

BIRTHDAY CELEBRATION 12:00-2:00 FRIDAY, MARCH 14

THEME: March Treasures: Seashells, Mermaids, Pirates, and Jewels! COLOR: Aquamarine (Blue Green)
BRING FOOD.FROZEN MEALS DISTRUBUTED THE DAY BEFORE/DECORATE YOUR TABLE WITH THEME AND COLOR

Andrew Tapia March 13
Rose Perez March 13

Sonia Cantu March 16
Guadalupe Lara March 16

David Martinez March 23
Evangalina Delgado March 26

Anna Rosas March 27
Irma Perez March 30



Braving the cold at the San Antonio Rodeo



Cowboy Breakfast from Arizona Cafe



Traveling to Spa Day at Southern Careers Institute



Getting help from Project Prom Dress for 15th Anniversary Quinceañera Celebration coming in April



Extended Hours Program In-house Pool Challenge



Sweet Treats Loteria with Laura Keown WellMed Caregiver Specialist



February Birthday honorees show birth





Valentine Cards Presented by San Antonio Independent School District Elementary Schools: Riverside, Japhet, and Fox Tech/Advanced Learning Academy



Valentine Treats from District 5 Councilwomen Teri Castillo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:00 Jewelry Creation 9:00 Healthy Neighborhood Herbs On The Patio 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 1:00 Chair Volleyball Practice Normoyle Senior Center 3:00 Older Adults Technology Services (OATS) 4:00 YMCA Movement and Dance 5:00 Game Night 5:00 DIY: Mardi Gras Mask Craft</p>	<p>4 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 11:00 SHOPPING Trinkets & Treasures Thrift Shop 10:00 Mardi Gras Celebration 12:15 YWCA Weight Training 1:30 LOTERIA 3:00 Flicks & Films (See flier) 3:00 Older Adults Technology Services (OATS) 5:30 SPECIALTY BINGO</p>	<p>5 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 10:00 SA Oasis Lifelong Adventure Social Isolation 11:00 SHOPPING HEB Grocery 12:30 POKENO 1:00 SA Oasis Computer Class 3:00-5:00 Chair Volleyball 5:00 Cultural Awareness Documentary 5:00 Game Night</p>	<p>6 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 10:15 River City Produce Market, Nutrition Education & Food Demo 1:00 Bihl Haus GO! Arts Drawing 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo</p>	<p>7 8:00 Senior Services Benefit Navigator 9:00 SA Oasis Computer Class 9:30 Women's History Month Inspiring Story of Rene'e Park Aloha Kitchen Owner 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Painting 2:00 Early Release</p>
<p>10 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 1:00 Chair Volleyball Practice Normoyle Senior Center 3:00 Older Adults Technology Services (OATS) 4:00 YMCA Movement and Dance 5:00 Game Night 5:00 What's Happening This Week</p>	<p>11 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:15 YWCA Weight Training 12:30 Wowzitude On Screen: Travel to Yellowknife, Canada at Collins Garden Library 1:00 WellMed Health Education 3:00 Flicks & Films (See flier) 3:00 Older Adults Technology Services (OATS) 5:30 SPECIALTY BINGO 6:00 Caregiver Support Group Teleconnection Session Stress and the gift it gives us with Dr. Mario Siervo (En Español)</p>	<p>12 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 12:00 FOOD BANK 1:00 SA Oasis Computer Class 3:00-5:00 Game Night 5:00 Browsing On A Budget See Flyer 5:00 Karaoke</p>	<p>13 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:15 BINGO 1:00 Bihl Haus GO! Arts Drawing 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo</p>	<p>14 9:00 SA Oasis Computer Class 10:30 YWCA Exercise Equipment Training 12:00 BIRTHDAY CELEBRATION Theme: March Treasures Seashells, Mermaids, Pirates and Jewels! Color: Aquamarine (Bluegreen) 12:00 Bihl Haus GO! Arts Painting</p>
<p>17 HAPPY ST. PATRICK'S DAY WEAR GREEN 9:00 Jewelry Creation 9:00 Healthy Neighborhood Herbs On The Patio 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 1:00 Chair Volleyball Practice Normoyle Senior Center 3:00 Older Adults Technology Services (OATS) 4:00 YMCA Movement and Dance 5:00 Game Night 5:00 DIY: St. Patrick's Day Craft 5:00 What's Happening This Week</p>	<p>18 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:15 YWCA Weight Training 1:30 LOTERIA 3:00 Flicks & Films (See flier) 3:00 Older Adults Technology Services (OATS) 4:30 DIY: Towel Bunny at Collins Garden Library 5:30 SPECIALTY BINGO</p>	<p>19 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 11:00 SHOPPING Ollie's Bargain Outlet 12:30 POKENO 1:00 SA Oasis Computer Class 3:00-5:00 Chair Volleyball 5:00 Browsing On A Budget See Flyer 5:00 Game Night</p>	<p>20 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:15 BINGO 1:00 Bihl Haus GO! Arts Drawing 4:00 YMCA CHAIR YOGA 5:00 What's Happening Next Week 5:30 Specialty Bingo</p>	<p>21 8:00 Senior Services Benefit Navigator 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 12:00 Bihl Haus GO! Arts Painting 1:00 LOTERIA</p>
<p>24 9:00 Jewelry Creation 10:00 YWCA Low Impact Cardio 12:15 LOTERIA 1:00 Chair Volleyball Practice Normoyle Senior Center 3:00 Older Adults Technology Services (OATS) 4:00 YMCA Movement and Dance</p>	<p>25 9:30 YWCA Joint Movement 10:00 Urban 15 Rhythm Royale Percussion 12:15 YWCA Weight Training 1:30 LOTERIA 3:00 Flicks & Films (See flier) 3:00 Older Adults Technology Services (OATS) 5:30 SPECIALTY BINGO</p>	<p>26 9:00 Stitch In Time Sewing 9:00 SA Oasis Computer Class 9:45 YWCA Joint Movement 11:30 Butterfly OUTLET 1:00 SA Oasis Computer Class 3:00-5:00 Chair Volleyball 5:00 Cultural Awareness Trip:</p>	<p>27 9:30 YWCA Strength & Flex 10:30 WellMed/Mission Walkers 12:15 BINGO 1:00 Bihl Haus GO! Arts Drawing 4:00 YMCA CHAIR YOGA</p>	<p>28 9:00 SA Oasis Computer Class 10:30 YWCA Cardio Dance 11:00 Carver Community Cultural Center Honolulu Theatre Presents THE PA'AKAI WE BRING 12:00 Bihl Haus GO! Arts Painting</p>



