

# WCF & COSA Senior Community Center

The Alicia Treviño López Senior One Stop Center

Welcome to our center!

## ACTIVITIES INCLUDE:

- Arts and Crafts
- Caregiver Services
- Board Games
- Bingo
- Movie Day
- Exercise Classes
- Health Education Classes
- Community and Resource Assistance

Please ask the front desk for more information and for game equipment.

Event schedules are subject to change.

**8353 Culebra Rd. Ste.102**  
**San Antonio, TX 78251**  
**Ph.210.558.0178**

**Monday - Friday 7:00 am - 4:00 pm**  
[wellmedcharitablefoundation.org](http://wellmedcharitablefoundation.org)  
[sanantonio.gov/humanservices/forseniors](http://sanantonio.gov/humanservices/forseniors)

# WCF & COSA Senior Community Center



## ACTIVITY CALENDAR

The Alicia Treviño López Senior One Stop Center

### About the WellMed Charitable Foundation

The WellMed Charitable Foundation (WCF) and the City of San Antonio (COSA) have partnered to operate The Alicia Treviño López Senior One Stop Center. This comprehensive center advances the City's focus of supporting San Antonio's multigenerational senior community in leading an active, independent and engaged life. The WellMed Charitable Foundation, established in 2006 by Dr. George M. Rapier III is the philanthropic partner of WellMed Medical Management, Inc. As a non-profit 501(c)3 organization, the Foundation supports older adults and their caregivers through opportunities to help them stay physically, mentally and socially active.

