

The Alicia Treviño López Senior One Stop Activity 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 multi-generational 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.

Visit our Virtual Senior Center

Enjoy guided activities to do
from the comfort of your own home!

- HEALTH INFORMATION
- ARTS AND CRAFT CLASSES
- DANCE CLASSES
- ZUMBA
- CHAIR FITNESS
- HEALTHY COOKING



Scan the QR code using your
smartphone camera. Tap the
notification to open link.



<https://www.wellmedcharitablefoundation.org/virtual-center/>

CALENDAR OF EVENTS

8353 Culebra Rd, Ste. 102 San Antonio, TX 78251
Monday - Friday 7:00 am - 4:00pm | Tel: 210.558.0178

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>VISIT OUR VIRTUAL SENIOR CENTER</div> <div>Enjoy guided activities to do from the comfort of your own home!</div> <div>Scan the QR Code using your smartphone camera Tap the notification to open the link.</div> <div><div>Scan Me!</div></div>	<div>FITNESS ORIENTATION</div> <div>(NOT just for new members)</div> <div>Before using the fitness area, we encourage you to attend one orientation for a refresher course on how to properly use our equipment</div>	<div>Room Key</div> <div>(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</div> <div>Activities</div> <div>Subject to Change Without Notice</div>	<div></div> <div>SPRING FORWARD</div> <div>Turn your clocks ahead</div> <div>Sunday, March 10</div>	<div>01</div> <div>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm HEALTH TALKS WITH NURSE ALYSSA (LR) 10:30 am AFTERNOON MOVIE (4) 1:00 pm</div>
<div>04</div> <div>ART LAB (DK) 8:00 am - 11:00 am LEAN & GREEN (4) with David Smith 9:30 am OATSTECH HOUR (CL) 10:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am</div>	<div>05</div> <div>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR II & I (4) 9:00 am - 10:30 am / 10:30 am - 12:00 pm LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm OATS TECH HOUR ESPAÑOL (CL) 10:00 am - 11:00 am BEGINNER GUITAR II & I (4) 12:00 pm - 1:30 pm / 1:30 pm - 3:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm</div>	<div>06</div> <div>OATS TECH HOUR (CL) 10:00 am - 11:00 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</div> <div><div>BRAIN HEALTH</div><div>ALZHEIMER'S RESENTATION</div><div>9:30 am - Room #4</div></div> <div><div>EASTER CRAFT CLASS</div><div>1:00 pm - Lunch Room</div><div>Sign up at Front Desk</div></div>	<div>07</div> <div>PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 10:00 am - 11:00 am</div> <div><div>BEYOND THE TABLE</div><div>2024 NATIONAL NUTRITION MONTH A CAMPAIGN BY THE ACADEMY OF NUTRITION AND DIETETICS</div></div> <div><div>FRUITS AND VEGETABLES SHOW & TELL</div><div>9:00 am - Lunch room</div></div>	<div>08</div> <div>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm KARAOKE FRIDAY (LR) By Team Up 4 Coverage 12:30 pm AFTERNOON MOVIE (4) 1:00 pm</div> <div><div>WEAR PURPLE FOR INTERNATIONAL WOMEN'S DAY</div><div>Group Picture Front Lobby 10:30 am</div></div>
<div>11</div> <div>ART LAB (DK) 8:00 am - 11:00 am LEAN & GREEN (4) with David Smith 9:30 am OATSTECH HOUR (CL) 10:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am</div> <div><div>BEYOND THE TABLE</div><div>2024 NATIONAL NUTRITION MONTH A CAMPAIGN BY THE ACADEMY OF NUTRITION AND DIETETICS</div></div> <div><div>NUTRITION BINGO</div><div>10:00 am - Lunch Room</div></div>	<div>12</div> <div>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR II & I (4) 9:00 am - 10:30 am / 10:30 am - 12:00 pm LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm OATS TECH HOUR ESPAÑOL (CL) 10:00 am - 11:00 am BEGINNER GUITAR II & I (4) 12:00 pm - 1:30 pm / 1:30 pm - 3:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm</div>	<div>13</div> <div>LEAN & GREEN (4) with David Smith 9:30 am OATS TECH HOUR (CL) 10:00 am - 11:00 am INTERMEDIATE PAINTING (DK) 10:00am-12:00pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</div> <div><div>UHC VCARD AND WELLMED FLEX CARD INFORMATION SESSION</div><div>9:30 am - Lunch Room</div></div>	<div>14</div> <div>PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 10:00 am - 11:00 am NAME THAT TUNE! (2) 12:00 pm</div> <div><div>PROJECT HOPE DISTRIBUTION</div><div>Food Bank for those who qualify</div><div>10:00 am - 11:00 am</div></div>	<div>15</div> <div>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm HEALTH TALKS WITH NURSE ALYSSA (LR) 10:30 am AFTERNOON MOVIE (4) 1:00 pm</div> <div><div>WEAR GREEN FOR ST. PATRICK'S DAY</div><div>Group Picture Front Lobby 10:30 am</div></div>
<div>18</div> <div>ART LAB (DK) 8:00 am - 11:00 am LEAN & GREEN (4) with David Smith 9:30 am OATS TECH HOUR (CL) 10:00 am - 11:00 am</div> <div><div>FIELD TRIP TO SPROUTS GROCERY STORE</div><div>Sign up at Front Desk</div><div>Limited to 20 Participants</div><div>9:30 am</div></div>	<div>19</div> <div>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR II & I (4) 9:00 am - 10:30 am / 10:30 am - 12:00 pm HEALTH AND WELLNESS EDUCATION SESSION (CR) 10:00 am LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm OATS TECH HOUR ESPAÑOL (CL) 10:00 am - 11:00 am BEGINNER GUITAR II & I (4) 12:00 pm - 1:30 pm / 1:30 pm - 3:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm</div>	<div>20</div> <div>LEAN & GREEN (4) with David Smith 9:30 am OATS TECH HOUR (CL) 10:00 am - 11:00 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</div>	<div>21</div> <div>PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 10:00 am - 11:00 am</div> <div><div>FIELD TRIP TO SPROUTS GROCERY STORE</div><div>Sign up at Front Desk</div><div>Limited to 20 Participants</div><div>9:30 am</div></div>	<div>22</div> <div>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</div> <div><div>BEYOND THE TABLE</div><div>2024 NATIONAL NUTRITION MONTH A CAMPAIGN BY THE ACADEMY OF NUTRITION AND DIETETICS</div></div> <div><div>NUTRITION CLASS</div><div>10:15 am - Lunch Room</div></div> <div><div>MARCH BIRHTDAY PARTY</div><div>12:00 pm - 2:00 pm</div></div>
<div>25</div> <div>ART LAB (DK) 8:00 am - 11:00 am LEAN & GREEN (4) with David Smith 9:30 am OATS TECH HOUR (CL) 10:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am</div> <div><div>BEYOND THE TABLE</div><div>2024 NATIONAL NUTRITION MONTH A CAMPAIGN BY THE ACADEMY OF NUTRITION AND DIETETICS</div></div> <div><div>COOKING DEMONSTRATION</div><div>1:00 pm - Demo Kitchen</div></div>	<div>26</div> <div>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR II & I (4) 9:00 am - 10:30 am / 10:30 am - 12:00 pm LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm OATS TECH HOUR ESPAÑOL (CL) 10:00 am - 11:00 am BEGINNER GUITAR II & I (4) 12:00 pm - 1:30 pm / 1:30 pm - 3:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm CAREGIVER SOS SUPPORT GROUP (CR) 1:30 pm</div>	<div>27</div> <div>LEAN & GREEN (4) with David Smith 9:30 am OATS TECH HOUR (CL) 10:00 am - 11:00 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</div> <div><div>EASTER EGG HUNT</div><div>1:00 pm - Lunch Room</div></div>	<div>28</div> <div>PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 10:00 am - 11:00 am</div> <div><div>BEYOND THE TABLE</div><div>2024 NATIONAL NUTRITION MONTH A CAMPAIGN BY THE ACADEMY OF NUTRITION AND DIETETICS</div></div> <div><div>NUTRITION CLASS</div><div>10:15 am - Lunch Room</div></div> <div><div>CFSP DISTRIBUTION</div><div>Food Bank for those who qualify</div><div>10:00 am - 11:00 am</div></div>	<div>29</div> <div>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm</div> <div><div>CENTER IS CLOSING AT 2:30 PM</div></div>

