



January

District 2 Senior Center
 1751 S.WW White Rd
 San Antonio, TX. 78220
 Phone: (210) 207-5390

Hours of Operation:
 Monday - Thursday 7:00am - 8:00pm
 Friday 7:00am - 4:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Room Key CL - Computer Lab AC - Arts & Crafts Room DR - Dining Room LB - Library CR - Conference Room RA - Rec Area MP - Multi-Purpose Room <i>Note: Classes marked with ** are Volunteer-led classes.</i></p>		<p>1. Center CLOSED for New Years</p>	<p>2. <u>Drawing Class (AC)</u> 9:30am-11:30am <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm</p>	<p>3. <u>Bingo Dining Area</u> 9:15am-10:00am <u>Sing for Joy</u> 10:00am - 11:00am <u>Cell Phone Basics</u> 10:00am - 11:00am</p>
<p>6. <u>Painting Class (AC)</u> 9:30am-11:30am <u>Karaoke ** (DR)</u> 4:00pm - 6:30pm <u>Word Find (AC)</u> 5:00pm - 5:30pm <u>Loteria (AC)</u> 5:00pm - 6:30pm</p>	<p>7. <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> --- 12:00pm-2:00pm <u>Volunteer Training (CR)</u> 1:00pm -2:00pm <u>Quilting (MP)</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm</p>	<p>8. <u>Sewing** (AC)</u> 9:30am-11:00am <u>Seniors In Play (LB)</u> 1:00pm - 2:30pm <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm</p>	<p>9. <u>Drawing Class (AC)</u> 9:30am-11:30am <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm</p>	<p>10. <u>Bingo Dining Area</u> 9:15am-10:00am <u>Sing for Joy</u> 10:00am - 11:00am <u>Cell Phone Basics</u> 10:00am - 11:00am <u>Wellmed Medicare Information</u> 1:00pm-3:00pm</p>
<p>13. COMMODITIES Project HOPE ONLY 1:30PM - 3:30PM <u>Painting Class (AC)</u> 9:30am-11:30am <u>Karaoke ** (DR)</u> 4:00pm - 6:30pm <u>Word Find (AC)</u> 5:00pm - 5:30pm <u>Loteria (AC)</u> 5:00pm - 6:30pm</p>	<p>14. COMMODITIES Project HOPE ONLY 7:00AM - 9:00AM <u>Computer Class (CL)</u> <u>Intro to the Internet</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> --- 12:00pm-2:00pm <u>Quilting (MP)</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm</p>	<p>15. <u>Computer Class (CL)</u> <u>Android Essential Basics</u> 9:00am-11:00am <u>What's App</u> 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Seniors In Play (LB)</u> 1:00pm - 2:30pm <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm</p>	<p>16. <u>Drawing Class (AC)</u> 9:30am-11:30am <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm</p>	<p>17. <u>Bingo Store</u> 9:00am - 10:00am <u>Sing for Joy</u> 10:00am - 11:00am CENTER WILL CLOSE AT 2:30 PM FOR STAFF TRAINING.</p>
<p>20. Center Closed for Martin Luther King, Jr. Day</p>	<p>21. <u>Computer Class (CL)</u> <u>Intro to the Internet</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> --- 12:00pm-2:00pm <u>Quilting (MP)</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm</p>	<p>22. CSFP Cheese Box ONLY 1:30PM - 3:30PM <u>Computer Class (CL)</u> <u>Android Essential Basics</u> 9:00am-11:00am <u>All About Passwords</u> 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Seniors In Play (LB)</u> 1:00pm - 2:30pm <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm</p>	<p>23. <u>Senior Advisory Meeting</u> 9:30am - 10:30am <u>Drawing Class (AC)</u> 9:30am-11:30am <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm</p>	<p>24. HEAL PROGRAM CLOSED NO BINGO NO TRANSPORTATION (CENTER WILL BE OPEN) <u>Sing for Joy</u> 10:00am - 11:00am</p>
<p>27. <u>Painting Class (AC)</u> 9:30am-11:30am <u>Karaoke ** (DR)</u> 4:00pm - 6:30pm <u>Word Find (AC)</u> 5:00pm - 5:30pm <u>Loteria (AC)</u> 5:00pm - 6:30pm</p>	<p>28. <u>Computer Class (CL)</u> <u>Intro to the Internet</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts & Crafts** (AC)</u> --- 12:00pm-2:00pm <u>Quilting (MP)</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm</p>	<p>29. <u>Computer Class (CL)</u> <u>iPad Basics</u> 9:00am-11:00am <u>What is a Virtual Tour?</u> 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Seniors In Play (LB)</u> 1:00pm - 2:30pm <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm</p>	<p>30. <u>Drawing Class (AC)</u> 9:30am-11:30am <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>Senior Planet Technology</u> 4:00pm - 5:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm</p>	<p>31. <u>Bingo Dining Area</u> 9:15am-10:00am <u>Sing for Joy</u> 10:00am - 11:00am <u>Cell Phone Assistance</u> 10:00am - 11:00am <u>Wellmed Medicare Information</u> 1:00pm-3:00pm January Birthday Celebrations w/ Potluck</p>

