


















Pam Stephens Center September 2019



Every Monday		Every Tuesday		Every Wednesday		Every Thursday		Every Friday																						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue																					
1 Camping Week 	2 LABOR DAY The Arc will be closed	3	4 RMHC Payment Deadline for monthly outings	5 Rm. 3	6 THE MOVIES Rm. 2	7	8 Football Week 	9 Rm. 5 & 6	10 Rm. 1	11 FOOD BANK SERVING SOUTHWEST TEXAS	12 Care Provider Mtg. 11:00-12:00 Rm. 4	13 Rm. 6	14	15 5 Senses Week 	16 Rm. 5	17	18 Orange leaf SELF SERVE FROZEN YOGURT Rm. 1	19 Orange leaf SELF SERVE FROZEN YOGURT Rm. 2 Dollar Tree Rm. 5 & 6	20 	21	22 Apples Week 	23 Rm. 2 & 3 Fall is Here!	24 Orange leaf SELF SERVE FROZEN YOGURT Rm. 6	25 Orange leaf SELF SERVE FROZEN YOGURT Rm. 4	26 Orange leaf SELF SERVE FROZEN YOGURT Rm. 5 Dollar Tree Rm. 1	27 Orange leaf SELF SERVE FROZEN YOGURT Rm. 3 Dance 	28	29 Leaves Week 	30 Rm. 1 & 4	

Event	Description	Time	Event	Description	Time
	Bowling @ Bandera Bowl Cost \$7.00	Leave @ 10:45 Return @ 1:00 Eat lunch afterwards @ Arc		Collect and separate recyclables drop off at the Reddix Ctr.	Thursdays Time varies
	11715 Bandera Rd. Ste. 103 Cost \$8.00	Leave @12:00- Return @ 2:00 Eat lunch before @ The Arc		Assist in wiping down and cleaning areas as needed	Leave @ 10:15 Return @ 11:00
	Personal Shopping Cost of items Cash Only	Thursdays 10-12		Pick up and delivery food & drinks. Greet those served.	Leave @ 10:15 Return @ 12:00
	Package, sort and label food items for donation	Leave @ 9:00 Return @ 11:30		Shop for snack bars, activities and supplies as needed	Thursdays Time varies
	All will enjoy socializing and an in house movie	In the gym @ 1:30		Enjoy pampering and TLC provided by staff. \$2 charge ea.	Wednesday afternoons
	All will enjoy music, dance and socializing with friends	In the gym @ 1:30		Enjoy purchased snacks. Usual purchase around \$2	Friday 1:30-2:30
	Exercise for a healthy lifestyle Cost \$2.00	Mondays 10-12		Friendly competition between PSC and West Ave.	Friday's at the PSC gym 9-11:00
	Visit the Leon Valley City Libray and look at books and use computers	Tuesdays Leave @ 10:15 Return @ 11:30		Burger Lunch Cooked by Shepard of the Hills Church Chef \$4.00	Served during Lunch In the gym-Burger, fries and fresh fruit














September 2019

West Avenue



Every Monday  MEALS ON WHEELS SAN ANTONIO		Every Tuesday  MEALS ON WHEELS SAN ANTONIO		Every Wednesday  MEALS ON WHEELS SAN ANTONIO		Every Thursday  		Every Friday  					
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15 5 Senses Week 	16 Orange leaf SELF SERVE FROZEN YOGURT Rm. 10 	17  Rm. 3	18  Rm. 2 & 4	19  Rm. 8 	20  Rm. 1	21	22 Apples Week 	23 Fall is Here!  Rm. 5 	24  Rm. 9 & 11	25  Rm. 7	26  Rm. 10 	27 Dance 	28
29 Leaves Week 	30  Rm. 12 												

Calendar Key

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