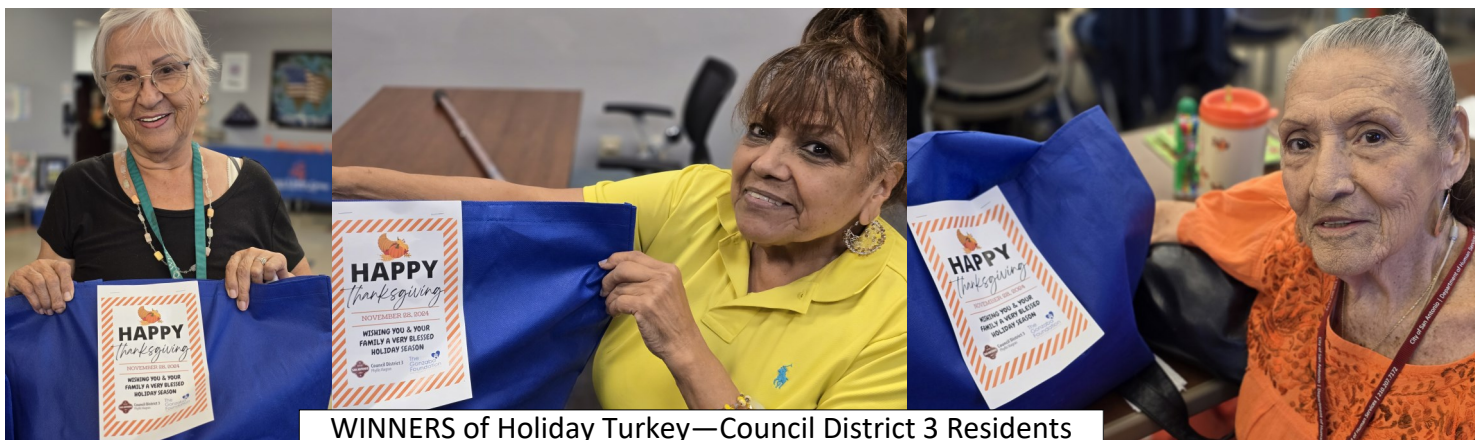


BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, DECEMBER 6

THEME: BIRTHDAY BELLS ARE RINGING

HOT MEALS PROVIDED/DECORATE YOUR TABLE WITH THEME

Minnie Flores	Dec. 1	Conrado Gonzalez	Dec. 9	Guadalupe Gonzalez	Dec. 12	Diana Gonzalez	Dec. 18	Maricela Martinez	Dec. 29
Daniel Espinoza	Dec. 2	Amelia Votion	Dec. 10	Zulema Morales	Dec. 17	Edward Schultz	Dec. 25	Ana Solis	Dec. 30
Irene Ybarra	Dec. 6			Jose De Jesus Martinez	Dec. 17	Juan Guzman	Dec. 26		