With the goal of healthy living, the Foundation oversees the daily operation of a series of nationally-recognized senior activity centers in Texas and Florida. Some are funded through valuable public/private partnerships. The senior activity centers are open to the public and provide services to people age 60 or older at no cost.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>01</b></p> <p>ART LAB (DK) 8:00 am - 11:00 am CHAIR FITNESS (3) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am IPAD CLASS (CL) 10:00 am - 11:00 am COMPUTER CLASS (CL) 12:15pm - 1:15pm VIDEO WORKOUT (3) 1:00 pm STRENGTH CORE BALANCE (2) 1:30 pm</p>	<p><b>02</b></p> <p>GUITAR PRACTICE (1A) 8:00 am - 9:00 am VIDEO WORKOUT (3) 8:30 am FLAMENCO (3) 9:30 am LOTERIA / BINGO (LR &amp; OL) 10:00 am CREATIVE WRITING (2) 10:00 am - 12:00 pm COMPUTER TECH HOUR &amp; IPAD TUTORING (CL) 12:15 pm - 1:15 pm CHAIR YOGA (2) 1:00 pm TOTAL CIRCUIT WITH DAVID (3) 1:30 pm</p> <p><b>FITNESS ORIENTATION</b> 9:00 am (Meet in Front Lobby)</p>	<p><b>03</b></p> <p>CANE SELF-DEFENSE CLASS (2) 9:00 am ZUMBA GOLD (3) 9:00 am FLAMENCO (2) 10:00 am FITNESS WITH DAVID (3 &amp; OL) 10:00 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm COMPUTER CLASS (CL) 12:15pm - 1:15pm FITNESS EXPRESS (3) 1:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p><b>CELEBRATING OLDER AMERICANS MONTH</b> Walking Challenge Prizes &amp; Mini Senior Olympics 1:00 pm - Lunch room</p> <p><b>MEDICARE 101</b> 9:00 am - Lunch Room</p>	<p><b>04</b></p> <p>TOTAL CIRCUIT WITH JEANINE (3) 8:30 am CHAIR YOGA STRETCH (3) 9:30 am COMPUTER TECH HOUR &amp; IPAD TUTORING (CL) 12:15 pm - 1:15 pm VIDEO WORKOUT (3) 1:00 pm TAI CHI (2) 1:00 pm</p> <p><b>PEER PROGRAM PRESENTATION</b> 10:00 am - Lunch Room</p> <p><b>CELEBRATE STAR WARS DAY</b> Dress as your favorite character! Group Picture Front Lobby - 11:00 am</p>	<p><b>05</b></p> <p>MORNING MOVIE (4) 8:30 am FITNESS EXPRESS (2) 8:30 am VIDEO WORKOUT (3) 9:00 am CHAIR FITNESS (3) 10:00 am DRAWING CLASS (DK) 10:00 am - 12:00 pm ADVANCED PAINTING (DK) 12:15 - 2:15 pm ZUMBA GOLD (3) 1:00 pm AFTERNOON MOVIE (4) 1:00 pm</p> <p><b>CINCO DE MAYO MINI CELEBRATION</b> 10:00 am - Lunch Room</p>
<p><b>08</b></p> <p>CHAIR FITNESS (3) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am IPAD CLASS (CL) 10:00 am - 11:00 am COMPUTER CLASS (CL) 12:15pm - 1:15pm VIDEO WORKOUT (3) 1:00 pm STRENGTH CORE BALANCE (2) 1:30 pm</p> <p><b>MOTHER'S DAY COOKING DEMONSTRATION</b> 10:00 - 11:00am - Demo Kitchen</p>	<p><b>09</b></p> <p>GUITAR PRACTICE (1A) 8:00 am - 9:00 am VIDEO WORKOUT (3) 8:30 am FLAMENCO (3) 9:30 am HEALTH AND WELLNESS EDUCATION SESSION (CR) 10:00 am LOTERIA / BINGO (LR &amp; OL) 10:00 am CREATIVE WRITING (2) 10:00 am - 12:00 pm CHAIR YOGA (2) 1:00 pm TOTAL CIRCUIT WITH DAVID (3) 1:30 pm</p> <p><b>FITNESS ORIENTATION</b> 9:00 am (Meet in Front Lobby)</p>	<p><b>10</b></p> <p>CANE SELF-DEFENSE (2) 9:00 am ZUMBA GOLD (3) 9:00 am FLAMENCO (2) 10:00 am FITNESS WITH DAVID (3 &amp; OL) 10:00 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm COMPUTER CLASS (CL) 12:15pm - 1:15pm FITNESS EXPRESS (3) 1:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p><b>MOTHER'S DAY SERENADE</b> 11:30 am - Lunch Room</p> <p><b>MEDICARE 101</b> 9:00 am - Lunch Room</p>	<p><b>11</b></p> <p>TOTAL CIRCUIT WITH JEANINE (3) 8:30 am CHAIR YOGA STRETCH (3) 9:30 am PEER SUPPORT GROUP (4) 10:00 am NAME THAT TUNE (2) 10:00 pm COMPUTADORA BASICA EN ESPAÑOL (CL) 12:15 pm - 1:15 pm VIDEO WORKOUT (3) 1:00 pm TAI CHI (2) 1:00 pm</p> <p><b>PROJECT HOPE DISTRIBUTION</b> Food Bank for those who quality</p>	<p><b>12</b></p> <p>MORNING MOVIE (4) 8:30 am FITNESS EXPRESS (2) 8:30 am VIDEO WORKOUT (3) 9:00 am CHAIR FITNESS (3) 10:00 am DRAWING CLASS (DK) 10:00 am - 12:00 pm HEALTH TALKS WITH NURSE ALYSSA (LR) 10:30 am ADVANCED PAINTING (DK) 12:15 - 2:15 pm</p> <p><b>CENTER IS CLOSING AT 2:30 PM</b></p> <p><b>WELLMED PATIENT APPRECIATION</b> By Invitation Only</p>
