



Elvira Cisneros Senior Activity Center

About the WellMed Charitable Foundation

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


517 SW Military Dr. San Antonio, TX 78221
Monday-Friday 7am-4pm | Tel: 210.927.9328

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Scan Me! </p> <p>SCHEDULE SUBJECT TO CHANGE.</p> <p>Scan this QR Code with your smartphone to take you directly to our WellMed Charitable Foundation website!</p>	<p>LIKE US ON  facebook</p> <p>facebook.com/ActiveSeniorsWCF Download a digital copy of the calendar at wellmedcharitablefoundation.org</p> <p>Key</p> <p>(SP) Side Parking Lot (NR) New Room (NC) Nutrition Center (DK) Demo Kitchen (FL) Front Lobby (MP) Multi-Purpose Room (CL) Computer Lab</p>	<p>Health Screenings- Blood sugar/pressure and BMI 8:00am-3:30pm Brain Fitness- 10:45am Oscar (CL) Popcorn Bingo- 12:45pm (NC) Chair Volleyball- 1:00-3:30pm (MP)</p> <p>BINGO</p>	<p>Wii Bowling- 8:30-9:00am (MP) Karaoke with DJ Dave- 9:00-11:00am Painting Class- 9:30-11:30am (DK) Chair Volleyball- 1:00-3:30pm (MP)</p> <p>Karaoke</p>	<p>Chair Volleyball- 10:30am-3:30pm (MP) Health Screenings- Blood sugar/pressure and BMI 8:00am-3:30pm Crochet Group by Rose- 9:00am-12:00pm (DK) Chronic Kidney Disease class with healthy snack- 10:00am (NR) Movie Day- 1:00pm (DK)</p> <p>MOVIE DAY</p>
<p>WellMed Educational Classes: 9:00-10:00am The Aging Eye 10:00-11:00am Sleep Health (NR) AARP Work Force presentation: Looking to get back into the work field? Come by for more information. 12:30pm (NC) Loteria- 12:45pm (NC) Los Alegres de San Antonio Group- 1:00-3:30pm Chair Volleyball- 1:00-3:30pm (MP)</p> 	<p>Jewelry Class- 9:00am-12:00pm (DK) Savvy Seniors- Intro. to understanding your money personality 9:30-10:30am (NR) Rec Games- 10:30am Wowzitude: Tour of Seville, Spain- 1:00pm (NC) Chair Volleyball- 1:00-3:30pm (MP) Drawing Class- 1:00-3:00pm (DK)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 8:00am-3:30pm Arts & Craft Class- 9:00-11:00am (DK) Brain Fitness- 10:45am Oscar (CL) Bingo- 12:45pm (NC) Chair Volleyball- 1:00-3:30pm (MP)</p> <p>BINGO</p>	<p>Wii Bowling- 8:30-9:00am (MP) Healthy Aging: Brain and Body 9:30-10:30am (NR) Painting Class- 9:30-11:30am (DK) Chair Volleyball- 1:00-3:30pm (MP) Bunco- 1:00pm (NC)</p> 	<p>Chair Volleyball- 10:30am-3:30pm (MP) Health Screenings- Blood sugar/pressure and BMI 8:00am-3:30pm Crochet Group by Rose- 9:00am-12:00pm (DK) Mother's Day/Birthday Celebration- 9:00-11:00am TX. South Hearing- Free hearing screenings 11:00am (NR) Movie Day- 1:00pm</p> <p>MOVIE DAY</p>
