> Health Education<br>Aging and Your Eyes             | 10:30 River City Produce Market,<br>Nutrition Education & Food Demo | Observing Dr Martin Luther King Day                     | 10:30 YWCA                                       |
|                                                 | 1:30 LOTERIA                                                            |                                                                     | 1:00 Bihl Haus <b>GO!</b> Arts Drawing                  | Chair Volleyball Training                        |
| 1:00 Chair Volleyball Practice-Normoyle         |                                                                         | · ·                                                                 | 4:00 YMCA CHAIR YOGA                                    | 12:00 Bihl Haus <b>GO!</b> Arts Painting         |
| 3:00 Older Adults Technology Services (OATS)    | 5:00 Craft Tuesday at Plaza Juarez<br>5:00 What's Happening This Week   |                                                                     | 5:00 What's Happening This Week                         |                                                  |
|                                                 | 5:30 SPECIALTY BINGO                                                    | 4:00 Closed Training Chair Volleyball                               | 5:30 Specialty Bingo                                    | 1:00 LOTERIA                                     |
| 5:00 Pool Table Games                           | 6:00 Caregiver Support Group                                            | 4.00 Closed Halling Chair Volleybair                                | National Fig Newton Day                                 |                                                  |
| 20                                              | National Hot Sandwich Day  21                                           | 22                                                                  | 22                                                      | 24                                               |
|                                                 | 9:30 YWCA Joint Movement                                                | 9:00 Stitch In Time Sewing                                          | 23<br>10:00 YWCA Yo-Chi                                 | 24                                               |
| 20000                                           | 10:00 Urban 15 Rhythm Royale Percussion                                 |                                                                     |                                                         | 9:00 SA Oasis Computer Class                     |
| 22000                                           | 11:00 SHOPPING                                                          | Sleep Health                                                        | 12:15 BINGO                                             | 10:30 YWCA                                       |
|                                                 | Ollie's Good Stuff Cheap                                                | 12:30 POKENO                                                        | 1:00 Bihl Haus GO! Arts Drawing                         | Chair Volleyball Training                        |
| MLK                                             | 12:15 YWCA Weight Training 1:30 LOTERIA                                 | 1:00 SA Oasis Computer Class                                        | 5                                                       | 12:00 Bihl Haus GO! Arts Painting                |
| MARTIN LUTHER KING, JR.                         | 3:00 Flicks & Films (See flier)                                         | 12:00 Open Dier, Chair Vallerhall                                   | 4:00 YMCA CHAIR YOGA<br>5:00 What's Happening This Week |                                                  |
|                                                 | 5:00 What's Happening This Week                                         |                                                                     | 5:30 Specialty Bingo                                    | 1:00 LOTERIA                                     |
|                                                 | 5:30 SPECIALTY BINGO                                                    |                                                                     | National PIE Day                                        |                                                  |