<p><b>15</b></p> <p>ART LAB (DK) 8:00 am - 11:00 am CHAIR FITNESS (3) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am IPAD CLASS (CL) 10:00 am - 11:00 am COMPUTER CLASS (CL) 12:15pm - 1:15pm VIDEO WORKOUT (3) 1:00 pm STRENGTH CORE BALANCE (2) 1:30 pm</p>	<p><b>16</b></p> <p>GUITAR PRACTICE (1A) 8:00 am - 9:00 am VIDEO WORKOUT (3) 8:30 am FLAMENCO (3) 9:30 am LOTERIA / BINGO (LR &amp; OL) 10:00 am CREATIVE WRITING (2) 10:00 am - 12:00 pm COMPUTER TECH HOUR &amp; IPAD TUTORING (CL) 12:15 pm - 1:15 pm CHAIR YOGA (2) 1:00 pm TOTAL CIRCUIT WITH DAVID (3) 1:30 pm</p> <p><b>FITNESS ORIENTATION</b> 9:00 am (Meet in Front Lobby)</p>	<p><b>17</b></p> <p>CANE SELF-DEFENSE (2) 9:00 am ZUMBA GOLD (3) 9:00 am FLAMENCO (2) 10:00 am FITNESS WITH DAVID (3 &amp; OL) 10:00 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm COMPUTER CLASS (CL) 12:15pm - 1:15pm FITNESS EXPRESS (3) 1:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p><b>NUTRITION PRESENTATION</b> 10:15 am - Lunch Room</p> <p><b>MEDICARE 101</b> 9:00 am - Lunch Room</p>	<p><b>18</b></p> <p>TOTAL CIRCUIT WITH JEANINE (3) 8:30 am CHAIR YOGA STRETCH (3) 9:30 am PEER SUPPORT GROUP (4) 10:00 am COMPUTER TECH HOUR &amp; IPAD TUTORING (CL) 12:15 pm - 1:15 pm VIDEO WORKOUT (3) 1:00 pm TAI CHI (2) 1:00 pm</p>	<p><b>19</b></p> <p>MORNING MOVIE (4) 8:30 am FITNESS EXPRESS (2) 8:30 am VIDEO WORKOUT (3) 9:00 am CHAIR FITNESS (3) 10:00 am DRAWING CLASS (DK) 10:00 am - 12:00 pm ADVANCED PAINTING (DK) 12:15 - 2:15 pm ZUMBA GOLD (3) 1:00 pm</p>
<p><b>22</b></p> <p>ART LAB (DK) 8:00 am - 11:00 am ECONOMIC SECURITY ASSISTANCE (C) 9:00 am - 12:00 pm CHAIR FITNESS (3) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am IPAD CLASS (CL) 10:00 am - 11:00 am COMPUTER CLASS (CL) 12:15pm - 1:15pm VIDEO WORKOUT (3) 1:00 pm STRENGTH CORE BALANCE (2) 1:30 pm</p>	<p><b>23</b></p> <p>GUITAR PRACTICE (1A) 8:00 am - 9:00 am VIDEO WORKOUT (3) 8:30 am FLAMENCO (3) 9:30 am LOTERIA / BINGO (LR &amp; OL) 10:00 am CREATIVE WRITING (2) 10:00 am - 12:00 pm COMPUTER TECH HOUR &amp; IPAD TUTORING (CL) 12:15 pm - 1:15 pm CHAIR YOGA (2) 1:00 pm TOTAL CIRCUIT WITH DAVID (3) 1:30 pm CAREGIVER SOS SUPPORT GROUP (CR) 1:30 pm</p> <p><b>FITNESS ORIENTATION</b> 9:00 am (Meet in Front Lobby)</p>	<p><b>24</b></p> <p>CANE SELF-DEFENSE (2) 9:00 am ZUMBA GOLD (3) 9:00 am FLAMENCO (2) 10:00 am FITNESS WITH DAVID (3 &amp; OL) 10:00 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm COMPUTER CLASS (CL) 12:15pm - 1:15pm FITNESS EXPRESS (3) 1:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p><b>NUTRITION PRESENTATION</b> 10:15 am - Lunch Room</p> <p><b>MEDICARE 101</b> 9:00 am - Lunch Room</p>	<p><b>25</b></p> <p>TOTAL CIRCUIT WITH JEANINE (3) 8:30 am CHAIR YOGA STRETCH (3) 9:30 am PEER SUPPORT GROUP (4) 10:00 am COMPUTER TECH HOUR &amp; IPAD TUTORING (CL) 12:15 pm - 1:15 pm VIDEO WORKOUT (3) 1:00 pm TAI CHI (2) 1:00 pm</p> <p><b>CFSP-DISTRIBUTION</b> Food Bank for those who qualify</p>	<p><b>26</b></p> <p>MORNING MOVIE (4) 8:30 am FITNESS EXPRESS (2) 8:30 am VIDEO WORKOUT (3) 9:00 am CHAIR FITNESS (3) 10:00 am DRAWING CLASS (DK) 10:00 am - 12:00 pm ADVANCED PAINTING (DK) 12:15 - 2:15 pm ZUMBA GOLD (3) 1:00 pm</p> <p><b>MAY BIRTHDAY CELEBRATION</b> 12:00 pm - 2:00 pm</p> <p><b>CENTER IS CLOSING AT 2:30 PM</b></p>
<p><b>29</b></p> <p><b>CENTER IS CLOSED IN OBSERVANCE OF</b></p> <p><b>MEMORIAL DAY</b> REMEMBER AND HONOR</p>	<p><b>30</b></p> <p>GUITAR PRACTICE (1A) 8:00 am - 9:00 am VIDEO WORKOUT (3) 8:30 am FLAMENCO (3) 9:30 am LOTERIA / BINGO (LR &amp; OL) 10:00 am CREATIVE WRITING (2) 10:00 am - 12:00 pm COMPUTER TECH HOUR &amp; IPAD TUTORING (CL) 12:15 pm - 1:15 pm CHAIR YOGA (2) 1:00 pm TOTAL CIRCUIT WITH DAVID (3) 1:30 pm</p> <p><b>FITNESS ORIENTATION</b> 9:00 am (Meet in Front Lobby)</p>	<p><b>31</b></p> <p>CANE SELF-DEFENSE (2) 9:00 am ZUMBA GOLD (3) 9:00 am FLAMENCO (2) 10:00 am FITNESS WITH DAVID (3 &amp; OL) 10:00 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm COMPUTER CLASS (CL) 12:15pm - 1:15pm FITNESS EXPRESS (3) 1:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p><b>MEDICARE 101</b> 9:00 am - Lunch Room</p>	<p><b>Room Key</b></p> <p>(1) Activity Room #1 (2) Activity Room #2 (3) Activity room #3 (4) Theater Room (C) Conference Room (CL) Computer Lab (DK) Demonstration Kitchen (L) Lobby (LR) Lunch Room (OL) On Line (SA) Social Areal</p> <p><b>Activities Subject to Change Without Notice</b></p>	<p><b>FITNESS ORIENTATION (NOT just for new members)</b> Before using the fitness area, we encourage you to attend one orientation for a refresher course on how to properly use our equipment</p> <p><b>VISIT OUR VIRTUAL SENIOR CENTER</b> Enjoy guided activities to do from the comfort of your own home!</p> <p>Scan Me! Scan the QR Code using your smartphone camera Tap the notification to open the link.</p>

