


Monday		Tuesday		Wednesday		Thursday		Friday	
9:00 AOA Adaptive Yoga 9:00 Silver Sneakers Classic 10:00 Silver Sneakers Yoga 10:00 Bunco 10:00 Aqua Fit @ AC 10:35 Yoga Restore @ the Y 12:30 Bingo – Hope Hospice 12:00 Poker 12:00 7's & Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing & Notions 1:45 Line Dancing 2:30 Chair Volleyball	1	9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 10:30 Breathe Amazingly 10:35 Aqua Zumba @ AC 12:30 Pinochle 12:30 Hot Potato 12:30 Wii Bowling 12:30 Looming Looms 1:00 AOA Circuit 2:00 Zumba Gold 2:30 Lighthouse LVC 6 - 8 Y Healthy Living	2	9:15 Aqua Interval Training @AC 9:30 Silver Sneakers Classic 9:30 Zumba @ the Y 9 - 4 Summer Staycation Station 10:30 Family Feud 10:30 Silver Sneakers Circuit 10:35 Yoga Restore @ the Y 12:30 Bingo – The Brokerage 12:30 Double Pinochle 1:30 - 3 Pickleball @ the Y 1:30 Coloring Book Club 1:45 Line Dancing 2:30 Chair Volleyball	3	Facility Closed		Facility Closed	
9:00 AOA Adaptive Yoga 9:00 Silver Sneakers Classic 10:00 COS Summer Reading 10:00 Silver Sneakers Yoga 10:00 Bunco 10:00 Aqua Fit @ AC 10:35 Yoga Restore @ the Y 12:30 Bingo – Humana 12:00 Poker 12:00 7's & Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing & Notions 1:45 Line Dancing 2:30 Chair Volleyball	8	9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 10:30 Breathe Amazingly 10:35 Aqua Zumba @ AC 12:30 Pinochle 12:30 Hot Potato 12:30 Wii Bowling 12:30 Looming Looms 1:00 AOA Circuit 2:00 Zumba Gold 6 - 8 Y Healthy Living	9	Popcorn Raffle Day 9:15 Aqua Interval Training @AC 9:30 Silver Sneakers Classic 9:30 Zumba @ the Y 9 - 4 Summer Staycation Station 10:30 Silver Sneakers Circuit 10:35 Yoga Restore @ the Y 12:30 Bingo – NY Life 12:30 Double Pinochle 1:30 - 3 Pickleball @ the Y 1:30 Coloring Book Club 1:45 Line Dancing 2:30 Chair Volleyball	10	9:00 AOA Adaptive Yoga 9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 10:00 WellMed Health Screenings 12:00 Poker 12:30 AgriLife 12:30 Looming Looms 12:30 Be Senior Tech-Savvy 12:30 Mahjong 2:00 Chair Volleyball 6:00 Diabetes Prevention Program	11	9:00 Aqua Fit Class @ AC 9:30 Zumba Gold 10:00 Wii Bowling 10:30 Zumba @ the Y 10:30 Zumba Gold 12:00 Hand & Foot 12:30 7's & Canasta 1:30 - 3 Pickleball @ the Y Chair Volleyball 6 - 8 Bingo Night Sponsored by Kemper Health	12
9:00 AOA Adaptive Yoga 9:00 Silver Sneakers Classic 10:00 Silver Sneakers Yoga 10:00 Bunco 10:00 Aqua Fit @ AC 10:35 Yoga Restore @ the Y 12:30 Bingo – Olympia Hills Family 12:00 Poker 12:00 7's & Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing & Notions 1:45 Line Dancing 2:30 Chair Volleyball	15	Casino Trip All Day 9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 10:30 Breathe Amazingly 10:35 Aqua Zumba @ AC 12:30 Pinochle 12:30 Hot Potato 12:30 Wii Bowling 12:30 Looming Looms 1:00 AOA Circuit 2:00 Zumba Gold 6 - 8 Y Healthy Living	16	9:15 Aqua Interval Training @AC 9:30 Silver Sneakers Classic 9:30 Zumba @ the Y 9 - 4 Summer Staycation Station 10:30 Family Feud 10:30 Silver Sneakers Circuit 10:35 Yoga Restore @ the Y 12:30 Bingo – Synergy Hospice 12:30 Double Pinochle 1:30 - 