

MARCH



WOMEN'S HISTORY MONTH



NATIONAL NUTRITION MONTH



Walker Ranch Senior Center

835 W. Rhapsody
San Antonio, TX, 78216
210-207-5280

Monday - Thursday: 7 AM - 8 PM
Friday: 7 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM - Computer Class: Microsoft Word (1 of 4) (CR) 12:30 PM - Presentation with CPS Energy (C1) 1 PM - Computer Class: Microsoft Excel (1 of 4) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 5 PM to 7 PM - Play Progressive Bridge (C2) 6:30 PM to 7:30 PM Performance by Kings Highway Dixieland Band in the Dining Room. Note: No Karaoke Today</p>	<p>4 9:30 AM - Bingo (D) 9:30 AM - Computer Class: iPhone Basics (2 of 2) (CR) 9:30 AM - Walk-A-Thon Q&A (C1) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: Mammoth Marvells: Exploring Yellowstone's Terraces, Lifeforms, and Legends (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM - Beginner Pickleball Skills & Drills (D) 2 PM to 3 PM - Computer Class: Digital Coupon Tools (C1) 3 PM to 7 PM Beginner Play: Pickleball (D) 4 PM - Movie (C1) Spanish for Beginners Class starts today at 12 PM - must be registered.</p>	<p>5 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM - Computer Class: Android Essentials (2 of 3) (CR) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Smart Phone Photography (2 of 3) (CR) 3 PM - Walk-A-Thon Q&A (D) 4:30 PM - Movie (C1) 9 AM to 1 PM - Medicare Benefits Counseling Onsite (CO)</p>	<p>6 9 AM to 10 AM - National Nutrition Month: Story Telling Session: Food & Memories (D) 9:30 AM - Field Trip: Plantcestors at Central Library (reservation required) 10 AM - Presentation with Oasis: Cybersecurity (C1) 10 AM - Virtual Tour: Edinburgh: Secrets, Stories & Scottish Splendor (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D) 4:30 PM - Video Tour: America's Wild West - A Catastrophic Frontier (CR) 9:30 to 11:30 AM CPS Energy Onsite</p>	<p>7 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 1 PM - Nature Walks at Walker Ranch Park with Parks and Rec Note: Activities must conclude by 3:45 PM.</p>
<p>10 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM - Computer Class: Microsoft Word (2 of 4) (CR) 1 PM - Computer Class: Microsoft Excel (2 of 4) (CR) 1 PM to 4 PM - Color Pencil Art Class (1 of 2) (registration required) (C1) 1 PM to 3 PM - Play Intermediate Bridge (C2) 5 PM to 7 PM - Play Progressive Bridge (C2)</p>	<p>11 9:30 AM - Field Trip: World Heritage Center (reservation required) 9:30 AM - Loteria (C1) 9:30 AM - Computer Class: iPad Basics (1 of 2) (CR) 9 AM to 10:30 AM - National Nutrition Month: Guess That Ingredient Game (D) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: Discover Yellowknife, Canada: Gateway to the Arctic Charm (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 7 PM Beginner Play: Pickleball (D) 2 PM to 3 PM - Computer Class: Introduction to AI (C1) 4 PM - Movie (C1) 10:45 AM - Talking Poetry Open-Mic Demo (D) 12:30 PM Women's Pool Tournament in the Game Room. Registration will be held onsite the day of the tournament.</p>	<p>12 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM - Computer Class: Android Essentials (3 of 3) (CR) 9:30 AM - Craft Day with Staff (A) (registration required) 10 AM - Seniors in Play (C1) 10 AM to 12 PM - Play Hand & Foot (C2) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Smart Phone Photography (3 of 3) (CR) 1 PM to 4 PM - Color Pencil Art Class (2 of 2) (registration required) (C1) 2:45 PM to 3:45 PM - DJ JoJo's Power Hour Dance Break (D) 4:30 PM - Bingo (D) 4:30 PM - Movie (C1) 5:30 PM - Talking Poetry Open-Mic (CONF)</p>	<p>13 9:30 AM - Nutrition Education: Health Benefits of Kiwi (D) 10 AM - Virtual Tour: Shamrocks and Stories: A St. Patrick's Day Stroll Through Dublin (CR) 10 AM to 11 AM - Caregiver SOS: Men's Support Group (C1) 2:30 PM to 7 PM - Intermediate Pickleball (D) 4:30 PM - Video Tour: Experts Reveal What Really Happened, Area 51 - The CIA's Secret (CR) 4:30 PM - History of the Coker Settlement (C1) 10:30 AM Produce Market Opens in the Dining Room.</p>	<p>14 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 1 PM - Good Grammar for Everyone (C1) 1 PM - Nature Walks at Walker Ranch Park with Parks and Rec Note: All activities must conclude by 2:15 PM. The center will be closed at 2:30 PM for staff training.</p>