# FITNESS CLASS SCHEDULE

You may sign up in person starting at 7:15 am or you may call after 7:30 am to sign up for a class on that same day  
**All classes are first come, first served. Voicemail NOT accepted to sign up for aerobics classes**

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am		<b>VIDEO</b> <i>Workout</i> (ACTIVITY ROOM 3)		<b>TOTAL CIRCUIT</b> WITH JEANINE (ACTIVITY ROOM 3)	<b>FITNESS EXPRESS</b> (ACTIVITY ROOM 2)
9:00 am			<b>CANE SELF DEFENSE</b> (ACTIVITY ROOM 2) <b>ZUMBA gold</b> (ACTIVITY ROOM 3)		<b>VIDEO</b> <i>Workout</i> (ACTIVITY ROOM 3)
9:30 am	<b>CHAIR FITNESS</b> (ACTIVITY ROOM 3)	<b>FLAMENCO</b> (ACTIVITY ROOM 3)		<b>CHAIR YOGA STRETCH</b> (ACTIVITY ROOM #3)	
10:00 am			<b>FLAMENCO</b> (ACTIVITY ROOM 2) <b>IN PERSON &amp; ZOOM FITNESS</b> (ACTIVITY ROOM 3)		<b>CHAIR FITNESS</b> (ACTIVITY ROOM 3)
1:00 pm	<b>VIDEO</b> <i>Workout</i> (ACTIVITY ROOM 3)	<b>CHAIR YOGA STRETCH</b> (ACTIVITY ROOM 2)	<b>FITNESS EXPRESS</b> (ACTIVITY ROOM 3)	<b>VIDEO</b> <i>Workout</i> (ACTIVITY ROOM 3) <b>TAI CHI</b> (ACTIVITY ROOM 2)	<b>ZUMBA gold</b> (ACTIVITY ROOM 3)
1:30 pm	<b>STRENGTH CORE BALANCE</b> (ACTIVITY ROOM 2)	<b>TOTAL CIRCUIT</b> WITH DAVID (ACTIVITY ROOM 3)			

