



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	
01		02		03		04		05	
ART LAB (DK) 8:00 am - 11:00 am ADDRESS THE STRESS With David Smith (4) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (2) 12:00 pm WALKING CHALLENGE BEGINS! See Richard for more information CITY HOLIDAY No Lunch / No Transportation		FITNESS ORIENTATION (L) 9:00 am BEGINNER & INTERMEDIATE GUITAR II & I (4) 9:00 am - 3:00 pm LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm OATS TECH HOUR ESPAÑOL (CL) 12:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm		ADDRESS THE STRESS With David Smith (4) 9:30 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (2) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm		PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 12:00 pm SHARED HOUSING INFORMATION SESSION 9:30 am - 11:00 am - Room #1		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	
08		09		10		11		12	
ART LAB (DK) 8:00 am - 11:00 am ADDRESS THE STRESS With David Smith (4) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (2) 12:00 pm		FITNESS ORIENTATION (L) 9:00 am BEGINNER & INTERMEDIATE GUITAR II & I (4) 9:00 am - 3:00 pm LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm OATS TECH HOUR ESPAÑOL (CL) 12:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm		ADDRESS THE STRESS With David Smith (4) 9:30 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (2) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm UHC UCARD AND WELLMED FLEX CARD INFORMATION SESSION 9:30 am - Lunch Room		PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 12:00 pm NAME THAT TUNE! (2) 12:00 pm PROJECT HOPE DISTRIBUTION Food Bank for those who qualify 10:00 am - 11:00 am		MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm NUTRITION CLASS 10:15 am - Lunch Room	
15		16		17		18		19	
ART LAB (DK) 8:00 am - 11:00 am ADDRESS THE STRESS With David Smith (4) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (2) 12:00 pm		FITNESS ORIENTATION (L) 9:00 am BEGINNER & INTERMEDIATE GUITAR II & I (4) 9:00 am - 3:00 pm LOTERIA / BINGO (LR) 10:00 am WELLNESS SESSION (CR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm OATS TECH HOUR ESPAÑOL (CL) 12:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm NATIONAL ADVANCE CARE PLANNING DAY RESOURCES 8:30 am - Front Lobby		ADDRESS THE STRESS With David Smith (4) 9:30 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (2) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm		PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 12:00 pm COOKING DEMONSTRATION By Team Up 4 Coverage 10:00 am - Demo Kitchen		MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm HEALTH TALKS WITH NURSE (LR) 10:30 am AFTERNOON MOVIE (4) 1:00 pm APRIL BIRTHDAY PARTY 12:00 pm - 2:00 pm CENTER IS CLOSING AT 2:30 PM	
FIESTA PIÑATAS & PALETAS 10:00 am - Lunch Room		22		23		FIESTA PARADE & MANGONADAS 10:00 am - Lunch Room		24	
FIESTA PIÑATAS & PALETAS 10:00 am - Lunch Room ART LAB (DK) 8:00 am - 11:00 am ADDRESS THE STRESS With David Smith (4) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 10:00 am - 11:00 am		FITNESS ORIENTATION (L) 9:00 am BEGINNER & INTERMEDIATE GUITAR II & I (4) 9:00 am - 3:00 pm WRITING LAB (1A) 10:00 am - 12:00 pm OATS TECH HOUR ESPAÑOL (CL) 12:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm CAREGIVER SOS SUPPORT GROUP (CR) 1:30 pm NUTRITION CLASS / BINGO 10:15 am - Lunch Room		ADDRESS THE STRESS With David Smith (4) 9:30 am INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (2) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm		PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 12:00 pm CFSP DISTRIBUTION Food Bank for those who qualify 10:00 am - 11:00 am		 CENTER WILL BE CLOSED IN OBSERVANCE OF BATTLE OF FLOWERS 	
29		30		Room Key		VISIT OUR VIRTUAL SENIOR CENTER		PARTICIPATE IN OUR APRIL WALKING CHALLENGE	
ART LAB (DK) 8:00 am - 11:00 am ADDRESS THE STRESS With David Smith (4) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (2) 12:00 pm		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) 12:00 pm 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		(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 Activities Subject to Change Without Notice		Enjoy guided activities to do from the comfort of your own home!  Scan Me! Scan the QR Code using your smartphone camera Tap thenotification to open the link. FITNESS ORIENTATION (NOT just for new members) Before using the fitness area, we encourage you to attend one orientation for a refresher course on how to properly use our equipment		PARTICIPATE IN OUR APRIL WALKING CHALLENGE See Richard Lozano our NEW Fitness Advisor for more information	

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	NEW CLASS! FLEX 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 2) (ACTIVITY ROOM 3)		NEW CLASS! FLEX 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

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

FLEX MUSCLE:

Exercises that helps build muscle strength

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)	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

Please welcome the newest member of our staff!!

Richard Lozano
Fitness Advisor

He is available for assistance and guidance in our workout area

Welcome aboard Richard!!



Celebrate with us
the most colorful season in San Antonio!

FIESTA

Dress in your Fiesta Best! Week of April 22-25
See the Calendar of Events for More Fun Activities

Participate in Our
WALKING CHALLENGE

See Richard Lozano
Our NEW Fitness Advisor
for more information



DECORATE YOUR FLOAT
aka. Walker, Cane, Wheelchair, Shoe Box

FIESTA Parade Wednesday, April 24
9:30 am - Lunch Room

JOIN US AND LEARN ABOUT
UHC VCard & WellMed FlexCard

Wednesday April 10 9:30 am - 10:30 am
Lunch Room



Participate in our

FIESTA CRAZY HAT CONTEST

Thursday, April 25
10:00 am - Lunch 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!



WALKING with WellMed Mondays 10:30am



Sign up at Front Desk

HEALTH TALK With WellMed Nurse 3rd. Friday of the Month 10:30 am



Lunch Room

CAREGIVER Support Group 4th. Tuesday of the Month 1:30 pm



Conference Room

QUESTIONS ABOUT MEDICARE?
Visit the Medicare Information Center

Located Inside WellMed Clinic



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.

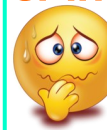
Tuesdays, 9:00 am - Meet in Front Lobby

HEALTH AND WELLNESS Education Session

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



REMEMBER
If you feel sick or in physical pain



Please Stay Home

Health Screenings	Dental Referrals	Lunch	Caregiver SOS	Important Numbers to Know
<p>Mondays & Fridays (unless otherwise noted)</p> <p>Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available</p> <p>WELLMED</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>SERVICES INCLUDE:</p> <p>Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes</p> <p>Please see Cindy Robles For more information</p> <p>CAREGIVER SOS</p>	<p>S.A.P.D Non-Emergency: (210) 207-7273 Emergency: 911</p> <p>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>