

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Senior Fitness: Zumba 1:00 PM - 2:00 PM	4 DIY Metal Art 10:00 AM - 12:00 PM DIY Decoden Picture Frame 1:00 PM - 2:30 PM	5 DIY Whipped Body Sugar 10:00 AM - 11:30 AM NFL Diamond Painting 2:00 PM - 4:00 PM	6 CLOSED	7 Senior Fitness: Chair Yoga 10:00 AM - 11:00 AM
10 Senior Fitness: Zumba 1:00 PM - 2:00 PM	11 Senior Fitness: Tai Chi 10:15 AM - 11:15 AM Gonzaba Puzzle 1:00 PM - 2:00 PM	12 Bingo! 10:00 AM - 12:00 PM Lemonade Social 1:00 PM - 2:00 PM	13 CLOSED	14 Senior Fitness: Chair Yoga 10:00 AM - 11:00 AM
17 Chronic Pain Support Group English Session 10:00 AM - 11:30 AM Senior Fitness: Zumba 1:00 PM - 2:00 PM	18 Senior Fitness: Tai Chi 10:15 AM - 11:15 AM Paper Tulip Bouquet Assembly 1:00 PM - 2:30 PM	19 NFL Football T-Shirt Making 10:00 AM - 12:00 PM Price is Right! 1:00 PM - 2:00 PM	20 DIY NFL Cowbell Decorating 10:00 AM - 11:00 AM Football Makeup Bag 1:00 PM - 2:00 PM	21 Senior Fitness: Chair Yoga 10:00 AM - 11:00 AM
24 Grupo de Apoyo para el Dolor Cronico Sesión en español 10:00 AM - 11:30 AM Senior Fitness: Zumba 1:00 PM - 2:00 PM	25 Senior Fitness: Tai Chi 10:15 AM - 11:15 AM Dallas Cowboys Freshie Giveaway 1:00 PM - 3:00 PM	26 Loteria 10:00 AM - 12:00 PM DIY Football Tumber Decorating 2:00 PM - 4:00 PM	27 DIY Football Canvas Bag Decorating 10:00 AM - 12:00 PM DIY NFL Freshie Decorating 2:00 PM - 4:00 PM	28 Senior Fitness: Chair Yoga 10:00 AM - 11:00 AM
31 Senior Fitness: Zumba 1:00 PM - 2:00 PM	1	2	3	4

ALL EVENTS ARE
FREE
& OPEN TO SENIORS OVER 62

Gonzaba Event Center - South
933 Pleasanton Rd.
San Antonio, TX 78223



GONZABATM
MEDICAL GROUP

EVENT DETAILS

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

AUG 5 | **NFL Diamond Painting**
Join us for a fun craft to welcome the football season! Supplies will be provided.

AUG 12 | **BINGO!**
Come test your luck and play Bingo! Refreshments and winner prizes are available.

AUG 12 | **Lemonade Social**
Come cool down with us. Get out of the heat and treat yourself to a refreshing treat with great company.

AUG 25 | **Dallas Cowboys Freshie Giveaway**
Looking for more ways to show your team spirit? Join us for a Dallas Cowboys Car Freshie giveaway!

Questions? Call 210-780-3147