<p>17 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM - Computer Class: Microsoft Word (3 of 4) (CR) 9:30 AM - Presentation: Introduction to Financial Exploitation (C1) 1 PM - Computer Class: Microsoft Excel (3 of 4) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 5 PM to 7 PM - Play Progressive Bridge (C2)  WEAR SOMETHING GREEN</p>	<p>18 9:30 AM - Bingo (D) 9:30 AM - Field Trip: Spanish Governor's Palace (\$5 per person) (reservation required) 9:30 AM - Computer Class: iPad Basics (2 of 2) (CR) 9 AM to 1 PM - AARP Smart Driver Class (C1) (registration required) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Virtual Tour: Bamberg: A Fairytale City of Bridges, Breweries, and History (CR) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 2 PM to 3 PM: Beginner Pickleball Skills & Drills (D) 3 PM to 7 PM Beginner Play: Pickleball (D) 2 PM to 3 PM - Computer Class: Grocery Shopping Online (C1) 4 PM - Movie (C1)</p>	<p>19 9 AM - Computer Class: Microsoft Excel: Part 2 (1 of 4) (CR) 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 10 AM to 11 AM - Medicare 101 Q&A With Laura Moss (CONF) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Book Club Meeting: The Personal Librarian by Marie Benedict (C1) 1 PM - Computer Class: Microsoft Word: Part 2 (1 of 4) (CR) 4:30 PM - Movie (C1) Food bank distribution today for <u>approved applicants only</u>. 9 AM to 1 PM - Medicare Benefits Counseling Onsite (CO)</p>	<p>20 9 AM to 10:30 AM - National Nutrition Month: Food Art & Presentation Contest (D) 10 AM to 11:30 AM - Caregiver Support Group with Caregiver SOS (C1) 10 AM - Virtual Tour: Hidden Gems of Pest: A Journey Through Budapest, Hungary's Downtown (CR) 2:30 PM to 7 PM - Intermediate Pickleball (D) 4:30 PM - Video Tour - 7 Days in Patagonia (CR)</p>	<p>21 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 9:30 AM Walker Ranch Plant Swap Dining Room Patio (must bring at least one plant or seedling to participate in the exchange) Note: Activities must conclude by 3:45 PM.</p>
<p>24 9 AM to 10:30 AM - Team Play: Chair Volleyball (D) 9:30 AM to 11 AM - Wisdom Circle (C1) 9:30 AM - Computer Class: Microsoft Word (4 of 4) (CR) 9:30 AM - Member Orientation (CONF) 1 PM - Computer Class: Microsoft Excel (4 of 4) (CR) 1 PM to 3 PM - Play Intermediate Bridge (C2) 5 PM to 7 PM - Play Progressive Bridge (C2)</p>	<p>25 9 AM to 10:30 AM - National Nutrition Month: Scavenger Hunt (D) 9:30 AM - Loteria (C1) 9:30 AM - Computer Class: Mobile Accessibility (CR) 10 AM to 12 PM - Play National Mah Jongg League (C2) 1 PM - Walker Ranch Craft Time (A) (bring your own supplies) 1 PM - Virtual Tour: Florence in Focus: Art, History, and Life in the Heart of Tuscany (CR) 2 PM to 3 PM - Computer Class: Staying Safe Online (C1) 2 PM to 7 PM Beginner Play: Pickleball (D) 4 PM - Movie (C1)</p>	<p>26 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM - Computer Class: Microsoft Excel: Part 2 (2 of 4) (CR) 9:30 AM - Field Trip: San Antonio Botanical Gardens (reservation required) 10 AM to 12 PM - Play Hand & Foot (C2) 10 AM - Seniors in Play (C1) 12:30 PM to 2:30 PM - Play Rummikub (C2) 1 PM - Computer Class: Microsoft Word: Part 2 (2 of 4) (CR) 1 PM - Tour Virtual en Español - Quito, Ecuador (CONF) 4:30 PM - Bingo (D) 4:30 PM - Movie (C1) 5:30 PM to 6:30 PM - Hot Wheels Race (D)</p>	<p>27 9:30 AM - Nutrition Education: Improving Digestion and Staying Regular with Fiber (D) 10 AM - Virtual Tour: Regensburg: A Journey Through Medieval Majesty on the Danube (CR) 10 AM - Presentation with Caregiver SOS: The 10 Warning Signs (C1) 2:30 PM to 7 PM - Intermediate Pickleball (D) 4:30 PM - Video Tour - Ocean Endeavors: First Time In Antarctica (Part 1 & 2) (CR) 11:30 AM Pool Tournament in the Game Room. Registration will be held onsite the day of the tournament.</p>	<p>28 9 AM to 10:30 AM - Open Play: Chair Volleyball (D) 9 AM to 12 PM - Play 42 Dominoes (C2) 9:30 AM - Movie (C1) 12 PM - March Birthdays Celebration (D) 12:30 PM to 2:30 PM - Open Play Table Games (C2) 1 PM - Good Grammar for Everyone (C1) Note: Activities must conclude by 3:45 PM.</p>

