



Monthly Calendar

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>Computer Class (English)- 10:00-11:15am (CL)</p> <p>Loteria- 12:45pm (NC)</p> <p>Golden Artist Studio- 1:00-3:00pm (DK)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm</p> <p>Jewelry Class- 9:00am-12:00pm (DK)</p> <p>Learn Sign Language- 12:30-2:30pm (NR)</p> <p>Textured Horizons- 1:00-3:00pm (DK)</p> 	<p>Arts, Crafts & More with Mary- 9:00-11:30am (DK)</p> <p>Brain Fitness- 11:00-11:45am (NR)</p> <p>Bingo- 12:45pm (NC)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm</p> <p>Adventures in Art- 9:00-11:00am (DK)</p> <p>Learn Sign Language- 12:30-2:30pm (NR)</p> 	<p>Crochet Class by Rose- 9:00am-1:30am (DK)</p> <p>Computer Class (English)- 10:00-11:15am (CL)</p> <p>Movie Day- 1:00pm (CL)</p> 
<p>Computer Class (Graduation)- 10:00-11:15am (CR)</p> <p>Loteria- 12:45pm (NC)</p> <p>Golden Artist Studio- 1:00-3:00pm (DK)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm</p> <p>Jewelry Class- 9:00am-12:00pm (DK)</p> <p>Learn Sign Language- 12:30-2:30pm (NR)</p> <p>Textured Horizons- 1:00-3:00pm (DK)</p> <p>Food Bank Distribution (Cheese)- 1:00pm (NC)</p> 	<p>Arts, Crafts & More with Mary- 9:00-11:30am (DK)</p> <p>Brain Fitness- 11:00-11:45am (NR)</p> <p>Bingo- 12:45pm (NC)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm</p> <p>Adventures In Art- 9:00-11:00am (DK)</p> <p>Caregiver Support Group- 10:00-11:30am (NR)</p> <p>Learn Sign Language- 12:30-2:30pm (NR)</p> 	<p>Crochet Class by Rose- 9:00am-11:30am (DK)</p> <p>Karaoke- 9:00-11:00am (FL)</p> <p>Movie Day- 1:00pm (CL)</p> 
<p>Life Inspiration Class followed by guitar lessons- 9:30am-12:00pm (NR)</p> <p>Loteria- 12:45pm (NC)</p> <p>Golden Artist Studio- 1:00-3:00pm (DK)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm</p> <p>St. Patricks Day/Birthday Celebrations- 9:00-11:00am</p> <p>Learn Sign Language- 12:30-2:30pm (NR)</p> <p>Textured Horizons- 1:00-3:00pm (DK)</p> 	<p>Arts, Crafts & More with Mary- 9:00-11:30am (DK)</p> <p>Brain Fitness- 11:00-11:45am (NR)</p> <p>Nacho Bingo- 12:45pm (NC)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 7:30am-12:30pm</p> <p>Adventures In Art- 9:00-11:00am (DK)</p> <p>Caregiver Support Group- 10:00-11:30am (NR)</p> <p>Learn Sign Language- 12:30-2:30pm (NR)</p> 	<p>Crochet Class by Rose- 9:00am-11:30am (DK)</p>  <p>Center closes at 1:00pm</p> <p>CLOSING EARLY</p>
<p>Computer Class (English1)- FULL 10:00-11:15am (CL)</p> <p>Karaoke- 12:30-2:30pm</p> <p>Golden Artist Studio- 1:00-3:00pm (DK)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm</p> <p>Jewelry Class- 9:00am-12:00pm (DK)</p> <p>Fiesta Flowers Craft- 10:00-11:30am (NR)</p> <p>Learn Sign Language- 12:30-2:30pm (NR)</p> <p>Textured Horizons- 1:00-3:00pm (DK)</p> 	<p>Oasis: Regions National Bank Presentation on Preventing Scams- 10:00-11:00am (NR)</p> <p>Food Bank Distribution (Project Hope)- 1:00pm (NC)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 7:30am-12:30pm</p> <p>Adventures in Art- 9:00-11:00am (DK)</p> <p>Center closes at 1:00pm</p> <p>CLOSING EARLY</p>	<p>Crochet Class by Rose- 9:00am-11:30am (DK)</p> <p>Computer Class (English1)- FULL 10:00-11:15am (CL)</p> <p>Movie Day- 1:00pm (CL)</p> 
<p>Hospice and Palliative Care Presentation by Aspen Healthcare- 10:00-11:00am (NR)</p> <p>Computer Class (English1)- FULL 10:00-11:15am (CL)</p> <p>Loteria- 12:45pm (NC)</p> <p>Golden Artist Studio- 1:00-3:00pm (DK)</p> 	<p>Health Screenings- Blood sugar/pressure and BMI 7:30am-12:30pm</p> <p>Jewelry Class- 9:00am-12:00pm (DK)</p> <p>Nutrition Center Closed No Lunch</p> <p>Center closes at 1:00pm</p> <p>CLOSING EARLY</p>	<p>Scan Me!</p>  <p>Scan this QR Code with your smartphone to take you directly to our WellMed Charitable Foundation website!</p>	<p>Key</p> <ul style="list-style-type: none"> (CR) Conference Room (NR) New Room (NC) Nutrition Center (DK) Demo Kitchen (FL) Front Lobby (MP) Multi-Purpose Room (CL) Computer Lab <p>SCHEDULE SUBJECT TO CHANGE.</p>	<p>LIKE US ON facebook</p>  <p>facebook.com/ActiveSeniorsWCF Download a digital copy of the calendar at wellmedcharitablefoundation.org</p>

Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
	S T U D I O			A	
7:30-8:15 am				Feel the Beat Elsa	
8:30-9:15 am	Belly Dancing Elsa				Belly Dancing Elsa
9:25-10:10 am	Latin Dance Elsa	Feel the Beat Elsa		Latin Dance Elsa	Line Dance Elsa
10:20-11:05 am	Balance Tai Chi Phillip	Step Class Elsa	Boom Muscle Bea	Balance Tai Chi Phillip	Strength & Step Elsa
11:15-12:00 pm	Self Defense Phillip	Flamenco Elsa		Self Defense Phillip	Ballet Folklorico Elsa
12:30-1:15 pm					
1:30-2:15 pm					Balance Tai Chi Phillip
2:15-3:00 pm		Self Defense Phillip			
	S T U D I O			B	
7:30-8:15 am	Chair Boogie Elsa	Stability Ball Elsa			Chair Boogie Elsa
8:30-9:15 am		Chair Fitness Elsa		Stability Ball Elsa	
9:25-10:10 am		Chair Stretch Michelle	Chair Yoga Bea	Chair Stretch Michelle	Silver Sneakers Michelle
10:20-11:05 am	Silver Sneakers Elsa		Silver Sneakers Michelle		Men's Only Strength Class Oscar
11:15-12:00 pm	Chair Stretch Elsa		Floor Yoga Bea		
12:30-1:15 pm					Muscle Matters Phillip
1:30-2:15 pm		Muscle Matters Phillip			

OUR SERVICES

FREE LUNCH

If you would like to register for lunch please see Amanda De Luna. Join us for a nutritionally balanced lunchtime meal. Lunch is served at 12pm. The Healthy Eating Aging Living (HEAL) program is a meal program for older adults in San Antonio. Lunch sign in starts daily at 11:30am in the dining room. There is a 2-3 day wait for new applications to be processed.



Happy St. Patrick's Day

GAMES

MONDAY

PING PONG-
7:00AM-3:30PM
BILLIARDS-
7:00AM-3:30PM
CHAIR VOLLEYBALL-
1:00PM-3:30PM

TUESDAY

PING PONG-
7:00AM-3:30PM
BILLIARDS-
7:00AM-3:30PM
CHAIR VOLLEYBALL-
2:30PM-3:30PM

WEDNESDAY

PING PONG-
7:00AM-3:30PM
BILLIARDS-
7:00AM-3:30PM
VOLLEYBALL-
1:00PM-3:30PM

THURSDAY

PING PONG-
7:00AM-3:30PM
BILLIARDS-
7:00AM-3:30PM
CHAIR VOLLEYBALL-
1:00PM-3:30PM

FRIDAY

PING PONG-
7:00AM-3:30PM
BILLIARDS-
7:00AM-3:30PM
CHAIR VOLLEYBALL-
1:30PM-3:30PM



**FREE HEALTH SCREENINGS
TUESDAYS & THURSDAYS
7:30AM TO 3:30PM
(SEE SCHEDULE FOR EARLY
CLOSURES)**

**BLOOD PRESSURE,
BLOOD SUGAR
ALICE VALDEZ, LVN**

HEALTH SCREENINGS



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