

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 Martinez	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						



December Birthday Members Show Birth Dates



Extended Hours Program Cultural Awareness Trip to Holiday Market at the Pearl



Volunteers Appreciation Holiday Feast



Holiday Spirit Days- Cookie Swap



Holiday Spirit Days Themed Necktie/Scarf/Shawl/Wraps



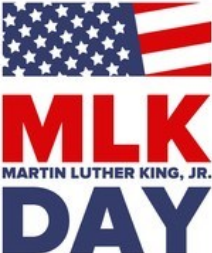
Council District 3 Residents at District 3 Senior Holiday Celebration




McCollum High School Choir- Christmas Caroling



Volunteers In Action SA Food Bank Convoy of Hope delivers food boxes to D5 Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>2 10:00 YWCA Yo-Chi 10:30 D5 WellMed/Mission Walkers 12:00 Volunteer Game Training 1:00 Bihl Haus GO! Arts Drawing 4:00 YMCA CHAIR YOGA 5:00 What's Happening This Week 5:30 Specialty Bingo National Cream Puff Day</p>	<p>3 8:00 Senior Services Benefit Navigator 10:30 YWCA Chair Volleyball Training 12:00 Bihl Haus GO! Arts Painting</p> <p style="text-align: center;">2:00 Early Release</p>
<p>6 9:00 Jewelry Creation 9:00 Healthy Neighborhood Herbs On The Patio 10:00 YWCA Low Impact Cardio 10:30 Ring In The New Year! 12:15 LOTERIA</p> <p>1:00 Chair Volleyball Practice-Normoyle 3:00 Older Adults Technology Services (OATS) 4:00 YMCA Zumba 5:00 Pool Table Games</p>	<p>7 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 11:00 SHOPPING HEB Grocery Store 12:15 YWCA Weight Training 12:30 Volunteer Committee Planning Meeting 1:30 LOTERIA 3:00 Flicks & Films (See flier) 5:00 What's Happening This Week 5:30 SPECIALTY BINGO</p>	<p>8 9:00 Stitch In Time Sewing 9:45 YWCA Joint Movement 12:00 FOOD BANK</p> <p>3:00 Open Play Chair Volleyball 4:00 Closed Training Chair Volleyball 5:00 Board Game Night 5:00 Cultural Awareness Trip: Lulac History Exhibit</p>	<p>9 10:00 YWCA Yo-Chi 10:30 D5 WellMed/Mission Walkers 1 12:00 Mandatory Volunteer Presentation 1:00 Bihl Haus GO! Arts Drawing 4:00 YMCA CHAIR YOGA 5:00 What's Happening This Week 5:30 Specialty Bingo National Apricot Day</p>	<p>10 10:30 YWCA Exercise Equipment Training 12:00 BIRTHDAY CELEBRATION Theme: Candles-Lights of Joy! Color: Deep Red 12:00 Bihl Haus GO! Arts Painting</p>
<p>13 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA</p> <p>1:00 Chair Volleyball Practice-Normoyle 3:00 Older Adults Technology Services (OATS) 4:00 YMCA Zumba 5:00 Pool Table Games</p>	<p>14 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:15 YWCA Weight Training 1:00 WellMed Health Education Aging and Your Eyes 1:30 LOTERIA 3:00 Flicks & Films (See flier) 5:00 Craft Tuesday at Plaza Juarez 5:00 What's Happening This Week 5:30 SPECIALTY BINGO 6:00 Caregiver Support Group National Hot Sandwich Day</p>	<p>15 9:00 Stitch In Time Sewing 9:45 YWCA Joint Movement 10:30 River City Produce Market, Nutrition Education & Food Demo 1:00 SA Oasis Computer Class</p> <p>3:00 Open Play Chair Volleyball 4:00 Closed Training Chair Volleyball</p>	<p>16 10:00 YWCA Yo-Chi 10:30 D5 WellMed/Mission Walkers Observing Dr Martin Luther King Day 1:00 Bihl Haus GO! Arts Drawing 4:00 YMCA CHAIR YOGA 5:00 What's Happening This Week 5:30 Specialty Bingo National Fig Newton Day</p>	<p>17 8:00 Senior Services Benefit Navigator 9:00 SA Oasis Computer Class 10:30 YWCA Chair Volleyball Training 12:00 Bihl Haus GO! Arts Painting 1:00 LOTERIA</p>
<p>20 CENTER CLOSED</p> 	<p>21 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 11:00 SHOPPING Ollie's Good Stuff Cheap 12:15 YWCA Weight Training 1:30 LOTERIA 3:00 Flicks & Films (See flier) 5:00 What's Happening This Week 5:30 SPECIALTY BINGO</p>	<p>22 9:00 Stitch In Time Sewing 10:00 SA Oasis Lifelong Adventure Sleep Health 12:30 POKENO 1:00 SA Oasis Computer Class 3:00 Open Play Chair Volleyball 4:00 Closed Training Chair Volleyball</p>	<p>23 10:00 YWCA Yo-Chi 10:30 D5 WellMed/Mission Walkers 12:15 BINGO 1:00 Bihl Haus GO! Arts Drawing 4:00 YMCA CHAIR YOGA 5:00 What's Happening This Week 5:30 Specialty Bingo National PIE Day</p>	<p>24 9:00 SA Oasis Computer Class 10:30 YWCA Chair Volleyball Training 12:00 Bihl Haus GO! Arts Painting 1:00 LOTERIA</p>

