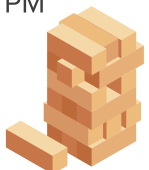


AUGUST

NORTH - 6485 Blanco Rd.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Price is Right 10:00 AM - 11:30 AM 	4 Senior Fitness: Zumba 10:00 AM - 11:00 AM 	5 Summer T-Shirt Making 10:00 AM - 11:30 AM 	6 Senior Fitness: Chair Yoga 1:00 PM - 2:00 PM	7 Senior Fitness: Zumba 10:00 AM - 11:00 AM Senior Fitness: Stretch & Balance 11:30 AM - 12:30 PM
10 Jenga Block Painting 10:00 AM - 12:00 PM 	11 Senior Fitness: Zumba 10:00 AM - 11:00 AM Senior Fitness: Tai Chi 1:00 PM - 2:00 PM	12 Bingo 1:00 PM - 3:00 PM 	13 Senior Fitness: Chair Yoga 1:00 PM - 2:00 PM	14 Senior Fitness: Zumba 10:00 AM - 11:00 AM Senior Fitness: Stretch & Balance 11:30 AM - 12:30 PM Bunco! 2:00 PM - 3:30 PM 
17 Roll a Dice, Win a Prize! 10:00 AM - 11:30 AM 	18 Senior Fitness: Zumba 10:00 AM - 11:00 AM Senior Fitness: Tai Chi 1:00 PM - 2:00 PM	19 Wooden Painting 1:00 PM - 3:00 PM 	20 Care & Conversations 9:00 AM - 10:30 AM  Senior Fitness: Chair Yoga 1:00 PM - 2:00 PM	21 Senior Fitness: Zumba 10:00 AM - 11:00 AM Senior Fitness: Stretch & Balance 11:30 AM - 12:30 PM Senior Appreciation Celebration 2:00 PM - 3:30 PM 
24 Lipgloss Making 10:00 AM - 11:30 AM 	25 Senior Fitness: Zumba 10:00 AM - 11:00 AM Senior Fitness: Tai Chi 1:00 PM - 2:00 PM	26 Loteria 10:00 AM - 12:00 PM 	27 Senior Fitness: Chair Yoga 1:00 PM - 2:00 PM 	28 Senior Fitness: Zumba 10:00 AM - 11:00 AM Senior Fitness: Stretch & Balance 11:30 AM - 12:30 PM
31 Mini Market 9:00 AM - While Supplies Last 	1 Senior Fitness: Zumba 10:00 AM - 11:00 AM Senior Fitness: Tai Chi 1:00 PM - 2:00 PM	2	3 Senior Fitness: Chair Yoga 1:00 PM - 2:00 PM	4 Senior Fitness: Zumba 10:00 AM - 11:00 AM Senior Fitness: Stretch & Balance 11:30 AM - 12:30 PM

ALL EVENTS ARE
FREE
& OPEN TO SENIORS OVER 62

Gonzaba Event Center - North Central
6485 Blanco Rd.
San Antonio, TX 78216



GONZABATM
MEDICAL GROUP

EVENT DETAILS

Senior Fitness Loyalty Program!
Attend fitness classes to redeem your loyalty card!

AUG
14

Bunco
Join us for a fun game of Bunco! No experience required- just bring smiles and a positive attitude! Winner prizes and refreshments provided.

AUG
20

Care & Conversations
Join Dr. Franco Quintanilla to discuss the importance of preventative vaccines and National Immunization Awareness Month! Refreshments provided. Raffles are to follow the presentation.

AUG
21

Senior Appreciation Celebration
Join us to celebrate Senior Appreciation Day! Refreshments and raffles will be provided.

AUG
31

Mini Market
Join us for a walk-up produce giveaway while supplies last! Must be present to claim.



Questions? Call 210-780-3147