## FITNESS CLASS DESCRIPTIONS

**CANE SELF DEFENSE:**

*A new form of self-defense*

**\*CHAIR FITNESS:**

*Fitness exercises done while sitting in a chair*

**\*CHAIR YOGA:**

*A gentle form of yoga using a chair for support*

**FITNESS EXPRESS:**

*Combination of exercises including cardio, bands and weights*

**FLAMENCO:**

*A Spanish dance art form*

**STRENGTH CORE BALANCE:**

*To strengthen the abdomen and back muscles and increase flexibility*

\*Chair Assisted Class Silver Sneaker Class

**TAI CHI:**

*An exercise using slow and controlled movements*

**TOTAL CIRCUIT:**

*Strength and cardio exercises using chairs, bands, weights*

**VIDEO WORKOUT:**

*Workout following on-screen instruction*

**ZUMBA GOLD:**

*Cardio dance class to improve balance, flexibility and cardiovascular strength*

## GAME SCHEDULE

*See the Front Desk for game equipment*

Monday	Tuesday	Wednesday	Thursday	Friday
Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)	Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)	Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)	Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)	Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)

# ANNOUNCEMENTS

## FITNESS ORIENTATION

BEFORE USING THE FITNESS AREA, WE ENCOURAGE YOU TO ATTEND ONE ORIENTATION FOR A REFRESHER COURSE ON HOW TO PROPERLY USE OUR EQUIPMENT.

Tuesdays, 9:00 am - Meet in Front Lobby

## CELEBRATE Star Wars Day with Us

Dress as Your Favorite Character!



Group Picture

11 am - Front Lobby

## QUESTIONS ABOUT MEDICARE?

Visit the Medicare Information Center



Located Inside WellMed Clinic

## WALKING with WellMed Mondays

10:30am



Sign up at Front Desk



Our Center Will Be Closed Monday, May 29

In Observance of Memorial Day

## HEALTH AND WELLNESS Education Session

Second Tuesday of the Month  
10:00 am Conf. Room



## HEALTH TALK

With Nurse Alyssa

2nd. Friday of the Month

10:30 am  
Lunch Room



## MOTHER'S DAY COOKING DEMONSTRATION



Monday, May 8  
10:00 am - 11:00 am

## MAY BIRTHDAY PARTY

Friday, May 26

12:00 pm - 2:00 pm



Join us for cupcakes, dancing and fun!

## ECONOMIC SECURITY ASSISTANCE

Fourth Monday of the Month

9:00 am - 12:00 pm  
Conference Room



## CAREGIVER Support Group

4th. Tuesday of the Month

1:30 pm  
Conference Room



## VISIT OUR VIRTUAL SENIOR CENTER



Scan the QR code using your smartphone camera. Tap the notification to open the link. Enjoy guided activities to do from the comfort of your own home!

## EVERY FRIDAY

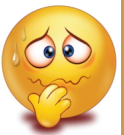


WEAR YOUR CENTER T-SHIRT

## REMEMBER

If you feel sick or in physical pain

Please Stay Home



Health Screenings	Dental Referrals	Lunch	Caregiver SOS	Important Numbers to Know
<p><b>Mondays &amp; Fridays</b> (unless otherwise noted)</p> <p>Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available</p> <p>WELLMED Doctors helping patients for more than 25 years <b>Alyssa Gonzalez, LVN</b></p>	<p>For Those Who Qualify</p> <p>Please see our nurse for more information</p>	<p>Lunch Check In Opens at 8:30 am Daily</p> <p>All Meals Are Served On a First Come, First Serve Basis</p> <p>Lunch Time is at 11:00 am</p>	<p>Are you providing care to a family member or loved one?</p> <p><b>SERVICES INCLUDE:</b></p> <p>Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes</p> <p>Please see <b>Cindy Robles</b> For more information</p>	<p><b>S.A.P.D</b> Non-Emergency: (210) 207-7273 <b>Emergency: 911</b></p> <p><b>Texas Abuse Hotline 1-800-252-5400</b> When you suspect abuse, neglect, or financial exploitation.</p> <p><b>Alamo Service Connection</b> (210) 477-3275 / 1-866-231-4922 Referral and assistance for seniors, people with disabilities, and veterans.</p> <p><b>City of San Antonio 311</b> Potholes, stray animals, downed street signs, trash collection.</p> <p><b>United Way 211</b> Crisis + Emergency, Disaster Assistance, Food, Health, Housing + Utilities, Jobs + Support, Reentry, Veterans</p>