



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
<p>Room Key</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>Activities Subject to Change Without Notice</p>	<p>VISIT OUR VIRTUAL SENIOR CENTER</p> <p>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 thenotification to open the link.</p> <p>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</p>	<p>01</p> <p>HEALTH CLASS WITH DAVID (LR) 12:30 pm INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p>OLDER AMERICAN MONTH PROCLAMATION IN DOWNTOWN Sing Up at Front Desk - Limited Space</p> <p>SAVVY SAVING SENIORS ncoae 9:30 am - Room 4 national council on aging</p> <p>REFRAMING AGING 10:00 am - Lunch Room</p>	<p>02</p> <p>PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 12:00 pm</p> <p>SAN ANTONIO LIBRARY PRESENTATION 10:00 am - Lunch Room</p> <p>DISC GOLF 101 2:30pm - 3:30 pm Lunch Room</p> <p>STAR WARS DAY Dress as your favorite character!</p>	<p>03</p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</p>
<p>06</p> <p>ART LAB (DK) 8:00 am - 11:00 am ASK A NURSE WITH DAVID (LR) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (2) 12:00 pm</p> <p>CINCO DE MAYO CELEBRATION 10:00 am - Lunch Room</p>	<p>07</p> <p>FITNESS ORIENTATION (L) 9:00 am GUITAR PRACTICE (4) 9:00 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 ART HISTORY (DK) 12:30 pm - 2:30 pm</p> <p>SEVILLE, SPAIN LIVE VIRTUAL TOUR 1:00 pm - Room #4</p>	<p>08</p> <p>HEALTH CLASS WITH DAVID (LR) 12:30 pm INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (2) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p>SAVVY SAVING SENIORS ncoae 9:30 am - Room 4 national council on aging</p> <p>UHC UCARD AND WELLMED FLEX CARD INFORMATION SESSION 9:30 am - Lunch Room</p>	<p>09</p> <p>PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 12:00 pm NAME THAT TUNE! (2) 12:00 pm</p> <p>DISC GOLF 101 2:30pm - 3:30 pm Lunch Room</p> <p>PROJECT HOPE DISTRIBUTION Food Bank for those who qualify 10:00 am - 11:00 am</p>	<p>10</p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</p> <p>HAPPY Mother's DAY</p> <p>MOTHER'S DAY CELEBRATION with Councilwoman Melissa Cabello Havrda 9:30 am - Lunch Room</p>
<p>13</p> <p>ART LAB (DK) 8:00 am - 11:00 am ASK A NURSE WITH DAVID (LR) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (2) 12:00 pm</p>	<p>14</p> <p>FITNESS ORIENTATION (L) 9:00 am GUITAR PRACTICE (4) 9:00 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 ART HISTORY (DK) 12:30 pm - 2:30 pm</p>	<p>15</p> <p>HEALTH CLASS WITH DAVID (LR) 12:30 pm INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (2) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p>SAVVY SAVING SENIORS ncoae 9:30 am - Room 4 national council on aging</p> <p>NUTRITION CLASS 10:15 am - Lunch Room</p> <p>NCOA Accreditation Celebration 12:30 pm - Lunch Room</p>	<p>16</p> <p>PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 12:00 pm</p> <p>DISC GOLF 101 2:30pm - 3:30 pm Lunch Room</p>	<p>17</p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm HEALTH EDUCATION TALKS WITH NURSE (LR) 10:30 am KARAOKE FRIDAY (LR) By Team Up 4 Coverage 12:30 pm AFTERNOON MOVIE (4) 1:00 pm</p>
<p>20</p> <p>ART LAB (DK) 8:00 am - 11:00 am ASK A NURSE WITH DAVID (LR) 9:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 10:00 am - 11:00 am</p> <p>CHRISTIAN DENTAL PRESENTATION 9am - 11am - Lunch Room</p>	<p>21</p> <p>FITNESS ORIENTATION (L) 9:00 am GUITAR PRACTICE (4) 9:00 am - 12:00 pm 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</p> <p>COOKING DEMONSTRATION By Team Up 4 Coverage 10:00 am - Demo Kitchen</p>	<p>22</p> <p>HEALTH CLASS WITH DAVID (LR) 12:30 pm INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (2) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p>SAVVY SAVING SENIORS ncoae 9:30 am - Room 4 national council on aging</p>	<p>23</p> <p>PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 12:00 pm</p> <p>DISC GOLF 101 2:30pm - 3:30 pm Lunch Room</p> <p>CFSP DISTRIBUTION Food Bank for those who qualify 10:00 am - 11:00 am</p>	<p>24</p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</p> <p>JOINT COMMISSION COMMUNITY SERVICE AWARDS 2:00 pm - 4:00 pm - Lunch Room</p>
<p>27</p> <p>WE WILL BE CLOSED FOR MEMORIAL DAY HONORING ALL WHO SERVED</p>	<p>28</p> <p>FITNESS ORIENTATION (L) 9:00 am GUITAR PRACTICE (4) 9:00 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 ART HISTORY (DK) 12:30 pm - 2:30 pm CAREGIVER SUPPORT GROUP (CR) 1:30 pm</p>	<p>29</p> <p>HEALTH CLASS WITH DAVID (LR) 12:30 pm INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (2) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p>NUTRITION CLASS 10:15 am - Lunch Room</p>	<p>30</p> <p>PEER SUPPORT GROUP (4) 10:00 am OATS TECH HOUR ESPAÑOL (CL) 12:00 pm</p> <p>DISC GOLF 101 2:30pm - 3:30 pm Lunch Room</p>	<p>31</p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm</p> <p>MAY BIRTHDAY PARTY 12:00 pm - 2:00 pm</p> <p>CENTER IS CLOSING AT 2:30 PM</p> <p>WELLMED PATIENT APPRECIATION By Invitation Only</p> <p>Visit your WellMed Clinic for more information</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	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	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)		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) 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)

ANNOUNCEMENTS

CELEBRATE
Star Wars Day with Us
Dress as Your Favorite Character!
Group Picture
11 am - Front Lobby

STAR WARS DAY
MAY THE 4TH
BE WITH YOU

JOIN US AND BECOME A
SAVVY SAVING SENIOR
Four Week Sessions
with Helpful Tips
Starting
Wednesday, May 1
9:30 am - Room 4

LET'S GO! TRAVEL WITH US TO...
SEVILLE SPAIN
Tuesday, May 7
1:00 pm - Room 4
Sign up at Front Desk!
LIVE VIRTUAL TOUR



JOIN US AND LEARN ABOUT
UHC VCard & WellMed FlexCard
Wednesday
May 8
9:30 am - 10:30 am
Lunch Room

HAPPY Mother's DAY
From The Lopez Center Staff



Our Center Will Be Closed Monday, May 27



REMEMBER
If you feel sick or in physical pain
Please Stay Home




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

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




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 EDUCATION TALKS With WellMed Nurse
3rd. Friday of the Month
10:30 am
Lunch Room



HEALTH AND WELLNESS Education Session
Third Tuesday of the Month
10:00 am Conf. Room
WELLMED[®]

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: 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>