



# March

**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
3. <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	4. <u>Computer Class (CL)</u> <u>iPhone Basics</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts &amp; Crafts** (AC)</u> Clover 12:00pm-2:00pm <u>Quilting</u> 1:00pm - 3:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	5. <u>Computer Class (CL)</u> <u>Exploring Google</u> 9:00am-11:00am <u>Learning Gmail</u> 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm	6. <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>Puzzle Table (DR)</u> 5:00pm - 5:30pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	7. <u>Bingo Dining Area</u> 9:15am-10:00am <u>Sing for Joy</u> 10:00am - 11:00am <u>Seniors In Play (LB)</u> 12:30pm - 2:00pm
10. <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	11. <u>Computer Class (CL)</u> <u>Intro to Gmail</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts &amp; Crafts** (AC)</u> Yarn Bangle 12:00pm-2:00pm <u>Quilting</u> 1:00pm - 3:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	12. <u>Computer Class (CL)</u> <u>Exploring google</u> 9:00am-11:00am <u>Essential Apps</u> 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm	13. <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>S. Patrick's Day Celebration</u> 4:30pm - 5:00pm <u>Puzzle Table (DR)</u> 5:00pm - 5:30pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	14. <u>Bingo Dining Area</u> 9:15am-10:00am <u>Sing for Joy</u> 10:00am - 11:00am <u>Seniors In Play (LB)</u> 12:30pm - 2:00pm <u>Wellmed Medicare Information</u> 1:00pm-3:00pm
17. <u>Commodities</u> 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 <b>WEAR GREEN FOR ST. PATRICK'S DAY</b>	18. <u>Commodities</u> 7:00am - 9:00am <u>Computer Class (CL)</u> <u>Intro to Gmail</u> 9:00am-11:00am <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Arts &amp; Crafts** (AC)</u> Button Cross 12:00pm-2:00pm <u>Quilting</u> 1:00pm - 3:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	19. <u>Computer Class (CL)</u> <u>Cybercrime: What's The Best Browser for Me?</u> 9:00am-11:00am <u>All About Passwords</u> 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm	20. <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>Movie &amp; Popcorn (DR)</u> Honoring Women Hidden Figures 4:00pm - 6:30pm	21. <u>Bingo Store</u> 9:30am-10:30am <b>NO BINGO</b> <u>Sing for Joy</u> 10:00am - 11:00am <u>Seniors In Play (LB)</u> 12:30pm - 2:00pm <b>CENTER WILL CLOSE AT 2:30 PM FOR STAFF TRAINING.</b>
24. <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	25. <u>Crocheting** (AC)</u> 9:00am-11:00am <u>Computer Class (CL)</u> <u>Google Photos</u> 9:00am-11:00am <u>Arts &amp; Crafts** (AC)</u> Deco Heart 12:00pm-2:00pm <u>Quilting</u> 1:00pm - 3:00pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	26. <u>Computer Class (CL)</u> <u>iPad Basics</u> 9:00am-11:00am <u>Exploring the Internet</u> 1:00pm-3:00pm <u>Sewing** (AC)</u> 9:30am-11:00am <u>Diabetes Self Management</u> 3:30pm - 4:30pm <u>Loteria (DR)</u> 5:00pm - 6:30pm	27. <u>Karaoke** (DR)</u> 1:45pm - 3:45pm <u>Quilting** (MP)</u> 1:00pm - 3:00pm <u>BINGO STORE</u> 4:00pm - 5:00pm <u>Puzzle Table (DR)</u> 5:00pm - 5:30pm <u>Bingo (DR)</u> 5:00pm - 6:30pm	28. <u>Sing for Joy</u> 10:00am - 11:00am <u>Wellmed Medicare Information</u> 1:00pm-3:00pm <b>Senior Center 14th Anniversary Celebration</b> <b>March Birthday Celebrations w/ Potluck</b>
31. <b>Center CLOSED for César Chávez Day</b>			<b>Room Key</b> CL - Computer Lab AC - Arts& Crafts Room DR - Dining Room LB - Library CR - Conference Room RA - Rec Area MP - Multi-Purpose Room <b>Note: Classes marked with ** are Volunteer-led classes.</b>	<b>Flip page to see Exercise Classes &amp; Special Events!</b> 

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

# 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

- ❖ 3/03/25 - Field Trip! Walmart & Dollar Tree (Brooks City Base) 10:00am - 12:00pm
- ❖ 3/05/25 - Caregiver SOS Presents "How to Set Limits" 10:00am - 11:00am
- ❖ 3/06/25 - AARP Safety Driving Course 9:00am - 2:00pm (Break 11:00am - 12:00pm)
- ❖ 3/06/25 - PM Field Trip! Bill Miller BBQ (Followed by Baskin Robins) 4:00pm - 6:00pm
- ❖ 3/10/25 - OASIS Presents "Fire Safety" (By SAFD) 10:30am - 11:30am
- ❖ 3/11/25 - Field Trip! Holocaust Memorial Museum 10:00am - 12:00pm
- ❖ 3/13/25 - Immunization Presentation/Informational Booth (By Metro Health) 10:00am - 11:00am
- ❖ 3/13/25 - St. Patrick's Day 'Happy Hour' (Light Refreshments) 4:30pm - 5:00pm
- ❖ 3/17/25 - Wear GREEN for St. Patrick's Day!
- ❖ 3/17/25 - COMMODITIES 1:30pm - 3:30pm (Must be on Food Bank Roster. Applications are now closed.)
- ❖ 3/18/25 - COMMODITIES 7:00am - 9:00am (Must be on Food Bank Roster. Applications are now closed.)
- ❖ 3/20/25 - Field Trip! South Park Mall 10:00am - 12:00pm
- ❖ 3/20/25 - Movie & Popcorn (Hidden Figures) 4pm-6pm (In Honor of Women's Month)
- ❖ 3/21/25 - Center will close at 2:30pm for Staff Training.
- ❖ 3/27/25 - Field Trip! 5 Below 10:00am - 12:00pm
- ❖ 3/28/25 - Senior Center Anniversary Celebration 8:30am - 2:00pm
- ❖ 3/28/25 - March Birthday Celebrations w/ Potluck (Potluck at your individual tables)
- ❖ 3/31/25 - Center CLOSED for César Chávez Day

## A SAFARI ADVENTURE!

Pack your binoculars and put on your best safari hat because we're going on a wild adventure right here at District 2 Senior Center!

Join us for a Safari-Themed Party on March 28 from 8:30am - 2:00pm. Enjoy a day filled with delightful refreshments, fun games, and exotic music.

Come dressed in your best safari gear—think cheetah print, snake skin, or earthy greens and browns—and prepare for some roaring fun with fellow adventurers.

**Don't miss out on this chance to unleash your wild side and create unforgettable memories.**

**We can't wait to embark on this adventure with you!**

### 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)

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