EXERCISE CLASSES

Monday

Well-Med Chair Exercise 9:45am - 10:15am
Line Dancing 1:00pm - 1:45pm
Senior Strength 2:00pm - 2:45pm
Chair Volleyball 4:00pm - 4:45pm

Tuesday

Cardio Dance 10:30am - 11:15am
Sit & Be Fit 1:00pm - 1:45pm
Chair Yoga 4:00pm - 4:45pm

Wednesday

Senior Circuit Workout 9:00am - 9:45am
Chair Volleyball 10:00am - 10:45am
Line Dancing 1:00pm - 1:45pm
Core & Balance 4:00pm - 4:45pm

Thursday

Gentle Yoga 1:00pm - 1:45pm
Chair Volleyball 2:00pm - 2:45pm
Low Impact Bootcamp 4:00pm - 4:45pm

Friday

Senior Circuit Workout 8:30am - 9:15am

EVENTS

- ❖ **1/01/25 - Center CLOSED for New Years Day** *(Frozen meal will be distributed 12/23/24)*
- ❖ **1/03/25 - Field Trip! Walmart** 10:00am - 12:00pm *(Transportation will depart at 9:45am)*
- ❖ **1/07/25 - FY25 Volunteer Applications/Training** 1:00pm - 2:00pm
- ❖ **1/08/25 - Nutrition Presentation** *(By Philip Banks)* 12:30pm - 1:00pm
- ❖ **1/13/25 - OASIS Presentation "The Work of Project MEND"** 10:30am - 11:30am
- ❖ **1/13/25 - COMMODITIES (PROJECT HOPE)** 1:30pm - 3:30pm *(Must be on Food Bank Roster. [Applications are now closed.](#))*
- ❖ **1/14/25 - COMMODITIES (PROJECT HOPE)** 7:00am - 9:00am *(Must be on Food Bank Roster. [Applications are now closed.](#))*
- ❖ **1/16/25 - ACOG Services Presentation** 10:00am - 11:00am
- ❖ **1/17/25 - MLK Presentation/Trivia** 10:30am - 11:00am
- ❖ **1/17/25 - Center will close at 2:30pm for Staff Training.**
- ❖ **1/20/25 - Center CLOSED for Martin Luther King Jr. Day** *(Frozen meal will be distributed 1/17/25)*
- ❖ **1/22/25 - CSFP Cheesebox** - 1:30pm - 3:30pm *(Must be on Food Bank Roster. [Applications are now closed.](#))*
- ❖ **1/23/25 - Senior Advisory Meeting** 9:30am - 10:30am
- ❖ **1/23/25 - Field Trip! Ruby City Art Museum** 10:00am - 12:00pm *(Transportation will depart at 9:30am)*
- ❖ **1/24/25 - HEAL Program Closed. No Meals, No Transportation** *(Frozen meal will be distributed 1/23/25)*
- ❖ **1/29/25 - Produce Market** *(By RiverCity Produce)* 9:00am - 12:00pm
- ❖ **1/31/25 - January Birthday Celebrations w/ Potluck** *(Potluck at your individual tables)*

Rules of Conduct

- **All HEAL participants MUST eat meals in the dining area. Meal may NOT be taken home.**
- Participant will not use language or behave in an obscene, abusive, hostile, insulting or a disrespectful manner towards any center staff, volunteers, guests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
- Participant will not harass or discriminate on basis of race, color, religion, national origin, sex, sexual orientation, gender identity, veteran status, age or disability.
- Participant will not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the center or grounds.
- Participant will not bring illegal drugs or alcoholic beverages into the center or be under the influence.
- Participant should not bring or consume food or beverages in the computer labs.
- Participant should not attend the center if suffering from an illness that may be transmitted to staff, volunteers, guests or other participants.
- Participant will not use the center to store personal property or as a place to receive deliveries or mail.
- Participant will not steal, destroy or damage property in the center.
- Participant will not engage in illegal activities while at the center.

Well Med will be On Site at D2 Senior Center

8:00am-3:30pm on Mondays, Wednesdays & Fridays.
BMI, Blood Pressure & Blood Glucose (fasting).

(Nurses hours & days are subject to change)

Our Apologies: Calendar may change or be updated without advance notice.