



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>2</p>  <p>Happy Labor Day!</p> <hr/> <p>WE'RE CLOSED</p>	<p>3</p> <p>9:30am OASIS Technology: Microsoft - AI Co-Pilot (ChatGPT)</p> <p>10-11:30am Seniors in Play rm 155</p> <p>1:00pm OASIS Technology: MS Word Basics</p> <p>4:00pm BINGO</p>	<p>4</p> <p>9:30 OASIS Class: Intro to the Computer</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Intro to the Internet</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>5</p> <p>9:30 PAWS Visit</p> <p>4:00pm Specialty Bingo</p> 	<p>6</p> <p>8:30-9:45am Easy Crafts Rm 155</p> <p>9am OATS Technology</p> <p>9-10am and 12:15pm Check Your Voter Registration Rm 115</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>9</p> <p>11am-12pm Eating Out Trip * (leaving at 10:45):</p>  <p>4:00pm MOVIE</p>	<p>10</p> <p>9:30am OASIS Technology: Creative PC - internet Archives/ Common License</p> <p>10am Talent Show</p> <p>10-11:30am Seniors in Play rm 155</p> <p>1:00pm OASIS Technology: MS Word Basics</p> <p>4:00pm BINGO</p>	<p>11</p> <p>9:30 OASIS Class: Intro to the Computer</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Intro to the Internet</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>12</p> <p>1pm Afternoon Commodities/CSFP Pick Up</p> <p>4:00pm Specialty Bingo</p>	<p>13</p> <p>8:30-9:45am Easy Crafts Rm 155</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>16</p> <p>9:30am Store Trip*: Walmart</p> <p>10am Name that Tune w/ Keith Dining Rm</p> <p>4:00pm MOVIE</p>	<p>17</p> <p>9:30am OASIS Technology: Mobile Payment/Shopping Apps</p> <p>10-11:30am Seniors in Play rm 155</p> <p>1:00pm OASIS Technology: MS Word Basics</p> <p>4:00pm BINGO</p>	<p>18</p> <p>9:30 OASIS Class: Intro to the Computer</p> <p>9am Oasis Presentation</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Intro to the Internet</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>19</p> <p>9-11am Open House</p> <p>3-5pm Open House</p> <p>4:00pm Specialty Bingo</p>	<p>20</p> <p>8:30-9:45am Easy Crafts Rm 155</p> <p>9am OATS Technology:</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>23</p> <p>9:30am Store Trip*: Walmart</p> <p>4:00pm MOVIE</p>	<p>24</p> <p>9:30am OASIS Technology: Cloud Storage - Basics</p> <p>10-11:30am Seniors in Play rm 155</p> <p>1:00pm OASIS Technology: MS Word Basics</p> <p>4:00pm BINGO</p>	<p>25</p> <p>9am University Health: Car Fit Presentation</p> <p>9:30 OASIS Class: Cybercrime: What's the Best Browser for Me?</p> <p>9:45am Field Trip*: Maverick Public Library</p> <p>10am BINGO</p> <p>1:00pm OASIS Class: Intro to the Internet</p> <p>4:00pm Karaoke</p> <p>Cash in your Bob's Bucks</p>	<p>26</p> <p>9:30am Q & A with Veronica</p> <p>4:00pm Specialty Bingo</p>	<p>27</p> <p>8:30-9:45am Easy Crafts Rm 155</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>30</p> <p>9am-12pm Food Bank Farmer's Market</p> <p>9:30am Store Trip*: Walmart</p> <p>4:00pm MOVIE</p>	<p>(Note: Calendar subject to change without advance notice)</p>	<p>*Please make a reservation for bus transportation to any trips through the check-in kiosk.</p>	<p>See back of calendar for fitness class information</p>	

**Instructor-led Fitness Classes
RESERVATION REQUIRED**

Monday:

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

Tuesday:

- ◇ 8:00am YMCA Aquatic Exercise—Pool House
- ◇ 9:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Aquatic Exercise—Pool House
- ◇ 10:00am YMCA Strength & Cardio—Rm 142
- ◇ 1:30pm YMCA ZUMBA—Rm 110
- ◇ 1:30pm YWCA Wellness Dance—Rm 142
- ◇ 5:30pm YMCA Chair Yoga—Rm110

Wednesday:

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

Thursday:

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

Friday:

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

Volunteer-Led Activities

Monday:

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

Tuesday:

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

Wednesday:

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

Thursday:

- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ◇ 10am Book Club w/ Marilyn Lott Rm 143 Discussing "Demon Copperhead" by Barbara Kingsolver (1st Thursday of the month)

Friday:

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

WellMed Nurse

See Below for Schedule

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 to our monthly Question & Answer Session with Veronica in the dining room Thursday, September 26 at 9:30am.



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



Temporary Nurse Schedule

Please check the nurse's door for this month's schedule.



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