|                                                 | National Granola Bar Day                                       | 5:00 Browsing On A Budget At HOME                | Hadional Fiz Bay                       |                                          |  |
|-------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------|----------------------------------------|------------------------------------------|--|
| 27                                              | 28                                                             | 29                                               | 23                                     | 31                                       |  |
| •                                               | 9:30 YWCA Joint Movement                                       | 9:00 Stitch In Time Sewing                       | 10:00 YWCA Yo-Chi                      | 9:00 SA Oasis Computer Class             |  |
| 9:00 Healthy Neighborhood<br>Herbs On The Patio | 12:15 YWCA Weight Training                                     | 11:30 Butterfly OUTLET                           | 10.30 D5 WellMed/Mission Walkers       | 10:30 YWCA Chair Volleyball Training     |  |
| 10:00 YWCA Low Impact Cardio                    | 10:00 Urban 15 Rhythm Royale Percussion                        | 1:00 SA Oasis Computer Class                     |                                        |                                          |  |
| 12:15 LOTERIA                                   |                                                                | 9:45 YWCA Joint Movement                         | 1:00 Bihl Haus <b>GO!</b> Arts Drawing | 12:00 Bihl Haus <b>GO!</b> Arts Painting |  |
| 1:00 Chair Volleyball Practice-Normoyle         | 3:00 Flicks & Films (See flier)                                | 3:00 Open Play Chair Volleyball                  | 4:00 YMCA CHAIR YOGA                   | 1:00 LOTERIA                             |  |
| 15.00 Older Addies recritiology services (OA15) | 5:30 SPECIALTY BINGO                                           | 4:00 Closed Training Chair Volleyball            | 5:00 What's Happening This Week        |                                          |  |
| 14:00 YIVICA Zumba                              | 5:00 What's Happening This Week                                | 5:00 Cultural Awareness Trip:                    | 5:30 Specialty Bingo                   |                                          |  |
|                                                 | 6:00 Dancing In The Dark<br>Free Dance Lessons at Plaza Juarez | Dine On A Dime: Chinese Food<br>Chinese New Year | National Croissant Day                 |                                          |  |
|                                                 |                                                                |                                                  |                                        |                                          |  |

| 10:00 - 10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30   10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30 - 10:05   10:45   9:30   10:05   10:45   9:30   10:05   10:45   9:30   10:05   10:45   9:30   10:05   10:45   9:30   10:05   10:30   10:45   9:30   10:05   10:30   10:45   9:30   10:05   10:30   10:45   9:30   10:05   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30   10:30    | CHARITABLE FOUNDATION OWELLMED                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | ywca<br>San Antonio                                     | FUN A                     | ND FIT Exercise Classes         | the YMCA 💟                                  |  |
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| 9:00-11:00 Every Tuesday Medicaid/Medicare Assistance Ruby Garcia, Independent Insurance Agent WellMed Partner—Medicare Pro  CAREGIVER OCTOR Tuesday Medicaid/Medicare Assistance  CAREGIVER OCTOR Tuesday Medicaid Medicare Pro  Caregiver Specialist  10:00-1:03 Thursday Friday  Chair Volley Ball Training  Chair Volley Ball Training  Chair Volley Ball Training  SA OASIS COMPUTER CLASSES  WEDNESDAY  9:00-11:00 Jan. 15-Jan. 29 Exploring Google  10:00-1:00 Jan. 15-Jan. 29 Exploring Google  10:00-1:00 Jan. 15-Jan. 29 Exploring Google  10:00-1:00 Jan. 17-Jan. 21 Introduction to the Internet  SAN ANTONIO SENIOR PLANET FROM AARP  Older Adult Technology Lecture For Older Adults  10:00-1:00 Jan. 13 Digital Legacy at a Glance  10:00-1:00 Jan. 13 Digital Genealogy Tools  Play Birne J Advances  Tuesday Medicaid Medicare Pro  A :00-5:00 Tuesday  4:00-5:00 Thursday  Yochi  10:00-5:00 Thursday  A :00-5:00 Thursday  Yochi  10:00-5:00 Mednesday  Yochi  10:00-5:00 Mednes |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                         | •                         | ·                               | ⇒ 4:00-5:00 Mondays ZUMBA                   |  |
