



Specialist and Wellness Center

1860 South Seguin Ave. Bldg D, New Braunfels, TX 78130

830-620-5626

Celebrating this month:
Bicycle Safety
Employee Health & Fitness
Mental Health Awareness

May 2018 Calendar of Events



		<p>1 Tai Chi 10:00-11:00 a.m. 1:30 Sit N Fit</p>	<p>2 Tai Chi 8:30 – 9:30 a.m. 10:00 – 11:00 a.m. 1:30 Bingo by Hope Hospice</p>	<p>3 Tai Chi 10:00 – 11:00 a.m. 11:15 Lunch & Learn: N.B. Rehabilitation Hospital 1:30 Diabetes Self-Management</p>	<p>4 8:30 Yoga 9:00 Monthly Birthday Celebration by Caring Senior Services 1:30 Color Me Happy</p>	
<p>6 Nurses Week May 6 - 12</p>	<p>7 National Pet Week Tai Chi 8:30 – 9:30 a.m. 10:00 – 11:00 a.m. 1:15 Matter of Balance</p>	<p>8 Tai Chi 10:00 – 11:00 a.m. 1:30 Sit N Fit</p>	<p>9 Tai Chi 8:30 – 9:30 a.m. 10:00 – 11:00 a.m. 1:30 Bingo by Genesis Colonial Manor</p>	<p>10 Tai Chi 10:00 – 11:00 a.m. No Lunch & Learn 1:30 Diabetes Self-Management (Last class)</p>	<p>11 8:30 Yoga 9:00 Mother's Day Celebration 11:00 – 12:00 Humana Agent on-site 1:30 Kindred Card Making</p>	<p>12</p>
<p>13 Nat'l Police Week Happy Mother's Day</p>	<p>14 National Nursing Home Week Tai Chi 8:30 – 9:30 a.m. 10:00 – 11:00 a.m. 1:15 Matter of Balance</p>	<p>15 9:00 Breakfast Social Tai Chi 10:00 – 11:00 a.m. 1:30 Sit N Fit</p>	<p>16 Tai Chi 8:30 – 9:30 a.m. 10:00 – 11:00 a.m. 1:30 Bingo by Kirkwood Manor</p>	<p>17 Tai Chi 10:00 – 11:00 a.m. No Lunch & Learn 1:30 Artistic Expressions Gathering *</p>	<p>18 8:30 Yoga 10:00 Book Club 1:30 – 4:00 Painting with Partners & Diane W. Everyone is invited.</p>	<p>19</p>
<p>20 Nat'l EMS Week</p>	<p>21 Tai Chi 8:30 – 9:30 a.m. 10:00 – 11:00 a.m. 1:15 Matter of Balance</p>	<p>22 Tai Chi 10:00 – 11:00 a.m. 1:30 Sit N Fit</p>	<p>23 Tai Chi 8:30 – 9:30 a.m. 10:00 – 11:00 a.m. 1:30 Bingo by Legend Oaks Healthcare</p>	<p>24 Tai Chi 10:00 – 11:00 a.m. 11:15 Lunch & Learn: Humana Pharmacy 1:30 Artistic Expressions Gathering *</p>	<p>25 8:00 Yoga 9:30 – 11:00 Cooking Healthy Demonstration by TX Ag</p>	<p>* What's Artistic Expressions Gathering? Where you bring your own supplies to paint, draw, literature, music etc. that shows your skills & imagination and looks beautiful. Join us</p>
<p>27</p>	<p>Memorial Day Center will be Closed</p>	<p>29 Tai Chi 10:00 – 11:00 a.m. 1:30 Sit N Fit</p>	<p>30 Tai Chi 8:30 – 9:30 a.m. 10:00 – 11:00 a.m. 1:30 Bingo</p>	<p>31 Tai Chi 10:00 – 11:00 a.m. Lunch & Learn moved to Friday, 6/1 1:30 Artistic Expressions</p>	<p>June 1st 8:30 Yoga 9:00 Monthly Birthday Celebration 10:30 Lunch & Learn</p>	