



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Legend: (F) - Fitness Room (C1) - Classroom 1 (C2) - Classroom 2 (D) - Dining Room (CR) - Computer Room (CONF) - Conference Room (A) - Art Room (CO) - Consulting Office (NO) - Nurse's Office</p>	<p>This calendar is tentative and may change without advance notice. NOTE: classes marked with ** are NOT instructor-led classes</p>	<p align="center">SEPTEMBER IS SENIOR CENTER MONTH! Turn over for more information!</p>	<p>1 8 AM - Body Swag (F) 9 AM - Low Impact Boot Camp (F) 9:30 AM - Movie: Age of Adeline (C1) 10 AM - Beginning Drawing (A) (must be pre-registered) 10 AM - NEW! Learn to Play Bridge (C2) 11 AM - Zumba Gold (F) 12 PM - Yoga (F) 1 PM - Circuit (F)</p>	<p>2 9 AM - Walking w/WellMed 9 AM - Free Bingo (D) 10 AM - Strength (F) 10 AM - DIY-time** (A) 11 AM - Line Dance (F) 12 PM - Sit and Be Fit (F) 1 PM - Hip Hop (F) 2 PM - NEW! Fitness Equipment Orientation (F)</p>
<p>5  CENTER CLOSED Note: Frozen meal will be served on Friday Sept. 2! HAPPY LABOR DAY!</p>	<p>6 9 AM - Circuit (F) 9:30 AM - NEW! Mind Joggers (C2)** 10 AM - Beginning Painting (A) (must be pre-registered) 10 AM - Zumba (F) 11 AM - Joint & Movement (F) 12:15 PM - Silver Sneakers Classic (F) 1 PM - Movie: Jurassic Park (C1) 1:15 PM - Zumba (F)</p>	<p>7 8:15 AM - Zumba (F) 9:30 AM - Smartphone Photography (2 of 3) CR 9:30 AM - Chair Volleyball (D)** 10 AM - Medicare Annual Enrollment Period Seminar: All Questions Answered! (C1) 10 AM - Leaf Rubbing w/ Parks & Recreation's David Goree (A) 10 AM - Yoga (F) 11 AM - Strength and Toning (F) 1 PM - Circuit (F)</p>	<p>8 8 AM - Body Swag (F) 9 AM - Low Impact Boot Camp (F) 9 AM - Nutrition Bingo (C1) 9 AM - 99¢ Store Trip (see back for details) 10 AM - Beginning Drawing (A) (must be pre-registered) 10 AM - NEW! Learn to Play Bridge (C2) 11 AM - Zumba Gold (F) 12 PM - Yoga (F) 1 PM - Circuit (F) 1 PM - Movie: Overboard (C1)</p>	<p>9 9 AM - Walking w/ WellMed 9 AM - Free Loteria (D) 10 AM - Strength (F) 10:15 AM - Team Trivia (D)** 10:30 AM - Utilities and You: Talk with CPS Energy (C1) 10 AM - DIY-time** (A) 11 AM - Line Dance (F) 12 PM - Sit and Be Fit (F) 1 PM - Hip Hop (F) 2 PM - NEW! Fitness Equipment Orientation (F)</p>
<p>12 GRANDPARENT'S DAY 8 AM—10 AM: OPEN HOUSE 9 AM - Line Dance (F) 9 AM - Financial Empowerment Center (CO) 9:30 AM - Intro to Computers (CR) (6 of 6) 9:30 AM - Chair Volleyball (D)** 10 AM - Low Impact Exercise (F) 11 AM - Just Dance (C2)** 11:30 AM - Low Impact Cardio (F) 12:15 PM - NEW! Fitness Equipment Orientation (F) 1 PM - Windows 10 (CR) (3 of 3) 1 PM - Circuit (F) 2:30 PM - Yoga (F)</p>	<p>13 9 AM - Circuit (F) 10 AM - Beginning Painting (A) (must be pre-registered) 10 AM - Zumba (F) 11 AM - Joint & Movement (F) 12:15 PM - Silver Sneakers Classic (F) 1 PM - Movie: Jurassic Park: The Lost World (C1) 1:15 PM - Zumba (F)</p>	<p>14 8:15 AM - Zumba (F) 9 AM - Medicare Benefits Counseling (NO) 9:30 AM - Smartphone Photography (3 of 3) (CR) 9:30 AM - Chair Volleyball (D)** 10 AM - Yoga (F) 10 AM - Centro de Artes Gallery (see back for details) 11 AM - Strength and Toning (F) 1 PM - Circuit (F)</p>	<p>15 8 AM - Body Swag (F) 9 AM - Low Impact Boot Camp (F) 9:30 AM - Movie: The Notebook (C1) 10 AM - Beginning Drawing (A) (must be pre-registered) 10 AM - NEW! Learn to Play Bridge (C2) 10 AM - Benefits Counseling (CO) 11 AM - Zumba Gold (F) 12 PM - Yoga (F) 12:30 PM - Karaoke (D)** 1 PM - Circuit (F)</p>	<p>16 9 AM - Walking w/ WellMed 9 AM - Free Bingo (D) 10 AM - Strength (F) 10:15 AM - Team Trivia (D)** 10:30 AM - Utilities and You: Talk with SAWS (C1) 11 AM - Line Dance (F) 12 PM - Sit and Be Fit (F) 1 PM - Hip Hop (F) 2 PM - NEW! Fitness Equipment Orientation (F)</p>
