



Doris Griffin 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 Doris Griffin 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

6157 NW Loop 410, Ste, 120, San Antonio, TX 78238
Monday - Friday 7:00 am - 4:00pm | Tel: 210.780.7444



6157 NW Loop 410, San Antonio, TX 78238 * 210-780-7444 * Monday-Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30a Advanced Guitar 9a Beginning Computer Class 9:15a Lotería 10a Beginning Guitar 11:30a Intermediate Guitar NO MEAL NO TRANSPORTATION 2:30 Theatre Group</p> 	<p>9:30 Jewelry Class 10a Knitters & Crocheters 1p Beginning Ukulele 2p Intermediate Ukulele</p> 	<p>8:30 Advanced Guitar 9a Jam with Robert Cruz 12:20 Bingo 1p Computer Class How to Use Your Ipad</p> 	<p>9:30 Jewelry Class 10a Do you know how 10a Talk with Nurse Bertha " Know your Labs" 10a Do you know how To Use your UCard? 11a ESL Beginners</p> 	<p>9:30a Trip Central Library \$1.00 10a Movie 10a Knitters Crocheters 11a ESL Intermediate 12n Quilting 12:30 Karaoke 1p Movie</p> 
<p>8:30a Advanced Guitar 9a Beginning Computer Class 9:15a Lotería 10a Beginning Guitar 11:30a Intermediate Guitar 2:30 Theatre Group Come watch the Eclipse with Us!</p> 	<p>9:30 Jewelry Class 10a Knitters & Crocheters 9:30a Walkers on the Go 1p Beginning Ukulele 2p Intermediate Ukulele</p> 	<p>8:30 Advanced Guitar 9a Jam with Robert Cruz 10:00a Walmart and Burger Boy Trip 12:20 Bingo 1p Computer Class How to Use Your Ipad</p> 	<p>9:30 Jewelry Class 10a Diabetes Class "Deep" 10a Do you know how To Use your UCard? 11a ESL Beginners 1p FOOD BANK</p> 	<p>9:30a Zoo Trip \$8.00 10a Movie 10a Knitters Crocheters 11a ESL Intermediate 12n Quilting 12:30 The Doris Griffin Players "Planes, Trains & Buses"</p> 
<p>8:30a Advanced Guitar 9a Beginning Computer Class 9:15a Lotería 10a Beginning Guitar 10a Trip to Market Square Lunch on your own 11:30a Intermediate Guitar</p> 	<p>9:30 Jewelry Class 9:30a Make Fiesta Hats & Floats with Luis 10a Knitters & Crocheters 1p Beginning Ukulele 2pm Intermediate Ukulele</p> 	<p>8:30a Advanced Guitar 9am Jam with Robert Cruz 10a Medicare and VA Questions 10:00a Nutrition with Natalie 12:20 Bingo 1p Computer Class How to Use Your Ipad</p> 	<p>9:30 Jewelry Class 10a Diabetes Class "Deep" 11a ESL Beginners 12:15p Name That Tune 12:30 Flamenco</p> 	<p>10a Movie 10a Knitters Crocheters 11a ESL Intermediate 12n Quilting 12:30p Fiesta Dance and Birthday Cup Cakes 2:30 Karaoke 1p Movie</p> 
<p>8:30a Advanced Guitar 9a Beginning Computer Class 9:15a Lotería 10a Beginning Guitar 11:30a Intermediate Guitar</p> 	<p>9:30 Jewelry Class 10a Knitters & Crocheters 9:30a Walkers on the Go 10a Food Bank Cooking Class 1p Beginning Ukulele 2p Intermediate Ukulele</p> 	<p>8:30a Advanced Guitar 9am Jam with Robert Cruz 10:00a Nutrition with Natalie 12:20 Bingo 1p Computer Class How to Use Your Ipad</p> <p>IT'S PICTURE DAY! STOP BY THE FRONT DESK HAVE YOUR PICTURE TAKEN AND GET A GRANOLA BAR!!</p>	<p>9:30 Jewelry Class 9:30 Senior Fest at Crossroads Mall 11a Diabetes Class "Deep" 11a ESL Beginners</p> 	<p>10a Movie 10a Knitters Crocheters 11a ESL Intermediate 12n Quilting NO MEAL NO TRANSPORTATION 12:30 Karaoke 1p Movie</p> 
<p>8:30a Advanced Guitar 9a Beginning Podcasting 9:15a Lotería 10a Beginning Guitar 11:30a Intermediate Guitar</p> 	<p>9:30 Jewelry Class 10a Knitters & Crocheters 1p Beginning Ukulele 2p Intermediate Ukulele</p> 	<p>TRIPS April 5 Central Library April 10 Walmart * Burger Boy April 12 Zoo Trip April 15 Market Square April 25 Senior Fiesta</p>	<p>We are fortunate to offer "DEEP" it is a diabetes self-management workshop designed to help you control your diabetes and reduce their risk of complications. We'll cover managing symptoms, exercise, medications, and working with their doctors. You'll get workshop materials, and those who complete the workshop get an HEB gift card. This is an 8 week course and limited seating.</p> 	