<p>Rummage Sale- 8:00am-12:00pm Walking Group- 8:30-9:00am Loteria- 12:45pm (NC) Los Alegres de San Antonio MusicGroup- 1:00-3:30pm Musicians and singers welcomed! Chair Volleyball- 1:00-3:30pm (MP) Golden Artist Studio- 1:00-3:00pm (DK)</p> 	<p>Jewelry Class- 9:00am-12:00pm (DK) Savvy Seniors- Basics of Budgeting 9:30-10:30am (NR) Rec Games- 10:30am Chair Volleyball- 1:00-3:30pm (MP) Drawing Class- 1:00-3:00pm (DK) CSFP(Cheese)Distribution- 1:00pm (NC)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 8:00am-3:30pm San Antonio Christian Dental Clinic Presentation 9:00-11:00am (NR) Brain Fitness- 10:45am Oscar (CL) Chair Volleyball- 1:00-3:30pm (MP) Bingo- 12:45pm (NC)</p> <p>BINGO</p>	<p>Wii Bowling- 8:30-9:00am (MP) Painting Class- 9:30-11:30am (DK) Older American's Month Dance Blast- 9:30- 10:00am (NC) Come dressed in your 50's attire! Chair Volleyball- 1:00-3:30pm (MP)</p> 	<p>Chair Volleyball- 10:30am-12:30pm (MP) Health Screenings- Blood sugar/pressure and BMI 8:00am-12:30pm Crochet Group by Rose- 9:00am-12:00pm (DK)</p> <p>CLOSING EARLY</p> <p>CENTER CLOSING AT 1:00 PM WellMed Patient Survey 1:00-2:00pm RSVP at the front desk</p>
<p>Older American's Month Resource Fair- 9:00-11:30am Life Inspiration Group- 9:30-10:30am (DK) Grocery Bingo- 12:45pm (NC) Los Alegres de San Antonio Music Group- 1:00-3:30pm Musicians and singers welcomed! Chair Volleyball- 1:00-3:30pm (MP) Golden Artist Studio- 1:00-3:00pm (DK)</p> 	<p>Jewelry Class- 9:00am-12:00pm (DK) Savvy Seniors- Budget Busters and the value of benefits programs while living on a fixed income 9:30-10:30am Rec Games- 10:30am Oscar Chair Volleyball- 1:00-3:30pm (MP) Drawing Class- 1:00-3:00pm (DK)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 8:00am-3:30pm Chair Volleyball- 1:00-3:30pm (MP) Project Hope Distribution- 1:00pm (NC)</p> 	<p>Wii Bowling- 8:30-9:00am (MP) Painting Class- 9:30-11:30am (DK) Veteran's Talk- 9:30-10:30am (NR) Wowzitude: Tour of Beatmania in the Big Apple 10:00am (NC)</p>  <p>CLOSING EARLY at 12:45 pm FOR STAFF MEETINGS</p>	<p>Chair Volleyball- 10:30am-3:30pm (MP) Health Screenings- Blood sugar/pressure and BMI 8:00am-3:30pm Crochet Group by Rose- 9:00am-12:00pm Movie Day- 1:00pm</p> <p>MOVIE DAY</p>
<p>*** Remember and Honor *** MEMORIAL DAY</p>  <p>CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</p>	<p>Jewelry Class- 9:00am-12:00pm (DK) Reframing Aging Presentation- 9:30-10:30am (NR) Savvy Seniors- Protecting yourself and your money from scams 10:30-11:30am (NR) Chair Volleyball- 1:00-3:30pm (MP) Drawing Class- 1:00-3:00pm (DK) Wowzitude: Tour of Warsaw, Poland 1:00pm (NC)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 8:00am-3:30pm Karaoke with DJ Dave- 9:00-11:00am Brain Fitness- 10:45am Oscar (CL) Bingo- 12:45pm (NC) Chair Volleyball- 1:00-3:30pm (MP)</p> <p>Karaoke</p>	<p>Wii Bowling- 8:30-9:00am (MP) Painting Class- 9:30-11:30am (DK) Chair Volleyball- 1:00-3:30pm (MP)</p> 	<p>Chair Volleyball- 10:30am-1:30pm (MP) Health Screenings- Blood sugar/pressure and BMI 8:00am-1:30pm Crochet Group by Rose- 9:00am-12:00pm (DK)</p>