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 1:00 Chair Volleyball Practice - Normoyle</p> <p>3:00 Older Adults Technology Services (OATS) 4:00 YMCA Zumba 5:00 Pool Table Games 5:00 Holiday Craft: Cardboard Gingerbread Houses</p>	<p>3 9:00 Medicare Pro Open Enrollment Last Hoorah! 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:15 YWCA Weight Training 1:30 LOTERIA 1:00 Parks & Recreation Chair Volleyball Game 3:00 Cozy Christmas Movie Marathon "Home Alone" 5:00 What's Happening This Week 5:30 SPECIALTY BINGO National Green Bean Casserole Day</p>	<p>4 9:00 Stitch In Time Sewing 1:00 SA Oasis Computer Class 10:00 SA Oasis Lifelong Adventure Calcium Superstars 11:00 SHOPPING HEB Grocery 12:30 POKENO 3:00 Open Play Chair Volleyball 4:00 Closed Training Chair Volleyball 5:00 Cultural Awareness Trip: Holiday Market at The Pearl</p>	<p>5 10:00 YWCA Yo-Chi 10:30 D5 WellMed/Mission Walkers 12:15 BINGO 1:00 Bihl Haus GO! Arts Drawing October 3-December 19 3:00 YMCA CHAIR YOGA 4:00 Ball Drummiń 5:00 What's Happing This Week 5:30 Specialty Bingo</p>	<p>6 8:00 Senior Services Benefit Navigator 9:00 SA Oasis Computer Class 9:30 Resource/Information Day Med Team 10:30 YWCA Exercise Equipment Training 12:00 BIRTHDAY CELEBRATION Birthday Bells Are Ringing 12:00 Bihl Haus GO! Arts Painting October 4 - December 20 2:00 Early Release</p>
<p>9 9:00 Jewelry Creation 9:00 Healthy Neighborhood Herbs On The Patio 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 3:00 Older Adults Technology Services (OATS) 4:00 YMCA Zumba 5:00 Pool Table Games 5:00 Browsing On A Budget River Center Mall</p>	<p>10 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:15 YWCA Weight Training 1:30 LOTERIA 1:00 H.E.A.L. Nutrition Education Holly Jolly Ginger 1:00 WellMed Health Education Skin Care and Aging 1:00 Parks & Recreation Chair Volleyball Tournament/Potluck 3:00 Cozy Christmas Movie Marathon "Grinch" 4:30 Winter Craft at Collins Garden 5:00 What's Happening This Week 5:30 SPECIALTY BINGO 6:00 Caregiver Support Group</p>	<p>11 9:00 Stitch In Time Sewing 1:00 SA Oasis Computer Class Convoy of Hope 12:00 FOOD BANK 3:00 Open Play Chair Volleyball 4:00 Closed Training Chair Volleyball 5:00 Holiday Game Night</p>	<p>12 10:00 YWCA Yo-Chi 10:30 D5 WellMed/Mission Walkers 12:30 McCullum High School Choir Christmas Caroling 1:00 Bihl Haus GO! Arts Drawing October 3-December 19 3:00 YMCA CHAIR YOGA 4:00 Ball Drummiń 5:00 What's Happing This Week 5:30 Specialty Bingo National Ambrosia Salad Day</p>	<p>13 9:00 SA Oasis Computer Class 10:00 City Council District 3 Senior Holiday Celebration 10:30 YWCA Exercise Equipment Training 12:00 Bihl Haus GO! Arts Painting October 4 - December 20 12:30 Karaoke</p>
<p>16 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 3:00 Older Adults Technology Services (OATS) 4:00 YMCA Zumba 5:00 Pool Table Games 5:00 Cultural Awareness Trip: Windcrest Lights</p>	<p>17 9:30 YWCA Joint Movement 11:30 Butterfly OUTLET 12:15 YWCA Weight Training 1:00 H.E.A.L. Nutrition Education Holly Jolly Ginger 3:00 Cozy Christmas Movie Marathon "ELF" 5:00 What's Happening This Week 5:30 SPECIALTY BINGO National Maple Syrup Day</p>	<p>18 9:00 Stitch In Time Sewing 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: Go Rio San Antonio River Cruise</p>	<p>19 10:00 YWCA Yo-Chi 10:30 D5 WellMed/Mission Walkers 12:15 BINGO 1:00 Bihl Haus GO! Arts Drawing October 3-December 19 3:00 YMCA CHAIR YOGA 4:00 Ball Drummiń 5:00 What's Happening This Week 5:30 Specialty Bingo National Oatmeal Muffin Day</p>	<p>20 8:00 Senior Services Benefit Navigator 9:00 SA Oasis Computer Class 9:30 Resource/Information Day Ride Connect Texas 10:30 YWCA Exercise Equipment Training 11:30 Holiday Celebration Feast of Sharing Bring Food and Share 12:00 Bihl Haus GO! Arts Painting October 4 - December 20</p>
<p>23 9:00 Jewelry Creation 9:00 Healthy Neighborhood Herbs On The Patio 10:00 YWCA Low Impact Cardio 10:00 SHOPPING Wal-Mart 4:00 YMCA Zumba 5:00 Pool Table Games 5:00 Cultural Awareness Trip: Carolers On The Riverwalk</p>				

and
Happy New
Year

District 5 Senior Center Closed December 24 thru January 1, 2025

Parks and Recreation Fall Chair Volleyball Tournament/Potluck

1:00 pm, Tuesday, December 10, 2024

CHARITABLE FOUNDATION  **WELLMED**

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 

WELLMED CHARITABLE FOUNDATION

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

3:00-5:00 Tuesday & Wednesday Practice
10:30 Friday Instructed Training

BRAIN CHALLENGERS

Hidden Pictures Tuesdays and Thursdays

ALL-VOLUNTEERS

1:00 Monday, December 9

HOLIDAY FEAST and
2025 APPLICATION RENEWALS

BUTTERFLY POPUP OUTLET

11:30-12:30 Third Tuesday
Play Bingo, Loteria, and Pokeno to win
"Butterfly Bucks".

Redeem Butterfly Bucks for prizes.