<p>19 9 AM - Line Dance (F) 9:30 AM - Learning Gmail (1 of 2) 9:30 AM - Chair Volleyball (D)** 10 AM - Low Impact Exercise (F) 10:30 AM - Digital Nutrition Intervention (D) 11 AM - Just Dance (C2)** 11:30 AM - Low Impact Cardio (F) 1 PM - Cybersecurity (CR) 1 PM - Circuit (F) 12:15 PM - NEW! Fitness Equipment Orientation (F) 2:30 PM - Yoga (F)</p>	<p>20 9 AM - Circuit (F) 9:30 AM - NEW! Mind Joggers (C2)** 10 AM - Beginning Painting (A) (must be pre-registered) 10 AM - Zumba (F) 11 AM - Joint & Movement (F) 12:15 PM - Silver Sneakers Classic (F) 1 PM - Movie: Jurassic Park 3 (C1) 1:15 PM - Zumba (F)</p>	<p>21 8:15 AM - Zumba (F) 9:30 AM - Android Phone and Tablet (1 of 2) (CR) 9:30 AM - Chair Volleyball (D)** 10 AM - Understanding Alzheimer's and Dementia (C1) 10 AM - Yoga (F) 11 AM - Strength and Toning (F) 12:30 PM - Medicare Annual Enrollment Period Seminar: All Questions Answered! (D) 1 PM - Circuit (F)</p>	<p>22 8 AM - Body Swag (F) 9 AM - Low Impact Boot Camp (F) 9 AM - Healthy Eating on a Budget (C1) 9 AM - Ross Dress for Less (see back for details) 10 AM - Beginning Drawing (A) (must be pre-registered) 10 AM - NEW! Learn to Play Bridge (C2) 11 AM - Zumba Gold (F) 12 PM - Yoga (F) 1 PM - Circuit (F) 1 PM - Movie: Fool's Gold (C1)</p>	<p>23 9 AM - Walking w/ WellMed 9 AM - Free Loteria (D) 10 AM - Leaf Rubbing w/ Parks & Recreation (A) 10 AM - Strength (F) 11 AM - Line Dance (F) 12 PM - Sit and Be Fit (F) 1 PM - Hip Hop (F) 2 PM - NEW! Fitness Equipment Orientation (F)</p>
<p>26 SUNRISE SOCIAL 9 AM - Line Dance (F) 9 AM - Financial Empowerment Center (CO) 9:30 AM - Chair Volleyball (D)** 9:30 AM - Learning Gmail (2 of 2) 10 AM - Low Impact Exercise (F) 11 AM - Just Dance (C2)** 11:30 AM - Low Impact Cardio (F) 12:15 PM - NEW! Fitness Equipment Orientation (F) 1 PM - Circuit (F) 1 PM - Google Maps & Calendars (CR) 2:30 PM - Yoga (F)</p>	<p>27 THROWBACK TUESDAY 9 AM - Circuit (F) 10 AM - Zumba (F) 11 AM - Joint & Movement (F) 12:15 PM - Silver Sneakers Classic (F) 1 PM - Movie: Jurassic World (C1) 1:15 PM - Zumba (F)</p>	<p>28 WACKY WEDNESDAY 8:15 AM - Zumba (F) 9 AM - Medicare Benefits Counseling (NO) 9:30 AM - Android Phone and Tablet (2 of 2) (CR) 9:30 AM - Chair Volleyball (D)** 10 AM - Yoga (F) 11 AM - Strength and Toning (F) 1 PM - Circuit (F) 1 PM - Aging Mastery Program (1 of 10) (C2)</p>	<p>29 WESTERN WEAR 8 AM - Body Swag (F) 9 AM - Low Impact Boot Camp (F) 9 AM - Holocaust Memorial Museum of SA (see back for details) 10 AM - NEW! Learn to Play Bridge (C2) 11 AM - Zumba Gold (F) 12 PM - Yoga (F) 1 PM - Circuit (F) 1 PM - Movie: Breakfast at Tiffany's (C1)</p>	<p>30 FUN FRIDAY 9 AM - Walking w/ WellMed 9 AM - Free Loteria (D) 10 AM - Strength (F) 10 AM - DIY-time** (A) 11 AM - Line Dance (F) 12 PM - Sit and Be Fit (F) 12 PM - Birthday Celebration! (D) 1 PM - Hip Hop (F) 2 PM - NEW! Fitness Equipment Orientation (F)</p>

INTERESTED IN VOLUNTEERING?

