



HUMAN
SERVICES



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>(Note: Calendar subject to change without advance notice)</p> <p>See back of calendar for fitness class information</p>	<p>1</p> <p>9:30am OASIS Technology: Cybersecurity - Phishing and ID Theft</p> <p>10am Seniors in Play</p> <p>1:00pm OASIS Technology: Online Shopping and Payments</p> <p>4:00pm BINGO</p>	<p>2</p> <p>9:30am OASIS Class: iPad Basics</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Learning Gmail</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>3</p> <p>9:30 PAWS Visit </p> <p>9:30am Field Trip*: Walmart</p> <p>9:30am Gardening Class - Choosing a Garden Location</p> <p>4:00pm Specialty Bingo</p>	<p>4</p> <p>8:30am Easy Crafts</p> <p>9am OATS Technology</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>7</p> <p>11am-12pm Field Trip * (leaving at 10:45):</p> <p></p> <p>4:00pm MOVIE</p>	<p>8</p> <p>9am San Antonio Food Bank Farmer's Market</p> <p>9:30am OASIS Technology: Cybersecurity - Phishing and ID Theft</p> <p>10am Seniors in Play</p> <p>1:00pm OASIS Technology: Exploring Google</p> <p>4:00pm BINGO</p>	<p>9</p> <p>9:30am OASIS Class: iPad Basics</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Learning Gmail</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>10</p> <p>9:30am Field Trip*: Walmart</p> <p>9:30am Gardening Class - Soils and Compost</p> <p>1pm Afternoon Commodities/CSFP Pick Up</p> <p>4:00pm Specialty Bingo</p>	<p>11</p> <p>8:30am Easy Crafts</p> <p>9am OATS Technology</p> <p>9:30am Nutrition Education</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>14</p> <p>9:30am Field Trip*: Sprouts</p> <p>4:00pm MOVIE</p>	<p>15</p> <p>9:30am OASIS Technology: Cybersecurity - Fact Checkers</p> <p>10am Seniors in Play</p> <p>1:00pm OASIS Technology: Exploring Google</p> <p>4:00pm BINGO</p>	<p>16</p> <p>9:30am OASIS Class: MS Word</p> <p>9am Oasis Presentation</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Google Photos</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>17</p> <p>9:30am Field Trip*: Walmart</p> <p>9:30am Gardening Class - Raised Beds</p> <p>9:30 AACOG - Open Enrollment</p> <p>4:00pm Specialty Bingo</p>	<p>18</p> <p>8:30am Easy Crafts</p> <p>9am OATS Technology</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>21</p> <p>9:30am Field Trip*: Walmart</p> <p>9:30am WellMed Nurse Presentation</p> <p>10am Name that Tune w/ Keith Dining Rm</p> <p>4:00pm MOVIE</p>	<p>22</p> <p>9:30am OASIS Technology: Cybersecurity - Fact Checkers</p> <p>10am Seniors in Play</p> <p>1:00pm OASIS Technology: Exploring Google</p> <p>4:00pm BINGO</p>	<p>23</p> <p>9:30am OASIS Class: MS Word</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Google Photos</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>24</p> <p>9:30am Field Trip*: Walmart</p> <p>9:30am Gardening Class - Maintaining Your Garden</p> <p>4:00pm Specialty Bingo</p>	<p>25</p> <p>8:30am Easy Crafts</p> <p>9am OATS Technology</p> <p>9:30am Nutrition Education</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>28</p> <p>9:30am Field Trip*: Walmart</p> <p>4:00pm MOVIE</p>	<p>29</p> <p>9:30am OASIS Technology: Cloud Storage - Basics</p> <p>10am Seniors in Play</p> <p>1:00pm OASIS Technology: Discovering Wellness on the Web</p> <p>4:00pm BINGO</p>	<p>30</p> <p>9:30am OASIS Class: MS Word</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Google Maps</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>31</p> <p>9:30am Field Trip*: Walmart</p> <p>9:30am Gardening Class - Disease and Insects</p> <p>10:30am Halloween Door/Costume Contest</p> <p>4:00pm Specialty Bingo</p>	<p>*Please make a reservation for bus transportation to any trips through the check-in kiosk.</p> <p></p>