	National Granola Bar Day		National PIE Day	
27 9:00 Jewelry Creation 9:00 Healthy Neighborhood Herbs On The Patio 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 1:00 Chair Volleyball Practice-Normoyle 3:00 Older Adults Technology Services (OATS) 4:00 YMCA Zumba 5:00 Pool Table Games	28 9:30 YWCA Joint Movement 12:15 YWCA Weight Training 10:00 Urban 15 Rhythm Royale Percussion 1:00 H.E.A.L. Nutrition Education 12 New Year Health Goals for 2025 3:00 Flicks & Films (See flier) 5:30 SPECIALTY BINGO 5:00 What's Happening This Week 6:00 Dancing In The Dark Free Dance Lessons at Plaza Juarez	29 9:00 Stitch In Time Sewing 11:30 Butterfly OUTLET 1:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 3:00 Open Play Chair Volleyball 4:00 Closed Training Chair Volleyball 5:00 Cultural Awareness Trip: Dine On A Dime: Chinese Food Chinese New Year	23 10:00 YWCA Yo-Chi 10:30 D5 WellMed/Mission Walkers 12:15 BINGO 1:00 Bihl Haus GO! Arts Drawing 4:00 YMCA CHAIR YOGA 5:00 What's Happening This Week 5:30 Specialty Bingo National Croissant Day	31 9:00 SA Oasis Computer Class 10:30 YWCA Chair Volleyball Training 12:00 Bihl Haus GO! Arts Painting 1:00 LOTERIA

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

9:00-11:00 Every Tuesday **Medicaid/Medicare Assistance**
Ruby Garcia, Independent Insurance Agent
WellMed / Partner - Medicare Pro

CAREGIVER  Laura Keown
 Caregiver Specialist
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

ALL-VOLUNTEERS
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 Pokeno to win
"NEW Butterfly Bucks"
Redeem Butterfly Bucks for prizes.

**EXPIRATION
DATE
APPLIES**

 **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 Volley Ball Training


SA OASIS COMPUTER CLASSES
WEDNESDAY

9:00-11:00	Jan. 15—Jan. 29	Exploring Google
1:00-3:00	Jan. 15-Jan. 22	Learning Gmail
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
3:00-4:00	Jan. 27	Introduction to Learning Apps-Language & the Arts

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

Ball Drummin'
Drums Alive at D5 Cardio Exercise
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.

BROWSIN' 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.
FOR DATES AND TIMES SEE FLIERS

JANUARY 2025



**BRING YOUR BELLS TO
RING IN THE NEW YEAR!
10:30 MONDAY, JANUARY 6, 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 -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