



September 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Water Cycling 2PM Inner City Pool	2
4 Labor Day CLOSED	5 Arts& Crafts 11AM San Martin de Porres Room 4	6 Art Class 1:00PM San Martin de Porres Room 4	7 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	8 Stroke Awareness Health Fair 9am-1pm 2201 Zacatecas St, Laredo	9
11 Healthy Cooking Class 9AM 7209 E. Saunder St. Suite 5 Monthly Meeting 7PM San Martin de Porres Family Life Center	12 Decompression Class 10AM Haynes Recreation Center	13 Art Class 1:00PM San Martin de Porres Room 4	14 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	15 Water Cycling 2PM Inner City Pool	16 Walking Club 9:30AM Mall Del Norte Cinemark Entrance
18 Healthy Cooking Class 9AM 7209 E. Saunder St. Suite 5	19 Brain Power 10AM San Martin de Porres Room 4	20 Art Class 1:00PM San Martin de Porres Room 4	21 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	22 Water Cycling 2PM Inner City Pool	23
25 Healthy Cooking Class 9AM 7209 E. Saunder St. Suite 5 Tardiada de Platica 6PM San Martin de Porres Caregivers Meeting 6PM San Martin de Porres	26 Gardening Class 10AM San Martin de Porres Room 4	27 Art Class 1:00PM San Martin de Porres Room 4	28 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	29 Water Cycling 2PM Inner City Pool	30 Walking Club 9:30AM Mall Del Norte Cinemark Entrance

***If you have any question please call Karla at 956-775-5774
Schedule is subject to change**