

Monday

Tuesday

Wednesday

Thursday

Friday

# August 2019

Activities & classes are subject to change & cancellation.  
Cards & games played daily in Main Area.

SCHERTZ AREA   
**SENIOR CENTER**

<p>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 <b>12:30 Bingo - YMCA</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>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 <b>12:30 Bingo - Humana</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>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 <b>12:30 Bingo - TruCare</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>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 <b>12:30 Bingo - SilverTree</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>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 <b>12:30 Bingo - The Brokerage</b> 12:00 Double Pinochle 1:30 - 3 Pickleball @ the Y 1:30 Coloring Book Club 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>9:00 AOA Adaptive Yoga 9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 12:00 Poker 12:30 AgriLife 12:30 Be Senior Tech-Savvy 12:30 Mahjong 1:00 AOA Stretch &amp; Tone 2:00 Chair Volleyball 6:00 Diabetes Prevention Program</p>	<p>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 &amp; Foot 12:30 7's &amp; Canasta <b>12:30 WellMed 1st Friday BINGO</b> 1:30 - 3 Pickleball @ the Y <b>1:30 Creative Craft</b> 1:30 Chair Volleyball</p>
<p>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 <b>12:30 Bingo - YMCA</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>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 <b>12:30 Bingo - Humana</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>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 <b>12:30 Bingo - TruCare</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>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 <b>12:30 Bingo - SilverTree</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>9:15 Aqua Interval Training @AC 9:30 Silver Sneakers Classic 9:30 Zumba @ the Y <b>9 - 4 Summer Staycation Station</b> 10:30 Family Feud 10:30 Silver Sneakers Circuit 10:35 Yoga Restore @ the Y <b>12:30 Bingo - The Brokerage</b> 12:30 Double Pinochle 1:30 - 3 Pickleball @ the Y 1:30 Coloring Book Club 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>9:00 AOA Adaptive Yoga 9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 12:00 Poker 12:30 AgriLife 12:30 Be Senior Tech-Savvy 12:30 Mahjong 1:00 AOA Stretch &amp; Tone 2:00 Chair Volleyball 6:00 Diabetes Prevention Program</p>	<p>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 <b>10:30 FLS: Doss Audiology</b> 12:00 Hand &amp; Foot <b>12:30 4 Seasons 2nd Friday BINGO</b> 12:30 7's &amp; Canasta 12:30 Line Dancing 1:30 - 3 Pickleball @ the Y 1:30 Chair Volleyball</p>
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<p>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 <b>12:30 Bingo - TruCare</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>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 <b>12:30 Bingo - SilverTree</b> 12:00 Poker 12:00 7's &amp; Canasta 1:30 - 3 Pickleball @ the Y 1:30 Sewing &amp; Notions 1:45 Line Dancing 2:30 Chair Volleyball</p>	<p>9:15 Aqua Interval Training @AC 9:30 Silver Sneakers Classic 9:30 Zumba @ the Y 10:30 Family Feud 10:30 Silver Sneakers Circuit 10:35 Yoga Restore @ the Y <b>12:30 Bingo - City of Cibolo</b> 12:30 Double Pinochle 1:30 Coloring Book Club 1:45 Line Dancing <b>2:00 CE Series: Open Your Bible</b> 2:30 Chair Volleyball</p>	<p>9:00 AOA Adaptive Yoga 9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 12:00 WellMed Health Screenings 12:00 Poker 12:30 AgriLife 12:30 Be Senior Tech-Savvy 12:30 Mahjong 1:00 AOA Stretch &amp; Tone 1:30 Hot Potato 2:00 Chair Volleyball 6:00 Diabetes Prevention Program</p>	<p>9:00 Aqua Interval Training @AC 9:30 Silver Sneakers Classic 9:30 Zumba @ the Y 10:30 Family Feud 10:30 Silver Sneakers Circuit 10:35 Yoga Restore @ the Y <b>12:30 Bingo - City of Cibolo</b> 12:30 Double Pinochle 1:30 Coloring Book Club 1:45 Line Dancing <b>2:00 CE Series: Open Your Bible</b> 2:30 Chair Volleyball</p>	<p>9:00 AOA Adaptive Yoga 9:00 Zumba Gold 9:45 Wii Bowling 10:00 AOA Chair Yoga 12:00 WellMed Health Screenings 12:00 Poker 12:30 AgriLife 12:30 Be Senior Tech-Savvy 12:30 Mahjong 1:00 AOA Stretch &amp; Tone 1:30 Hot Potato 2:00 Chair Volleyball 6:00 Diabetes Prevention Program</p>	<p>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 &amp; Foot 12:30 7's &amp; Canasta 12:30 Line Dancing 1:30 - 3 Pickleball @ the Y 1:30 Chair Volleyball <b>8/31 - Y Living Graduation</b></p>