5:00 Inhouse Pool Challenge 5:00 What's Happening This Week	5:30 SPECIALTY BINGO	Dine On A Dime @ Cajun, French Food 5:00 Karaoke	5:00 What's Happening Next Week 5:30 Specialty Bingo	1:00 LOTERIA
31 CENTER CLOSED  CESAR CHAVEZ DAY				

 **WELLMED CHARITABLE FOUNDATION** with Nurse Erika

Health Screenings
8:00-3:00
Tuesday, Thursday & Friday

Medicaid/Medicare Assistance
Ruby Garcia
Independent Insurance Agent
WellMed / Partner - Medicare Pro

9:00-11:00
Every Tuesday

 **CAREGIVER SOS**
 **WELLMED CHARITABLE FOUNDATION**

6:00-7:00 pm
Second Tuesday of the Month

Are you providing care to a family member or loved one?

SERVICES INCLUDE Coaching, Caregiver Support Groups, Virtual Learning Sessions, Stress Busting Classes & more
Laura Keown Caregiver Specialist (210) 207-5272

BRAIN CHALLENGE
Hidden Pictures Tuesdays and Thursdays

VOLUNTEERS

12:00 Wednesday, Mar. 5 - Committee Planning Meeting
12:30 Tuesday, Mar. 25 - All Volunteers

BUTTERFLY POPUP OUTLET
11:30 - 1:00 Last Wednesday
Play Bingo, Loteria, and Pokeno to win "NEW Butterfly Bucks"
Redeem Butterfly Bucks for prizes.
EXPIRATION DATE APPLIES

ywca 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
9:30 - 10:15	Thursday	Strength & Flex
10:30-11:30 Every Second Friday		
Exercise Equipment Training w/Personal Trainer		
10:30-11:30	Friday	Cardio Dance

SA OASIS COMPUTER CLASSES

WEDNESDAY

9:00-11:00	Mar.5-Mar.26	Introduction to Computer
1:00-3:00	Mar. 5	Meet The Computer
1:00-3:00	Mar.12-Mar 19	Learning Gmail
1:00-3:00	Mar. 26	Google Maps and Calendars

FRIDAY

9:00-11:00	Mar. 7	Beginners Guide to the Cloud
9:00-11:00	Mar. 11-Mar. 28	Google Maps

FREE In-Person Technology Lecture For Older Adults
SAN ANTONIO SENIOR PLANET FROM AARP
Older Adult Technology (OATS)

Mon, Mar. 3	Exploring Online Rx Drug Resources: Health Program
Mon, Mar 10	IoT Wearables: Health Program
Mon, Mar. 17	Meal Kit Services: Health Program
Mon. Mar. 24	Graduation: Digital Skills for Managing Health
Tues. Mar. 4	Mobile Health Apps: Health Program
Tues, Mar. 11	Fitness Apps: Health Program
Tues. Mar. 18	"Open Session to practice past session"

the YMCA

4:00-5:00 Mondays **MOVEMENT AND DANCE**
Movement and Dance can improve your physical and mental health, as well as your social skills.

4:00-5:00 Thursdays **CHAIR YOGA**
Yoga supports stress management, mental health, mindfulness, healthy eating weight loss and quality sleep.

Ball Drummin'
Drums Alive at D5 Cardio Exercise
Time to be Determined
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, Marshals, 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

Chair Volleyball
1:00 - 5:00 Monday Normoyle Gymnasium
3:00 - 5:00 Wednesday Practice D5 Center

MARCH

Look inside to discover activities and presentations designed to engage and inspire

2025 NATIONAL
NUTRITION
MONTH®



Food
Connects Us

A Campaign by the Academy of Nutrition and Dietetics

DISTRICT 5 SENIOR CENTER
FRESH T^oBLE

WEEKLY NEWSLETTER

9:30 Every Monday

PowerPoint Presentation

Start Your Week with Fresh,
Healthy Nutrition & Lifestyle Tips
Achieve Your Health Goals!

RESPECTING & HONORING

Biographical film

11:30 FRIDAY,
MARCH 28



CENTER CLOSED
Cesar Chavez
Day Of Service March 31, 2025



Mardi Gras

CELEBRATION

10:00 Tuesday, March 4



Women's History Month theme:

“ Moving Forward Together! Women Educating & Inspiring Generations”

Join us as inspiring woman share their stories
of resilience, success, and empowerment

Aloha Kitchen Owner—Rene'e Park

WOMEN'S
HISTORY
MONTH

9:30 Friday,
March 7



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