Instructor-led Fitness Classes RESERVATION REQUIRED
Monday: <ul style="list-style-type: none">8:00am YMCA Aquatic Exercise—Pool House9:00am YMCA Aquatic Exercise—Pool House9:30am YMCA Tai Chi—Rm 11010:00am YMCA Aquatic Exercise—Pool House11:00am YMCA Aquatic Exercise—Pool House1:00pm YWCA ZUMBA Gold—Rm 1421:30pm YMCA Strength & Cardio—Rm 1101:30pm YWCA Aquatic Exercise—Pool House5:30pm YMCA Zumba GOLD—Rm 110
Tuesday: <ul style="list-style-type: none">8:00am YMCA Aquatic Exercise—Pool House9:00am YMCA Aquatic Exercise—Pool House10:00am YMCA Aquatic Exercise—Pool House10:00am YMCA Strength & Cardio—Rm 1421:30pm YMCA ZUMBA—Rm 1101:30pm YWCA Wellness Dance—Rm 1425:30pm YMCA Chair Yoga—Rm110
Wednesday: <ul style="list-style-type: none">8:00am YMCA Aquatic Exercise—Pool House9:00am YMCA Aquatic Exercise—Pool House9:30am YMCA Chair Yoga—Rm 14210:00am YMCA Aquatic Exercise—Pool House11:00am YMCA Aquatic Exercise—Pool House11:00am YWCA Sit and Stretch—Rm 14211:00am YMCA ZUMBA Gold—Rm 1101:00pm YWCA Aquatic Fitness—Pool House1:30pm YMCA Muscle and Mind—Rm 110
Thursday: <ul style="list-style-type: none">8:00am YMCA Aquatic Exercise—Pool House9:00am YMCA Aquatic Exercise—Pool House10:00am YMCA Aquatic Exercise—Pool House11:00am YWCA Aquatic Fitness—Pool House (Temporary)10:15am YMCA Strength & Cardio—Rm 1421:30pm YMCA ZUMBA— Rm 1101:30pm YWCA Wellness Dance—Rm 1424:00PM YMCA LINE DANCE—RM 1105:00pm YMCA Strength & Cardio—Rm 110
Friday: <ul style="list-style-type: none">8:00am YMCA Aquatic Exercise—Pool House9:00am YMCA Aquatic Exercise—Pool House10:00am YMCA Aquatic Exercise—Pool House11:00am YMCA Aquatic Exercise—Pool House10:15am YMCA Strength & Cardio—Rm 1101:30pm YMCA Strength & Cardio—Rm 1101:30pm YWCA Cardio Dance—Rm 142



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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!



Come join our new Gardening Classes with Texas A&M Agrilife on Thursdays from 9:30 to 10:30 am in the Dining Room.



Volunteer-Led Activities
Monday: <ul style="list-style-type: none">9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 11810:30am Advanced Tai Chi w/ Xu Lan Ruan Rm 1101pm Dominoes Rm 114
Tuesday: <ul style="list-style-type: none">9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 1189am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ru-an Rm 11010am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry1pm Jewelry Making w/Sandy Rm 118
Wednesday: <ul style="list-style-type: none">9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 1189am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 1109am Gentle Hands Rm 143 w/ Mari Elena (2nd & 4th Wednesday of the month)10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry12:15pm Karaoke Dining Rm12:30pm Line Dancing Rm 110 (RESERVATION REQUIRED)1pm Quilting Group Rm 1551pm Dominoes Rm 1142pm Kathy’s Social Dancers Rm 142
Thursday: <ul style="list-style-type: none">9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 11010am Book Club w/ Marilyn Lott Rm 143 Discussing “The Power and the Gory” by Graham Greene (1st Thursday of the month)
Friday: <ul style="list-style-type: none">9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 1101pm Dominoes Rm 1141-3pm Grupo Musical Rm 155

WellMed Nurse

Nurse available Monday, Wednesday and Friday

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 our new WellMed Caregiver SOS Specialist every Friday of the month.



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