Walker Ranch Senior Center is seeking volunteers for the following positions:

- Special Activities Volunteer
- Meal Program Volunteer
- Tour Guides and Greeters
- Bingo & Loteria volunteers and more!

For more information, meet with Special Activities Coordinator, Elizabeth Vega in Rm. 162.

NOTE: A Volunteer Application and Criminal Background Check must be processed through the City of San Antonio prior to volunteering.

FITNESS SCHEDULE AT A GLANCE

Classes are 45 min. - 1 hr. long

MONDAY

9 AM - Line Dance
10 AM - Low Impact Exercise
11:30 AM - Low Impact Cardio
12:15 PM - Fitness Equipment Orientation
1 PM - Circuit
2:30 PM - Yoga

THURSDAY

8 AM - Body Swag
9 AM - Low Impact Boot Camp
11 AM - Zumba Gold
12 PM - Yoga
1 PM - Circuit

TUESDAY

9 AM - Circuit
10 AM - Zumba
11 AM - Joint & Movement
12:15 PM - Silver Sneakers Classic
1:15 PM - Zumba

FRIDAY

10 AM - Strength
11 AM - Line Dance
12 PM - Sit and Be Fit
1 PM - Hip Hop
2 PM - Fitness Equipment Orientation

WEDNESDAY

8:15 AM - Zumba
10 AM - Yoga
11 AM - Strength and Toning
1 PM - Circuit



SENIOR CENTER MONTH

Join us **September 26-30** for a weeklong celebration for Senior Center Month!

Sunrise Social Monday: Join us for coffee and something sweet at 7:30 AM.

Throwback Tuesday: Wear your favorite "throwback" outfit.

Wacky Wednesday: Wear your favorite wacky socks.

Western Wear Thursday: Wear your favorite western wear.

Fun Friday: Join us in the dining room for music, dancing and celebrations!



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 be done the day before a class or the day of.
- Tickets for entry into our fitness classes are distributed **15 minutes before class** start time.
- 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.

Late Arrival Policy: Slots will not be held. No late admittance. Once class begins, open slots will be given to members on wait list.

NEW IN SEPTEMBER

- ⇒ **Walking with WellMed:** start your day on the right foot by taking a morning stroll.
- ⇒ **Bridge:** refine your card-playing skills or learn to play!
- ⇒ **Mind Joggers:** innovative word games created to stimulate the mind.
- ⇒ **Leaf Rubbing:** with paper, color pencils and leaves, create beautiful leaf rubbings and celebrate Texas trees!
- ⇒ **Team Trivia:** Trivia at the Ranch – play solo or join a team.
- ⇒ **Open House:** bring your family between 8-10 AM to celebrate Grandparent's Day and Senior Center Month!
- ⇒ **Karaoke:** add some ***pizzazz*** to your day by belting out a song. Sing a solo or bring a friend to sing a duet!
- ⇒ **Aging Mastery Program:** 10 week program focusing on the idea that modest lifestyle changes can produce big results.
- ⇒ **Fitness Equipment Orientation:** learn how to use equipment in the facility safely and effectively.

FIELD TRIPS

- **Sept. 8, 9:00 AM – 99¢ Store** 
Two bag limit per person.
- **Sept. 14, 10:00 AM – Centro de Artes Gallery**
Two-story exhibit dedicated to telling the story of the Latino experience in South Texas through local and regional art, history and culture.
- **Sept. 22, 9:00 AM – Ross Dress for Less** 
Two bag limit per person.
- **Sept. 29, 9:00 AM – Holocaust Memorial Museum of San Antonio**
Living memorial of the Holocaust. Members will get the opportunity to visit interactive exhibits. Priority will be given to those who have not yet attended.

Wear comfortable shoes. Spots are limited, sign up at the reception desk!

****Subject to change based on vehicle availability****



A WellMed nurse will be onsite Monday, Tuesday, Thursday, and Friday. The following health screenings are offered at no cost:

- **Blood pressure**
- **Blood glucose**
- **BMI**
- **Health and wellness education, and more!**

DON'T FORGET TO GRAB YOUR MEAL!



Hot meals will be served in the dining room from 11 AM to 12:30 PM on a first come, first served basis. While supplies last.

Hot meals must be eaten in the dining room!