31 Center is closed today

MARCH Registrations

Art Class Registration
Art class registrations will be on March 17th beginning at 9:30 AM.

Women's Billiards
Billiards registrations will be on March 25th beginning at 9:30 AM.

Spring Fling

MAR 19TH

4:30 PM
Dining Room

Legend:
Art Room (A)
Classroom 1 (C1)
Classroom 2 (C2)
Computer Room (CR)
Conference Room (CONF)
Consulting Office (CO)
Dining Room (D)
Fitness Room (F)
Game Room (GR)
Nurse's Office (NO)

Please note that this calendar is tentative and subject to change without any advance notice.

GROUP FITNESS SCHEDULE

MONDAY

- 9 AM - Line Dance
- 10 AM - Tai Chi (**volunteer-led**)
- 11:30 AM - Low Impact Cardio
- 1 PM - Circuit
- 2 PM - Yoga (**Vinyasa Flow**)
- 3 PM - Barre/Pilates
- 5 PM - Yoga (**Yin**)

TUESDAY

- 8 AM - Low Impact Cardio
- 9 AM - Circuit
- 10 AM - Zumba
- 11 AM - Joint & Movement
- 12:15 PM - Silver Sneakers Classic
- 1:15 PM - Line Dance
- 3 PM - Zumba Gold
- 4:30 PM - Chair Aerobics
- 5:30 PM - Line Dance

WEDNESDAY

- 8:15 AM - Zumba
- 10 AM - Yoga
- 11 AM - Strength & Toning
- 1 PM - Circuit
- 5 PM - Belly Dancing

THURSDAY

- 8 AM - Body Swag
- 9 AM - Low Impact Boot Camp
- 10 AM - Tai Chi (**volunteer-led**)
- 11 AM - Zumba Gold
- 12 PM - Yoga (**Vinyasa Flow**)
- 1 PM - Circuit
- 2 PM - Strength & Toning
- 3 PM - Mobility & Stretch
- 4:30 PM - Tai Chi (**Intermediate**)

FRIDAY

- 9:15 AM - Pilates
- 10 AM - Strength
- 11 AM - Line Dance
- 12 PM - Sit & Be Fit
- 1 PM - Core & Balance Boot Camp

FITNESS CLASS RESERVATION PROCESS

- Class registration **begins at 7:30 AM by calling 210-207-5280** the day before a class. In person registration may also be done the day before a class or the day of. Limit one class per day, however, if there is availability, member may wait in line 15 minutes before a fitness class starts. **Please note that leaving a voicemail is not considered as a reservation.**
- Tickets for entry into the fitness classes are distributed **15 minutes before class.** To pick up a ticket, line up by the front desk and wait to be called.
- Line up outside of the classroom and wait for the instructor to take your ticket. Instructor will provide a sign in sheet - sign in on your assigned number.
- If you would like to take a second class and there are available spots the day of, spots will be assigned to members who are present and in line no more than 15 minutes before class starts.

Late Arrival Policy: Open slots will be given to members waiting in line **one** minute before class begins. *No late admittance.*

Note: Limit of **1** class per day, based on class availability.

Note: There is **no** "spot saving" for any fitness class.

****All classes may be accommodated as needed.****

FITNESS EQUIPMENT ORIENTATION

Learn how to start, stop & adjust machines!

Join Walker Ranch Senior Center staff every Thursday at 3:15 PM for a basic introduction to fitness equipment.

Please consult your medical provider should you have any questions regarding medical advice.

CAREGIVER SOS

Caregiver SOS provides support resources and education for caregivers and their loved ones.