Expiration Date December 17

 **ywca**
San Antonio

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
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SA OASIS COMPUTER CLASSES

WEDNESDAY

1:00-3:00	Dec. 4	Discovering Wellness Through the Web
1:00-3:00	Dec. 4 - Dec. 11	Google Photos
1:00-3:00	Dec. 11	Shopping Online

FRIDAY

1:00-3:00	Dec. 6-Dec. 13	Smartphone Photography
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SAN ANTONIO SENIOR PLANET FROM AARP Older Adult Technology (OATS)

FREE In-Person Technology Lecture For Older Adults

3:00-4:00	Dec. 2	You Tube
3:00-4:00	Dec. 9	Emojis, GIFs and more
3:00-4:00	Dec. 16	Google Maps

the YMCA 

⇒ **4:00-5:00 Thursdays CHAIR YOGA**

Yoga supports stress management, mental health, mindfulness, healthy eating weight loss and quality sleep.

⇒ **4:00-5:00 Mondays ZUMBA**

Zumba Gold is an excellent way to strengthen the bones and muscles.

Ball Drummin'

Drums Alive at D5 Cardio Exercise

3:00 - 4:00 Thursdays

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, Marshalls, 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

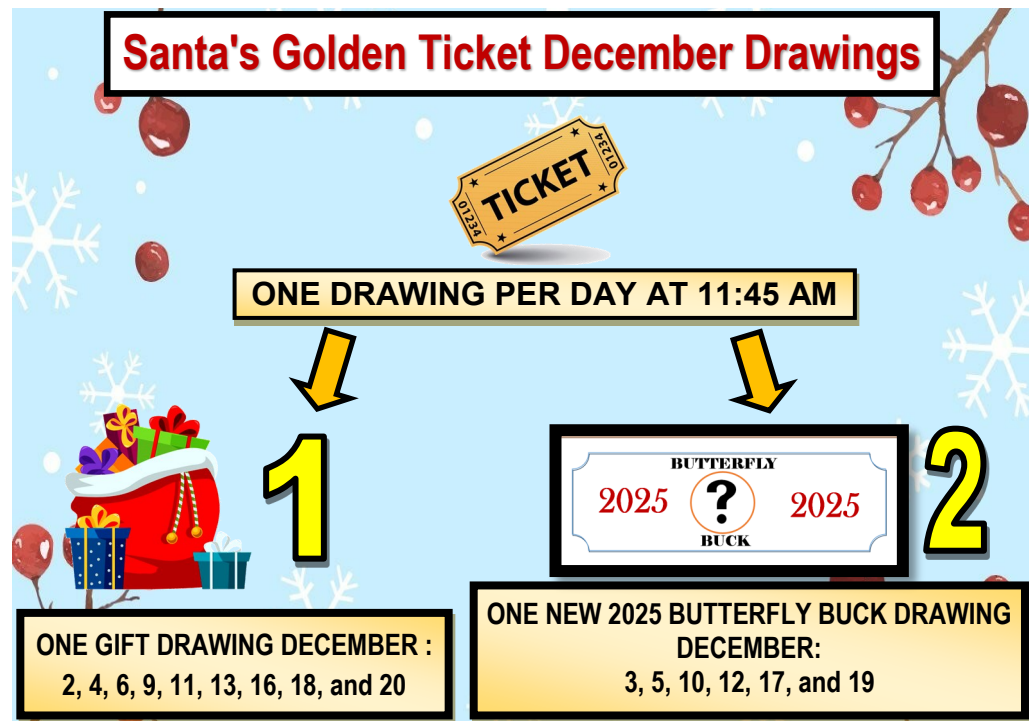
DECEMBER 2024

HOLIDAY AMUSEMENT and MERRIMENT

D5 SENIOR CENTER → 12 DAYS OF HOLIDAY FUN

Day 1	Thursday	December 5	Holiday T-Shirts
Day 2	Friday	December 6	Wear Holiday Themed Corsage/Pin/Brooch
Day 3	Monday	December 9	Place an Ornament on the Tree
Day 4	Tuesday	December 10	Wear a Holiday Themed Necktie/ Scarf/Shawl/Wraps
Day 5	Wednesday	December 11	Holiday Headwear
Day 6	Thursday	December 12	Holiday Themed "Ugly" Sweater: Runway Strut Time: 11:30
Day 7	Friday	December 13	Holiday Coloring, Arts and Crafts
Day 8	Monday	December 16	Christmas Cookie Swap: Give One (1) and Take One (1) Time: 11:00
Day 9	Tuesday	December 17	Funny Socks Parade Time: 11:30
Day 10	Wednesday	December 18	Hot Cocoa Cheer: Bring your favorite Cup for Hot Chocolate. Add your favorite toppings to the table to share. Time: 8:00-10:00
Day 11	Thursday	December 19	Holiday Pajama (PJ) Day
Day 12	Friday	December 20	Holiday Carols Karaoke

Santa's Golden Ticket December Drawings



Holiday Celebration

11:30 Friday, December 20

*Feast of Sharing
Bring Food and Share*

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