3 Pickleball @ the Y 1:30 Coloring Book Club 1:45 Line Dancing 2:30 Chair Volleyball	17	9:00 AOA Adaptive Yoga 9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 11:00 AgriLife 12:00 Poker 12:30 Advisory Roundtable & Board Meeting 12:30 Wii Bowling 1:00 Silver Sneakers Classic 2:00 Chair Volleyball 6:00 Diabetes Prevention Program	18	9:00 Aqua Fit Class @ AC 9:30 Silver Sneakers Classic 10:00 Wii Bowling 10:30 Zumba @ the Y 10:30 Silver Sneakers Circuit 10:30 FLS: 4 Season Hospice 12:00 Hand & Foot 12:30 7's & Canasta 12:30 Line Dancing 1:00 Creative Crafts 1:30 - 3 Pickleball @ the Y 1:30 Chair Volleyball	19
9:00 AOA Adaptive Yoga 9:00 Silver Sneakers Classic 10:00 COS Summer Reading 10:00 Silver Sneakers Yoga 10:00 Bunco 10:00 Aqua Fit @ AC 10:35 Yoga Restore @ the Y 12:30 Bingo – Legacy at Forest Ridge 12:00 Poker 12:00 7's & Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing & Notions 1:45 Line Dancing 2:30 Chair Volleyball	22	9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 10:00 Schertz Library IT Tech 10:30 Breathe Amazingly 10:35 Aqua Zumba @ AC 12:30 Pinochle 12:30 Wii Bowling 12:30 Looming Looms 1:00 AOA Circuit WellMed Lecture Series 2:00 Zumba Gold 6 - 8 Y Healthy Living	23	9:15 Aqua Interval Training @AC 9:30 Silver Sneakers Classic 9:30 Zumba @ the Y 9 - 4 Summer Staycation Station 10:30 Family Feud 10:30 Silver Sneakers Circuit 10:35 Yoga Restore @ the Y 12:30 Bingo – City of Cibolo 12:30 Double Pinochle 1:30 - 3 Pickleball @ the Y 1:30 Coloring Book Club 1:45 Line Dancing 2:30 Chair Volleyball	24	9:00 AOA Adaptive Yoga 9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 10:00 WellMed Health Screenings 12:00 Poker 12:30 AgriLife 12:30 Looming Looms 12:30 Be Senior Tech-Savvy 12:30 Mahjong 1:00 AOA Stretch & Tone 2:00 Chair Volleyball 6:00 Diabetes Prevention Program	25	Monthly Birthday Party & Raffle 9:00 Aqua Fit Class @ AC 9:30 Silver Sneakers Classic 10:00 Wii Bowling 10:30 Zumba @ the Y 10:30 Silver Sneakers Circuit 12:00 Hand & Foot 12:30 7's & Canasta 12:30 Line Dancing 1:00 Texas A&M Trans. Institute Senior Driver BINGO 1:30 - 3 Pickleball @ the Y 1:30 Chair Volleyball	26
9:00 AOA Adaptive Yoga 9:00 Silver Sneakers Classic 10:00 Silver Sneakers Yoga 10:00 Bunco 10:00 Aqua Fit @ AC 10:35 Yoga Restore @ the Y 12:30 Bingo – Misty with Re/Max 12:00 Poker 12:00 7's & Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing & Notions 1:45 Line Dancing 2:30 Chair Volleyball	29	9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 10:30 Breathe Amazingly 10:35 Aqua Zumba @ AC 12:30 Pinochle 12:30 Hot Potato 12:30 Wii Bowling 12:30 Looming Looms 1:00 AOA Circuit 2:00 Zumba Gold 6 - 8 Y Healthy Living	30	9:15 Aqua Interval Training @AC 9:30 Silver Sneakers Classic 9:30 Zumba @ the Y 9 - 4 Summer Staycation Station 10:30 Family Feud 10:30 Silver Sneakers Circuit 10:35 Yoga Restore @ the Y 12:30 Bingo – Autumnwinds 12:30 Double Pinochle 1:30 - 3 Pickleball @ the Y 1:30 Coloring Book Club 1:45 Line Dancing 2:30 Chair Volleyball	31				
608 Schertz Parkway, Schertz, TX 78154 (210) 619-1970 Mon. – Thurs. 9am – 4pm/Friday 9am – 5pm									