FITNESS CLASS SCHEDULE

You may sign up in person at 7:15 am or you may start calling at 7:30 am to sign up for a class on that same day

All classes are first come, first serve. Voicemail NOT accepted to sign up for aerobics classes

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am		GET MOVING	GET MOVING	GET MOVING	CARDIO DRUMMING
10:00 am	CARDIO DANCE	YOGA	CHAIR CIRCUIT	CARDIO DANCE	MUSCLE MATTERS
11:00 am	ZUMBA GOLD	ZUMBA GOLD <i>BEGINS APRIL 16TH</i>	YOGA	ZUMBA GOLD	
12:00 pm	LINE DANCING		FEEL THE BEAT	FLAMENCO	CARDIO DANCE
1:00 pm	FEEL THE BEAT	CARDIO DANCE	BELLY DANCING	STRENGTH 45	CHAIR CIRCUIT
2:00 pm	MUSCLE MATTERS	QIGONG	TAI CHI	QIGONG	

Please Note: Strength 45 Class is held at 12:00 pm on the 3rd Thursday of the month.

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GAME SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG CHAIR VOLLEYBALL DOMINOES / RUMIKUB BILLIARDS	PING PONG CHAIR VOLLEYBALL DOMINOES / RUMIKUB BILLIARDS	PING PONG DOMINOES / RUMIKUB BILLIARDS	PING PONG DOMINOES / RUMIKUB BILLIARDS	PING PONG DOMINOES / RUMIKUB BILLIARDS

ANNOUNCEMENTS

WALKERS
on the Go!
2nd and 4th Tuesday
of the month
9:30 am

Sign up
at Front Desk




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!

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EVERY
WEDNESDAY

WEAR YOUR
CENTER T-SHIRT

DO YOU HAVE
QUESTIONS ABOUT
MEDICARE?

visit the Medicare
Information Center




Located Next to
WellMed Clinic



Don't Miss the
Doris Griffin
Comedy Production
of
“Trains, Planes and Buses”

April 12
12:30p



HEALTH AND
WELLNESS CLASS
With Nurse Bertha
First Thursday
of the Month



Health Screenings	Lunch	Caregiver SOS	Important Numbers to Know
<p>Wednesdays & Fridays (unless otherwise noted)</p> <p>Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available</p> 	<p>Lunch Check In Opens at 9:45 am Daily</p> <p>All Meals Are Served On a First Come, First Serve Basis</p> <p>Lunch Time is at 11:30 am</p>	<p>Are you providing care to a family member or loved one?</p> <p>SERVICES INCLUDE:</p> <p>Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes Please see Cindy Robles For more information</p> 	<p>S.A.P.D Non-Emergency: (210) 207-7273 Emergency: 911 Texas Abuse Hotline 1-800-252-5400 When you suspect abuse, neglect, or financial exploitation.</p> <p>Alamo Service Connection (210) 477-3275 / 1-866-231-4922 Referral and assistance for seniors, people with disabilities, and veterans.</p> <p>City of San Antonio 311 Potholes, stray animals, downed street signs, trash collection.</p> <p>United Way 211 Crisis + Emergency, Disaster Assistance, Food, Health, Housing + Utilities, Jobs + Support, Reentry, Veterans</p>