



Doris Griffin Center

SEPTEMBER 2024



6157 NW Loop 410, San Antonio, TX 78238 * 210-780-7444 * Monday-Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>Closed in Observance Of Labor Day!</u></p>	<p>3</p> <p>9:30 Jewelry Class 10a Knitters & Crocheters 11a ESL Beginners 1p Beginners Ukulele 2p Intermediate Ukulele</p> 	<p>4</p> <p>8:30 Advanced Guitar 9a Jam with Robert Cruz 12:20 Bingo 1p Computer Class Questions on Phones, Computers, Program and text support.</p> 	<p>5</p> <p>9:30 Jewelry Class 10a Spanish Class 10a Nurse Bertha FALL PREVENTION</p> <p>10a "ANNUAL NOTICE OF CHANGE" PRESENTATION</p> <p>10:15a CD7 Estate Planning Clinic 11a ESL Beginners 1P Diabetes Workshop "DEEP" 8 week program #4 Presented by Metro Health</p>	<p>6</p> <p>10a Movie 10a Knitters, Crocheters 10a Dove Creek Shopping Center (Lunch on your own) 12n Quilting 12:30 Karaoke 1p Movie</p> 
<p>9</p> <p>8:30a Advanced Guitar 9a Computer Class Internet Search Engine 9:15a Loteria 10a Beginning Guitar 10a Agrilife Nutrition "Added Sugars" 11:30a Intermediate Guitar 12n Bereavement class Repair your feelings through Art With Silvia Sarinana</p>	<p>10</p> <p>9:30 Jewelry Class 10a Knitters & Crocheters 9:30a Walkers on the Go! 10a Savy Senior 4 week Program Week 1 Intro to understanding your Money Personality! 11a ESL Beginners 1p Beginners Ukulele 2p Intermediate Ukulele</p> <p>2p "ANNUAL NOTICE OF CHANGE" PRESENTATION</p>	<p>11</p> <p>8:30 Advanced Guitar 9a Jam with Robert Cruz 9a COSA Talent Show 10a Do the recent Medicare Changes effect my VA/Tricare coverage 12:20 Bingo 1p Computer Class Questions on Phones, Computers, Program and text support.</p>	<p>12</p> <p>9:30 Jewelry Class 10a Spanish Class 11a ESL Beginners 1p FOOD BANK (For those who qualify) 1P Diabetes Workshop "DEEP" 8 week program #5 Presented by Metro Health</p> 	<p>13</p> <p>9:30A Celebration of Mexican Independence Sign up Required 10a Movie 10a Black Bear Restaurant And Walmart 10a Knitters & Crocheters 12n Quilting 12:30p Birthda 12:30p Karaoke 1p Movie</p> 
<p>16</p> <p>8:30a Advanced Guitar 9a Computer Class Internet Search Engine 9:15a Loteria 10a Nutrition with Natalie 10a Sharper Minds 10a Beginning Guitar 11:30a Intermediate Guitar 12n Bereavement class Repair your feelings through Art With Silvia Sarinana</p>	<p>17</p> <p>9a Food Bank Farmers Market 9:30 Jewelry Class 10a Knitters & Crocheters 10a Savy Senior 4 week Program Week 2 Basics of Budgeting! 11a ESL Beginners 1p Beginners Ukulele 2p Intermediate Ukulele</p>	<p>18</p> <p>8:30a Advanced Guitar 9a Jam with Robert Cruz 10a "ANNUAL NOTICE OF CHANGE" PRESENTATION 12:20 Bingo 1p Computer Class How to safely shop on Amazon Part 1</p> 	<p>19</p> <p>9:30 Jewelry Class 10a Spanish Class 10a "ANNUAL NOTICE OF CHANGE" PRESENTATION 10a Dia De Los Muertos Museum \$7.00 11a ESL Beginners 12:15p Name That Tune 1P Diabetes Workshop "DEEP" 8 week program #6 Presented by Metro Health</p>	<p>20</p> <p>10a Movie 10a Knitters & Crochete 12n Quilting 1p Movie</p> 