| CAREGIVER GOO  Caregiver Specialist  G:00-7:00 pm Second Tuesday of the Month  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.  C hair Volleyball  1:00 - 5:00 Monday  3:00 - 5:00 Wednesday Practice 10:30-11:30 Friday Chair Volley Ball Training  BRAIN CHALLENGERS Hidden Pictures Tuesdays and Thursdays  A L L - V O L U N T E E R S  12:00 Thursday, Jan.2 - Mandatory Game Calling Training  12:00 Thursday, Jan.7 - Committee Planning Meeting  12:00 Thursday, Jan.9 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET 11:30 —1:00 Last Wednesday  Pyd5 -10:30 Wednesday Joint Movement Yo-Chi Thursday Yo-Chi Thursday Presonal Trainer Inicipation Chair Volley Ball Training  SA OASIS COMPUTER CLASSES  WEDNESDAY  9:00-11:00 Jan. 15-Jan. 29 Exploring Google 10:03:00 Jan. 29 Going Wireless: How to Use Wi-Fi  SAN ANTONIO SENIOR PLANET FROM AARP Older Adult Technology (OATS)  FREE In-Person Technology Lecture For Older Adults  BUTTERFLY POPUP OUTLET 11:30 —1:00 Last Wednesday  Play Bing Loteries and Palegor Specialist 10:00-10:45  Thursday Yo-Chi Thursday Chair Volley Ball Training  Priday Chair Volley Ball Training  SAN OASIS COMPUTER CLASSES  WEDNESDAY  9:00-11:00 Jan. 15-Jan. 29  Exploring Google 10:03:00 Jan. 29  Going Wireless: How to Use Wi-Fi  FRIDAY  9:00-11:00 Jan. 17-Jan. 21  Introduction to the Internet  SAN ANTONIO SENIOR PLANET FROM AARP Older Adult Technology (OATS)  FREE In-Person Technology Lecture For Older Adults  10:30-11:30 Friday  Friday Chair Volley Ball Training  Cardio drumming is form of exercise  STARTING IN FEBRUARY  5:00 - 6:00 Monday  10:00-6:00 Monday  10:00-6:00 Monday  10:00-6:00 Monday  10:00-6:00 Monday  10:00- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                         | •                         |                                 |                                             |  |
| CAREGIVER GOO  Caregiver Specialist  G:00-7:00 pm Second Tuesday of the Month  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.  C hair Volleyball  1:00 - 5:00 Monday  3:00 - 5:00 Wednesday Practice 10:30 Friday Instructed Training  BRAIN CHALLENGERS Hidden Pictures Tuesdays and Thursdays  A L L - V O L U N T E E R S 12:00 Thursday, Jan.2 - Mandatory Game Calling Training  12:00 Tuesday, Jan.7 - Committee Planning Meeting 12:00 Thursday, Jan.9 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET 11:30 — 1:00 Last Wednesday  Piss 10:03 - 10:30 Wednesday 10:00 - 10:45 Thursday 10:00 - 10:04 Training 10:30 - 11:30 Exploring Google 10:00-3:00 Jan. 15-Jan. 22 Learning Gmail 10:00 - 10:05 Met Volument Training 10:30-11:30 Exploring Google 10:00-3:00 Jan. 29 Going Wireless: How to Use Wi-Fi  SAN ANTONIO SENIOR PLANET FROM ARP 0lder Adult Technology (OATS) 10:00 - 10:00 Jan. 10 | WellMed / Partner – Medicare Pro                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | No E                                                    | Exercise Clas             |                                 | Ğ                                           |  |
| 6:00-7:00 pm Second Tuesday of the Month 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.  Chair Volleyball 1:00 - 5:00 Monday 3:00 - 5:00 Wednesday Practice 10:30 Friday Instructed Training  BRAIN CHALLENGERS Hidden Pictures Tuesdays and Thursdays  A L L - V O L U N T E E R S 12:00 Thursday, Jan.2 - Mandatory Game Calling Training  12:00 Thursday, Jan.2 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET 11:30 — 1:00 Last Wednesday  Play Bingo L Oteria and Pokeno to win with wears of family. Proceeding the month of the interest of family. Proceeding the month of the month of the process of family. Proceeding the month of th | Lours Vocaya                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 9:45 -10:30                                             | Wednesday                 | Joint Movement                  |                                             |  |