Caregivers are invited to join the Caregiver SOS Men's Support group on the 2nd Thursday of the month at 10 AM in Classroom 1 or the Support Group on the 3rd Thursday of the month at 10 AM in Classroom 1.

For more information, call (726) 567-4321.

VOLUNTEER-LED ACTIVITIES

Monday

- 9 AM - Craft Time (Art Room) *Supplies provided. Weekly.*
- 10 AM - Name That Tune (Classroom 2) *2nd Monday. Weekly. Registration required.*
- 1:30 PM - Women's Billiards for Intermediates (Game Room) *Weekly. Registration required.*
- 2:30 PM - Women's Billiards for Beginners (Game Room) *Weekly. Registration required.*
- 4 PM - Karaoke (Dining Room) *Weekly.*

Tuesday

- 12 PM to 1:30 PM - Spanish for Beginners (Classroom 1) *Weekly. Registration required.*
- 2:30 PM - Meditation (Art Room) *Weekly. Registration required.*
- 3 PM - Bunco (Classroom 2) *3rd Tuesday. Registration required.*
- 4:30 PM - Play Jeopardy (Conference Room) *Weekly.*

Wednesday

- 12:30 PM - Team Trivia (Dining Room) *Weekly.*
- 6 PM - Eastern Mahjong (Classroom 2) *1st and 3rd Wednesday.*

Thursday

- 9 AM - Open Art Studio Time (Art Room) *Previous art experienced preferred, bring your own supplies. 1st and 3rd Thursday.*
- 10 AM - Beginner Bridge (Classroom 2) *Weekly.*
- 9:30 AM to 11:30 AM - Socrates Café and Talk About Ted Talks (Conference Room) *Weekly.*
- 12:30 PM to 2 PM - Karaoke (Dining Room) *Weekly.*
- 1 PM - Learn to Play Eastern Mahjong (Classroom 2) *Weekly.*
- 1 PM to 1:45 PM - Beginners Guitar Classes (Classroom 1) *Registration required. Weekly. New Classes start on 3/13/2025.*
- 1:45 PM to 2:30 PM - Intermediate Guitar Classes (Classroom 1) *Registration required. Weekly. New Classes start on 3/13/2025.*
- 2:30 PM - Jam Session (Classroom 1) *Weekly.*

Friday

- 9:30 AM - Knitting (Art Room) *Bring your own supplies. Weekly.*
- 1:30 PM to 3:30 PM - The Tao of Poetics, Open Writing Workshop (Conference Room) *Last Friday.*

PROJECT HOPE FOOD BANK DISTRIBUTION

Distribution Date

3rd Wednesdays between 9:30 & 10:30 AM. Approved applicants **MUST** bring an ID in order to receive the food box.



Walker Ranch Senior Center is currently not accepting new applicants.

WALKER RANCH SENIOR CENTER WELCOMES ALL...

**ALL
ALL
ALL
ALL
ALL
ALL**

**RACES
RELIGIONS
COUNTRIES OF ORIGIN
SEXUAL ORIENTATIONS
GENDERS
ABILITIES**



**DIVERSITY, EQUITY,
INCLUSION & ACCESSIBILITY**

FIELD TRIPS

- **March 6, 9:30 AM - Plancestors at Central Library** Plancestors depicts the portraits of artists, activists, and culture workers based in San Antonio, TX that bring inspiration to the community through their art. Within each painted portrait are natural plant materials that the person is connected to. The plants hold meaning based on ancestral connections, childhood memories, cultural roots, or lessons that they bring.
- **March 11, 9:30 AM - World Heritage Center** The World Heritage Center is a space where the public can learn about and celebrate the historic San Antonio Missions & the surrounding area. Immerse yourself in the stories of the people who have lived in the area, from the past to the present.
- **March 18, 9:30 AM - Spanish Governor's Palace (\$5)** This National Historic Landmark represents the last visual remnants of the Presidio San Antonio de Béjar. The Presidio was established as the result of a rivalry between Spain and France in the early 1700s for dominance of the territory that is now a part of the southwestern United States.
- **March 26, 9:30 AM - San Antonio Botanical Gardens** Members will be able to enjoy a free, guide-led tour of the nationally recognized Garden that serves as a museum of plants where art, music, and theater experiences come to life. **Wear comfortable walking shoes.**

**All field trips are subject to change.*

***Only one trip per member per month, based on availability.*

NOTE: Field trip registrations will begin at 9:30 AM on March 3rd.