<p>23</p> <p>8:30a Advanced Guitar 9a Computer Class Build your own Will part 1 9:15a Loteria 10a Beginning Guitar 10a Sharper Minds 11:30a Intermediate Guitar 12n Bereavement class Repair your feelings through Art With Silvia Sarinana</p>  <p>Today is Crazy Sock and Hat Day!</p>	<p>24</p> <p>9:30 Jewelry Class 10a Knitters & Crocheters 9:30a Walkers on the Go! 10a Savy Senior 4 week Program Week 3 Budget 10a Eat Smart, be Active 11a ESL Beginners 1p Beginners Ukulele 2p Intermediate Ukulele</p> <p>2p "ANNUAL NOTICE OF CHANGE" PRESENTATION</p> <p>Today is Looney Tunes Day!</p>	<p>25</p> <p>8:30a Advanced Guitar 9am Jam with Robert Cruz 10a Nutrition with Natalie 12:20 Bingo 1p Computer Class How to safely shop on Amazon Part 2</p>  <p>Today is Sports Team Day!</p>	<p>26</p> <p>9:30 Jewelry Class 10a Spanish Class 11a ESL Beginners 1P Diabetes Workshop "DEEP" 8 week program #7 Presented Metro Health</p> <p>2p "ANNUAL NOTICE OF CHANGE" PRESENTATION</p> <p>10a Friends of Doris Open House 10a-6p Today is Super Hero Day!</p>	<p>27</p> <p>9:30a Bowling \$6.00 10a Family Feud 10a Knitters & Crocheters 12n Quilting 12:30 End of Summer "60's Dance" 1p Movie</p> 
<p>30</p> <p>8:30a Advanced Guitar 9a Computer Class Build your own Will part 2 9:15a Loteria 10a Beginning Guitar 10a Sharper Minds 11:30a Intermediate Guitar 12n Bereavement class Repair your feelings through Art With Silvia Sarinana</p>	<p>Throughout the month we will offer the Annual Notice of Change regarding your Medicare Benefits. Don't be taken by surprise on Medicare changes!</p>	<p>DON'T MISS A DAY OF CRAZY FUN</p> <p>SEPT 23 Crazy Sock and Hat Day!</p> <p>Sept 24 Looney Tunes Day!</p> <p>Sept 25 Sports Team Day!</p> <p>Sept 26 Super Hero Day!</p>	<p>SEPTEMBER FIELD TRIPS 9/6 * 10a Dove Creek Shopping Lunch on your own</p> <p>9/13 * 10a Black Bear Restaurant and Walmart</p> <p>9/19 * 9:30a Dia De Los Muertos Museum \$7.00</p> <p>9/27 * 10a Bowling \$6.00</p>	<p>CITY OF SAN ANTONIO CITY WIDE TALENT SHOW</p> <p>Come support the Doris Griffin Talent!</p> <p>Sept 11 9a</p> <p>SIGN UP TO SHOW YOUR TALENT!</p> 

FITNESS CLASS SCHEDULE

You may sign up in person at 7:15 am or you may start calling at 7:30 am to sign up for a class on that same day

All classes are first come, first serve. Voicemail NOT accepted to sign up for aerobics classes

Start	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am		GET MOVING	GET MOVING	GET MOVING	CARDIO DRUMMING
10:00 am	CARDIO DANCE	YOGA	CHAIR CIRCUIT	CARDIO DANCE	MUSCLE MATTERS
11:00 am	ZUMBA GOLD	ZUMBA GOLD CHAIR	YOGA	ZUMBA GOLD	YOGA
12:00 pm	LINE DANCING	MUSCLE MATTERS	FEEL THE BEAT	FLAMENCO	CARDIO DANCE
1:00 pm	FEEL THE BEAT	CARDIO DANCE	BELLY DANCING	STRENGTH 45	CHAIR CIRCUIT
2:00 pm	FOLKLORICO	QIGONG	TAI CHI	QIGONG	

Please Note: Strength 45 Class is held at 12:00 pm on the 3rd Thursday of the month.