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	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am		BALANCE CORE & STRENGTH (ACTIVITY ROOM 2)		TOTAL CIRCUIT WITH JEANINE (ACTIVITY ROOM 3)	FITNESS EXPRESS (ACTIVITY ROOM 2)
9:00 am	BOOM MUSCLE (ACTIVITY ROOM 3)	VIDEO Workout (ACTIVITY ROOM 3)	CANE SELF DEFENSE (ACTIVITY ROOM 2) ZUMBA gold (ACTIVITY ROOM 3)		VIDEO Workout (ACTIVITY ROOM 3)
9:30 am		FLAMENCO (ACTIVITY ROOM 2)		CHAIR YOGA STRETCH (ACTIVITY ROOM #3)	
10:00 am		CHAIR FITNESS (ACTIVITY ROOM 3)	FLAMENCO MUSCLE MATTERS (ACTIVITY ROOM 3)		BOOM MUSCLE (ACTIVITY ROOM 3)
12:30 pm	VIDEO Workout (ACTIVITY ROOM 3)			VIDEO Workout (ACTIVITY ROOM 3)	
1:00 pm		TOTAL CIRCUIT WITH JEANINE (ACTIVITY ROOM 2)	FITNESS EXPRESS (ACTIVITY ROOM 3)	TAI CHI (ACTIVITY ROOM 2)	ZUMBA gold (ACTIVITY ROOM 3)
2:00 pm		CHAIR YOGA STRETCH (ACTIVITY ROOM 2)			

FITNESS CLASS DESCRIPTIONS

BALANCE CORE & STRENGTH:

To strengthen the abdomen and back muscles and increase flexibility

BOOM MUSCLE:

Incorporates athletic exercises that boost overall fitness

CANE SELF DEFENSE:

A new form of self-defense

*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

MUSCLE MATTERS:

A strength and balance to improve the muscle and bone health

TAI CHI:

An exercise using slow and controlled movements

VIDEO WORKOUT:

Workout following on-screen instruction

ZUMBA GOLD:

Cardio dance class to improve balance, flexibility and cardiovascular strength

 Chair Assisted Class  Silver Sneaker Class

GAME SCHEDULE

See the Front Desk for game equipment

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

8353 Culebra Road Ste. 102 San Antonio, TX 78251 210.558.0178

Activities Subject to Change Without Notice

ANNOUNCEMENTS



INTERNATIONAL

WOMEN'S DAY



WEAR PURPLE ON FRIDAY, MARCH 8

Group Picture 10:00 am - Front Lobby

JOIN US AND LEARN ABOUT

UHC VCard & WellMed FlexCard

Wednesday

March 13

9:30 am - 10:30 am

Lunch Room

BRAIN HEALTH

Alzheimer's presentation



Wednesday, March 6

9:30 am - Room # 4

WEAR

GREEN

Friday, March 15

Join us for a group picture 10:30 am - Front Lobby



REMEMBER

If you feel sick or in physical pain

Please Stay Home



EASTEREGGHUNT

Wednesday, March 27 | 1:00 pm - Lunch Room



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

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!




HEALTH AND WELLNESS

Education Session

Third Tuesday

of the Month

10:00 am Conf. Room




QUESTIONS ABOUT

MEDICARE?

Visit the Medicare Information Center

Located Inside

WellMed Clinic



WALKING

with WellMed

Mondays

10:30am

Sign up at Front Desk



HEALTH TALK

With Nurse Alyssa

3rd. Friday

of the Month

10:30 am

Lunch Room



CAREGIVER

Support Group

4th. Tuesday of the Month

1:30 pm

Conference Room



HEALTHY


COOKING



DEMONSTRATION

2nd Monday

of the Month

12:30 pm - Demo Kitchen



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