Complimentary Support program for family Caregivers.
Call 210-507-3131 or 866.390.6491
visit CaregiverSOS.com

FREE HEALTH SCREENINGS
Wednesdays & Fridays
8:00am to 3:30pm
Blood Pressure, Blood Sugar
& Total Cholesterol
Marivel Roque & Melissa Hurtado




Lunch

**TO REGISTER FOR LUNCH
PLEASE SEE AMANDA DE LUNA.**
You may start receiving your meal 2-3 days after completing your registration. Lunch is served at 12pm. Please pick up your ticket at 10:30am from Nutrition center desk.

GAME SCHEDULE THIS MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Ping Pong-</u> 7:00am-3:30pm	<u>Ping Pong-</u> 7:00am-3:30pm	<u>Ping Pong-</u> 7:00am-3:30pm	<u>Ping Pong-</u> 7:00am-3:30pm	<u>Ping Pong-</u> 7:00am-3:30pm
<u>Billiards-</u> 7:00am-3:30pm	<u>Billiards-</u> 7:00am-3:30pm	<u>Billiards-</u> 7:00am-3:30pm	<u>Billiards-</u> 7:00am-3:30pm	<u>Billiards-</u> 7:00am-3:30pm
<u>Chair Volleyball-</u> 1:00pm-3:30pm (Studio B/Wii Room)	<u>Chair Volleyball</u> 1:00pm-3:30pm (Studio B/MPRoom)	<u>Chair Volleyball-</u> 1:00pm-3:30pm (Studio B/MPRoom)	<u>Chair Volleyball-</u> 1:00pm-3:30pm (Studio B/MP Room)	<u>Chair Volleyball-</u> 7:00am-3:30pm (Studio B/MP Room)




Senior Grocery Programs
Project Hope & CSFP

This program provides senior citizens who are 60 and older living on a fixed income with free groceries every month.

At this time we are no longer accepting new applications but, if you are already registered with the programs, this months distribution dates are:


Tuesday May 14th
(CSFP)@1:00pm

Wednesday May 22nd
(Project Hope)@ 1:00pm
Nutrition Center



Closures and early days at Cisneros:

- Friday May 17th center closes @ 1:00pm
- Thursday May 23rd center closes at 12:45pm
- Monday May 27th center closed all day in observance of Memorial Day



Happy May BIRTHDAYS!

Happy Birthday May Members!

Come celebrate with us!
Friday May 10th
9:00-11:00am (NC)
We will also be celebrating Mother's Day!



FITNESS SCHEDULE



Please get a pass from the front desk for all classes!

STUDIO A

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15am	BELLY DANCING ELSA	<i>Chair Fitness</i> Elsa	ZUMBA GOLD BEA	LINE DANCE ELSA	BELLY DANCING ELSA
9:25-10:10am	Latin Dance Elsa	<i>Latin Dance</i> Elsa	Chair Yoga Bea	<i>Latin Dance</i> Elsa	LINE DANCE ELSA
10:20-11:05am	<i>tai chi</i> Phillip	STEP CLASS ELSA	BOOM MUSCLE BEA	<i>tai chi</i> Phillip	STRENGTH & STEP ELSA
11:15-12:00pm	SELF DEFENSE PHILLIP	LINE DANCE ELSA		SELF DEFENSE PHILLIP	BALLET FOLKLORICO ELSA
12:30-1:15pm				STEP CLASS ELSA	MUSCLE MATTERS PHILLIP
1:30-2:15pm		<i>tai chi</i> Phillip		BALLET FOLKLORICO ELSA	<i>tai chi</i> Phillip
2:15-3:00pm		SELF DEFENSE PHILLIP			

STUDIO B

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:15am		BEGINNER STABILITY MARY HELEN	<i>CHAIR STRETCH</i> MARY HELEN	BEGINNER STABILITY MARY HELEN	
9:25-10:10am	SILVER SNEAKERS MICHELLE	CHAIR YOGA MARY HELEN	SENIORS IN MOTION MARY HELEN	CHAIR YOGA MARY HELEN	SILVER SNEAKERS MICHELLE
10:20-11:05am	<i>Chair Stretch</i> Michelle	BALANCE & STRENGTH MARY HELEN	<i>Chair Boogie</i> Mary Helen	BALANCE & STRENGTH MARY HELEN	
11:15-12:00pm		YOGA MARY HELEN	CHAIR YOGA MARY HELEN	YOGA MARY HELEN	

Updated 04/2024