| 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.  Chair Volleyball  1:00 - 5:00 Monday  3:00 - 5:00 Wednesday Practice 10:30 Friday Instructed Training  BRAIN CHALLENGERS Hidden Pictures Tuesdays and Thursdays  A L L - V O L U N T E E R S 12:00 Thursday, Jan. 2 - Mandatory Game Calling Training  12:00 Thursday, Jan. 7 - Committee Planning Meeting 12:00 Thursday, Jan. 9 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET 11:30 — 1:00 Last Wednesday  Play Rime 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.  SAO ASIS COMPUTER CLASSES WEDNESDAY  9:00-11:00 Jan. 15—Jan. 29 Exploring Google 1:00-3:00 Jan. 29 Going Wireless: How to Use Wi-Fi 1:00-3:00 Jan. 29 Going Wireless: How to Use Wi-Fi 1:00-3:00 Jan. 20 Introduction to the Internet  SAN ANTONIO SENIOR PLANET FROM AARP Older Adult Technology (OATS)  FREE In-Person Technology Lecture For Older Adults  3:00-4:00 Jan. 6 Digital Legacy at a Glance 11:30 — 1:00 Last Wednesday  Play Rime and Pake to a vin warm of the place of th | • TEBERTED COMMUNICATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 10:00 -10:45                                            | Thursday                  | Yo-Chi                          | health, mindfulness, healthy eating weight  |  |
| Chair Volleyball 1:00 - 5:00 Monday 3:00 - 5:00 Wednesday Practice 10:30 Friday Instructed Training  BRAIN CHALLENGERS Hidden Pictures Tuesdays and Thursdays  A L L - V O L U N T E E R S 12:00 Thursday, Jan. 2 - Mandatory Game Calling Training  12:00 Tuesday, Jan. 7 - Committee Planning Meeting 12:00 Thursday, Jan. 9 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET 11:30 — 1:00 Last Wednesday  Play Bingo Loteria and Poles Wednesday  SA OASIS COMPUTER CLASSES  WEDNESDAY  9:00-11:00 Jan. 15-Jan. 29 Exploring Google 1:00-3:00 Ja | A time and place to be with others who take care of family                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                         |                           |                                 |                                             |  |
| 1:00 - 5:00 Monday 3:00 - 5:00 Wednesday Practice 10:30 Friday Instructed Training  BRAIN CHALLENGERS Hidden Pictures Tuesdays and Thursdays  A L L - V O L U N T E E R S 12:00 Thursday, Jan.2 - Mandatory Game Calling Training  12:00 Tuesday, Jan.7 - Committee Planning Meeting 12:00 Thursday, Jan.9 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET 11:30—1:00 Last Wednesday  Play Bingo L Jetzig and Pokeno to vigo memory and pokeno to vigo memory.  SAN ANTONIO SENIOR PLANET FROM AARP Older Adults Digital Legacy at a Glance 3:00–4:00 Jan. 13 Digital Genealogy Tools  STARTING IN FEBRUARY 5:00 - 6:00 Mondays 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.  BROWSIŃ 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 AWARNESS Documentaries, films, and movies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | take care of your beloved family members.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 10:30-11:30                                             | Friday                    | Chair Volley Ball Training      | Ball Drummiń                                |  |
| 3:00 - 5:00 Wednesday Practice 10:30 Friday Instructed Training  BRAIN CHALLENGERS Hidden Pictures Tuesdays and Thursdays  A L L - V O L U N T E E R S 12:00 Thursday, Jan.2 - Mandatory Game Calling Training  12:00 Thursday, Jan.7 - Committee Planning Meeting 12:00 Thursday, Jan.9 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET 11:30—1:00 Last Wednesday  Play Bingo Loteria and Pokeno to win 200 M on days  Scardio 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.  FRIDAY  9:00-11:00 Jan. 15-Jan. 22  1:00-3:00 Jan. 29  Going Wireless: How to Use Wi-Fi  FRIDAY  9:00-11:00 Jan. 17-Jan. 21 Introduction to the Internet  SAN ANTONIO SENIOR PLANET FROM AARP Older Adult Technology (OATS)  FREE In-Person Technology Lecture For Older Adults  3:00-4:00 Jan. 6 Digital Legacy at a Glance 3:00-4:00 Jan. 13 Digital Genealogy Tools  Documentaries, films, and movies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | SA OA                                                   | SA OASIS COMPUTER CLASSES |                                 |                                             |  |
