

AUGUST



WOODLAWN - 902 Bandera Rd.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Senior Fitness: Zumba 10:00 AM - 11:00 AM 	4 DIY Safety Keychain 10:00 AM - 11:30 AM 	5 Senior Fitness: Stretch & Balance 10:00 AM - 11:00 AM Laundry Kit Giveaway! 1:00 PM - While Supplies Last!	6 Senior Fitness: Zumba 10:00 AM - 11:00 AM	7 Loteria! 11:00 PM - 1:00 PM 
10 Senior Fitness: Zumba 10:00 AM - 11:00 AM 	11 Bunco! 10:00 AM - 11:30 AM Candle Painting 1:00 PM - 2:30 PM 	12 Senior Fitness: Stretch & Balance 10:00 AM - 11:00 AM Decorate Your Own Cowgirl Hat 12:30 PM - 2:30 PM 	13 Senior Fitness: Zumba 10:00 AM - 11:00 AM Clay Photo Holders 12:30 PM - 2:00 PM 	14 Squeeze Out Your Stress - DIY Stress Balls 10:00 AM - 12:00 PM 
17 Senior Fitness: Zumba 10:00 AM - 11:00 AM	18 Bingo! 10:00 AM - 12:00 PM 	19 Senior Fitness: Stretch & Balance 10:00 AM - 11:00 AM Make Your Own Affirmation Jar 12:30 PM - 2:00 PM 	20 Senior Fitness: Zumba 10:00 AM - 11:00 AM Egg Giveaway 1:00 PM - Till Supplies Last! 	21 Make Your Own Soap Bar 10:00 AM - 12:00 PM 
24 Senior Fitness: Zumba 10:00 AM - 11:00 AM 	25 Care & Conversations 10:00 AM - 11:30 AM  Dr. Franco Quintanilla	26 Senior Fitness: Stretch & Balance 10:00 AM - 11:00 AM Pressed Flower Vase 12:30 PM - 2:00 PM 	27 Senior Fitness: Zumba 10:00 AM - 11:00 AM Roll a Dice, Win a Prize! 1:00 PM - 3:00 PM 	28 Mini Market 9:00 AM - Till Supplies Last! 
31 Senior Fitness: Zumba 10:00 AM - 11:00 AM	1 Learn How to Make Healthy Smoothies! 10:00 AM - 11:30 AM	2 Senior Fitness: Stretch & Balance 10:00 AM - 11:00 AM	3 Senior Fitness: Zumba 10:00 AM - 11:00 AM	4 CLOSED 



ALL EVENTS ARE
FREE
& OPEN TO SENIORS OVER 62

Gonzaba Event Center - Woodlawn
902 Bandera Rd.
San Antonio, TX 78228



GONZABATM
MEDICAL GROUP



EVENT DETAILS

Senior Fitness Loyalty Program!

Attend fitness classes to redeem your loyalty card!

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Safety Keychain
Create your own personalized safety keychain with practical essentials to keep you prepared while adding your own unique style.

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Decorate Your Own Cowgirl Hat
Show off your creativity by designing and decorating a stylish cowgirl hat to take home and wear with pride.

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20

Egg Giveaway
Stop by to pick up a free carton of fresh eggs while supplies last and enjoy a chance to visit with friends in the community. Must be present to claim.

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25

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.

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28

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

Questions? Call 210-780-3147