

San Antonio

May in-person events

Be sure to call to RSVP at **210-424-6086**.  
Class times and dates are subject to change.



950 S. General McMullen  
Suite 105  
San Antonio, TX 78237  
**210-424-6086 (TTY: 711)**  
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		1  10 - 11 a.m. Game time: Cards in café 11:30 a.m. - 12:30 p.m. SilverSneakers® Enerchi Tai Chi* 12:30 - 1 p.m. Cool down social 1:30 - 3 p.m. Craft corner: Mindful watercolor	2  9 - 10 a.m. New member orientation 10 a.m. - 12 p.m. Free from falls: Week 1	3  10 - 11 a.m. Soup can workout 11:30 a.m. - 12:30 p.m. Matinee meet up: Bring your friends 1:15 - 3:15 p.m. Movie & popcorn: The Hill (2023)
6  10 - 11 a.m. Coffee with friends 11:30 a.m. - 12:30 p.m. Zumba Gold®* 12:30 - 1 p.m. Cool down social 2 - 3 p.m. Pickleball	7  11 a.m. - 12 p.m. Tavel around the world: Music halls (streamed) 1:30 - 3 p.m. Craft corner: Rock painting summer flowers	8  10 - 11 a.m. Newspaper & coffee: Bring a friend 11:30 a.m. - 12:30 p.m. SilverSneakers® Enerchi Tai Chi* 12:30 - 1 p.m. Cool down social 1:15 - 2:15 p.m. Meditation moment	9  9 - 10 a.m. Social hour & healthy snacks 10 a.m. - 12 p.m. Free from falls: Week 2 1 - 3:15 p.m. MIND diet: Foods to fight dementia & cooking demo with San Antonio Food Bank	10  9:30 - 10:30 a.m. Veterans coffee club 11:30 a.m. - 12:30 p.m. Matinee meet up: Bring your friends 1:15 - 3:15 p.m. Movie & popcorn: Society of Snow (2024)
13  10 - 11 a.m. Coffee with friends 11:30 a.m. - 12:30 p.m. Zumba Gold®* 12:30 - 1 p.m. Cool down social 1:15 - 3:15 p.m. Monday movie Monday: East of Eden (1955)	14  9 - 10 a.m. Coffee & newspaper 10 - 11:30 a.m. What you need to know about Alzheimer's disease 1:30 - 2:30 p.m. Bingo	15  10 - 11 a.m. Game time: Cards in café 11:30 a.m. - 12:30 p.m. SilverSneakers® Enerchi Tai Chi* 12:30 - 1 p.m. Cool down social 1 - 2 p.m. Gratitude workshop	16  10 a.m. - 12 p.m. Free from falls: Week 3	17  10 - 11 a.m. Soup can workout 11:30 a.m. - 12:30 p.m. Matinee meet up: Bring your friends 1:15 - 3:15 p.m. Movie & popcorn: Queen Bees (2021)
20  10 - 11 a.m. Coffee with friends 11:30 a.m. - 12:30 p.m. Zumba Gold®* 12:30 - 1 p.m. Cool down social 2 - 3 p.m. Pickleball	21  9:30 - 10:30 a.m. Crafting with coffee 1:30 - 2:30 p.m. Game time: Lotería	22  10 - 11 a.m. Newspaper & coffee: Bring a friend 11:30 a.m. - 12:30 p.m. SilverSneakers® Enerchi Tai Chi* 12:30 - 1 p.m. Cool down social 2 - 3 p.m. Table tennis	23  10 a.m. - 12 p.m. Free from falls: Week 4	24  9:30 - 11:30 a.m. Movie & popcorn: Land (2021)  Center closing early at noon in observance of the holiday.
27  Happy Memorial Day! We are closed in observance of the holiday.	28  9:30 - 10:30 a.m. Crafting with coffee 11 a.m. - 12 p.m. Protect yourself from scams (streamed) 1:30 - 3:30 p.m. May birthday social & craft	29  10 - 11 a.m. Newspaper & coffee: Bring a friend 11:30 a.m. - 12:30 p.m. SilverSneakers® Enerchi Tai Chi* 12:30 - 1 p.m. Cool down social 2 - 3 p.m. Table tennis	30  10 - 11 a.m. Fall asleep, stay asleep 1 - 2:30 p.m. Find your feel great weight: Class 5 (RSVP)	31  10 - 11 a.m. Soup can workout 11:30 a.m. - 12:30 p.m. Matinee meet up: Bring your friends 1:15 - 3:15 p.m. Movie & popcorn: The Island (2005)



\*For Humana members with this benefit only.  
For accommodations of persons with special needs at meetings, call **210-424-6086 (TTY: 711)**.