| ## 10:30 Friday Instructed Training  ## 10:30 Jan. 15-Jan. 29  ## 10:30 Jan. 17-Jan. 21  ## 1 | · · · · · · · · · · · · · · · · · · ·                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                         |                           |                                 |                                             |  |
| BRAIN CHALLENGERS Hidden Pictures Tuesdays and Thursdays  A L L - V O L U N T E E R S  12:00 Thursday, Jan.2 - Mandatory Game Calling Training  12:00 Thursday, Jan.7 - Committee Planning Meeting 12:00 Thursday, Jan.9 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET  11:30—1:00 Last Wednesday  Play Binge J Leteria and Pakene to win Taxana And Pakene to win Tax |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 9:00-11:00 Jan. 15                                      | —Jan. 29                  | Exploring Google                |                                             |  |
| Hidden Pictures Tuesdays and Thursdays  A L L - V O L U N T E E R S  12:00 Thursday, Jan.2 - Mandatory Game Calling Training  12:00 Tuesday, Jan.7 - Committee Planning Meeting 12:00 Thursday, Jan.9 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET  11:30—1:00 Last Wednesday  Play Ringo Loteria and Polygon to win properties  100-3:00 Jan. 29 Going Wireless: How to Use Wi-Fi  FRIDAY  9:00-11:00 Jan. 17-Jan. 21 Introduction to the Internet  SAN ANTONIO SENIOR PLANET FROM AARP Older Adult Technology (OATS)  FREE In-Person Technology Lecture For Older Adults  3:00—4:00 Jan. 6 Digital Legacy at a Glance 3:00—4:00 Jan. 13 Digital Genealogy Tools  1:00-3:00 Jan. 29 Going Wireless: How to Use Wi-Fi  rhythm of Music. It improves physical health, reduces stress and anxiety.  BROWSIŃ 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 AWARNESS Documentaries, films, and movies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | ·                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1:00-3:00 Jan. 1:                                       | 5-Jan. 22                 | Learning Gmail                  |                                             |  |
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| Game Calling Training 12:00 Tuesday, Jan.7 - Committee Planning Meeting 12:00 Thursday, Jan. 9 - Mandatory Volunteer Presentation  BUTTERFLY POPUP OUTLET 11:30—1:00 Last Wednesday  Play Bingo, Loteria, and Pokeno to win Property of the Planning Meeting  SAN ANTONIO SENIOR PLANET FROM AARP Older Adult Technology (OATS)  FREE In-Person Technology Lecture For Older Adults  3:00–4:00 Jan. 6 Digital Legacy at a Glance 3:00–4:00 Jan. 13 Digital Genealogy Tools  CULTURAL AWARNESS Documentaries, films, and movies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 9:00-11:00 Jan. 17-Jan. 21 Introduction to the Internet |                           | Introduction to the Internet    |                                             |  |
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| BUTTERFLY POPUP OUTLET  11:30—1:00 Last Wednesday  Play Bingo, Loteria, and Pokeno to win Payon at Tion (1) and Pokeno to win Payon at Tion (2) Jan. 13  3:00–4:00 Jan. 13  Digital Legacy at a Glance  Digital Genealogy Tools  Documentaries, films, and movies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 12:00 Tuesday, Jan.7 - Committee Planning Meeting                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                         |                           |                                 |                                             |  |
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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | nt nt to the total to the total to the total to the total total to the total t | 3:00-4:00                                               | Jan. 13                   | Digital Genealogy Tools         |                                             |  |
| "NEW Butterfly Bucks" Redeem Butterfly Bucks for prizes.  See FLIERS  1. Introduction to Learning Apps-Language & the Arts  Applies  Travel to museums restaurants, and events.  FOR DATES AND TIMES SEE FLIERS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | "NEW Butterfly Bucks" DATE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 3:00-4:00                                               | Jan. 27                   | Introduction to Learning        | Travel to museums restaurants, and events.  |  |

# JANUARY 2025



#### **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 -THRUSDAY & 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**