



October 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	2 Water Aerobics 11AM Inner City Pool 202 W Plum St	3
5 YOGA 12:30PM 1701 Peaceful Meadows STE A4	6 Walking Club 11AM Mall Del Norte Cinemark Entrance	7 Art Class 1:00PM San Martin de Porres Room 4	8 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	9 Water Aerobics 11AM Inner City Pool 202 W Plum St	10
12 Monthly Meeting 6PM San Martin de Porres Family Life Center	13 Walking Club 11AM Mall Del Norte Cinemark Entrance	14 Art Class 1:00PM San Martin de Porres Room 4	15 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	16 Water Aerobics 11AM Inner City Pool 202 W Plum St	17 Laredo Health Promotores Annual Halloween Health Fair! 4:00 PM-7:00 PM 4735 Loma Vista Dr.
19 YOGA 12:30PM 1701 Peaceful Meadows STE A4	20 Walking Club 11AM Mall Del Norte Cinemark Entrance	21 Art Class 1:00PM San Martin de Porres Room 4	22 Exercise & Strengthening 11AM 1605 Del Mar Blvd Unit 114	23 Water Aerobics 11AM Inner City Pool 202 W Plum St	24
26 YOGA 12:30PM 1701 Peaceful Meadows STE A4 Tardiada de Platica 6PM San Martin de Porres Caregivers Meeting 6PM San Martin de Porres	27 Walking Club 11AM Mall Del Norte Cinemark Entrance	28 Art Class 1:00PM San Martin de Porres Room 4	29 Open Gym 11AM Haynes Recreation Center 2102 Clarks Crossing Drive	30 Water Aerobics 11AM Inner City Pool 202 W Plum St	31

***If you have any question please call Maria Garcia at 956-775-5774 or Cintya Medina 956- 775-6706**
Schedule is subject to change