

2026
OCTOBER

SOUTH - 933 Pleasanton Rd.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 DIY Halloween Bracelets 10:00 AM - 12:00 PM Fall Canvas Diamond Painting 1:00 PM - 3:00 PM	2 Senior Fitness: Chair Yoga 10:00 AM - 11:00 AM
5 Senior Fitness: Zumba 1:00 PM - 2:00 PM	6 Senior Fitness: Tai Chi 10:15 AM - 11:15 AM Halloween Koozie Decorating 1:00 PM - 2:00 PM	7 Bingo! 10:00 AM - 11:30 AM Senior Social 1:00 PM - 2:00 PM	8 Price is Right 10:00 AM - 11:30 AM Karaoke 1:00 PM - 3:00 PM	9 Senior Fitness: Chair Yoga 10:00 AM - 11:00 AM
12 Senior Fitness: Zumba 1:00 PM - 2:00 PM	13 Senior Fitness: Tai Chi 10:15 AM - 11:15 AM Phone Charm Making 12:00 PM - 2:00 PM	14 Loteria 10:00 AM - 11:30 AM	15 Holiday Fall Throw Pillow Decorating 10:00 AM - 12:00 PM Holiday Apron Decorating 1:00 PM - 3:00 PM	16 Senior Fitness: Chair Yoga 10:00 AM - 11:00 AM
19 Chronic Pain Support Group English Session 10:00 AM - 11:30 AM Senior Fitness: Zumba 1:00 PM - 2:00 PM	20 Senior Fitness: Tai Chi 10:15 AM - 11:15 AM Holiday Oven Mitten/Pot Holder Decorating 2:00 PM - 4:00 PM	21 Holiday Cup Decorating 10:00 AM - 12:00 PM Halloween Throw Pillow Decorating 1:00 PM - 3:00 PM	22 T-Shirt Making 10:00 AM - 1:00 PM Halloween Bucket Decorating 2:00 PM - 3:00 PM	23 Senior Fitness: Chair Yoga 10:00 AM - 11:00 AM
26 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	27 Senior Fitness: Tai Chi 10:15 AM - 11:15 AM Halloween Trunk or Treat Mini Market 1:00 PM - Till Supplies Last	28	29 BOOFEST OCTOBER 29, 2026 Freeman Colliseum, Expo Hall A 3201 E Houston St. Door Open at 9:00 AM!	30 Senior Fitness: Chair Yoga 10:00 AM - 11:00 AM

ALL EVENTS ARE
FREE
& OPEN TO SENIORS OVER 62

Gonzaba Event Center - South
933 Pleasanton Rd.
San Antonio, TX 78214



GONZABA
MEDICAL GROUP

EVENT DETAILS

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

- OCT 1

Fall Canvas Diamond Painting
What a time to be thankful! Welcome to the fall season with a fun fall-themed craft!
- OCT 7

Halloween Senior Social
Come join us for an afternoon of fun, laughter, good company, and Halloween spirit! No costumes required—just bring yourself and your smile! Enjoy delicious treats and a wonderful opportunity to visit with friends and meet new ones.
- OCT 27

Halloween Trunk or Treat Mini Market
Join us for a walk-up produce giveaway while supplies last! Must be present to claim.
- OCT 29

BOOFEST!
Bring a friend and join us at the Freeman Coliseum for our annual senior Halloween Dance! We will have live music, free food, prize raffles, photo booths, and a Halloween costume contest!

Questions? Call 210-780-3147