



# 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><b>02</b></p> <p>ART LAB (2)<br/>8:00 am - 11:00 am<br/>BEGINNER GUITAR 101 (DK)<br/>9:00 am - 10:30 am<br/>BEGINNER GUITAR PRACTICE (1)<br/>9:00 am - 11:00 am<br/>WALKING WITH WELLMED<br/>Sign up at Front Desk<br/>10:30 am<br/>OATS TECH HOUR (CL)<br/>12:00 pm</p> | <p><b>03</b></p> <p>FITNESS ORIENTATION (L)<br/>9:00 am<br/>INTERMEDIATE GUITAR CLASSES (1B)<br/>INTER. III-INTER. II-INTER. I<br/>8:30 am - 12:00 pm<br/>LOTERIA / BINGO (LR)<br/>10:00 am<br/>WOWZITUDE VIRTUAL TOUR (4)<br/>1:00 pm</p>   | <p><b>04</b></p> <p>BEGINNING PAINTING (DK)<br/>9:30 am - 11:30 am<br/>OATS TECH HOUR (CL)<br/>12:00 pm<br/>HANDS ON ART HISTORY (DK)<br/>1:00 pm - 3:00 pm</p>   | <p><b>05</b></p> <p>UKULELE CLASS (4)<br/>8:00 am<br/>WOWZITUDE VIRTUAL TOUR (4)<br/>10:00 am<br/>GUITAR PRACTICE (1B)<br/>10:00 am<br/>PEER SUPPORT GROUP (2)<br/>10:00 am<br/>FITNESS ORIENTATION (L)<br/>12:00 pm</p> <p><b>CFSP DISTRIBUTION</b><br/>Food Bank for Those Who Qualify<br/>10:00 am - 10:50 am</p>  | <p><b>06</b></p> <p>MORNING MOVIE (4)<br/>8:45 am<br/>BETTER AGE ASSESSMENT WITH RICHARD (CL)<br/>9:00 am<br/>DRAWING CLASS (DK)<br/>9:00 am - 11:00 pm<br/>AFTERNOON MOVIE (4)<br/>1:00 pm</p> <p>WEAR PURPLE TO CELEBRATE</p> <p> <b>International Women's Day</b></p>   |
| <p><b>09</b></p> <p>ART LAB (2)<br/>8:00 am - 11:00 am<br/>BEGINNER GUITAR 101 (DK)<br/>9:00 am - 10:30 am<br/>BEGINNER GUITAR PRACTICE (1)<br/>9:00 am - 11:00 am<br/>WALKING WITH WELLMED<br/>Sign up at Front Desk<br/>10:30 am<br/>OATS TECH HOUR (CL)<br/>12:00 pm</p> | <p><b>10</b></p> <p>FITNESS ORIENTATION (L)<br/>9:00 am<br/>INTERMEDIATE GUITAR CLASSES (1B)<br/>INTER. III - INTER. II - INTER. I<br/>8:30 am - 12:00 pm<br/>LOTERIA / BINGO (LR)<br/>10:00 am<br/>WOWZITUDE VIRTUAL TOUR (4)<br/>1:00 pm</p>   | <p><b>11</b></p> <p>BEGINNING PAINTING (DK)<br/>9:30 am - 11:30 am<br/>OATS TECH HOUR (CL)<br/>12:00 pm<br/>HANDS ON ART HISTORY (DK)<br/>1:00 pm - 3:00 pm</p> <p><b>FIELD TRIP TO WALMART</b><br/>Sign up at Front Desk<br/>Limited Space Available 10:00 am</p>  | <p><b>12</b></p> <p>UKULELE CLASS (4)<br/>8:00 am<br/>WOWZITUDE VIRTUAL TOUR (4)<br/>10:00 am<br/>GUITAR PRACTICE (1B)<br/>10:00 am<br/>PEER SUPPORT GROUP (2)<br/>10:00 am<br/>NAME THAT TUNE! (2)<br/>12:00 pm<br/>FITNESS ORIENTATION (L)<br/>12:00 pm</p> <p><b>PROJECT HOPE DISTRIBUTION</b><br/>Food Bank for Those Who Qualify<br/>10:00 am - 10:50 am</p>   | <p><b>13</b></p> <p>MORNING MOVIE (4)<br/>8:45 am<br/>BETTER AGE ASSESSMENT WITH RICHARD (CL)<br/>9:00 am<br/>DRAWING CLASS (DK)<br/>9:00 am - 11:00 pm<br/>AFTERNOON MOVIE (4)<br/>1:00 pm</p> <p><b>SPRING CRAFT CLASS</b><br/>12:30 pm - Lunch Room<br/>Sign up at Front Desk<br/>Limited Space Available</p>   |
| <p><b>16</b></p> <p>ART LAB (2)<br/>8:00 am - 11:00 am<br/>BEGINNER GUITAR 101 (DK)<br/>9:00 am - 10:30 am<br/>BEGINNER GUITAR PRACTICE (1)<br/>9:00 am - 11:00 am<br/>WALKING WITH WELLMED<br/>Sign up at Front Desk<br/>10:30 am<br/>OATS TECH HOUR (CL)<br/>12:00 pm</p> | <p><b>17</b></p> <p>FITNESS ORIENTATION (L)<br/>9:00 am<br/>INTERMEDIATE GUITAR CLASSES (1B)<br/>INTER. III - INTER. II - INTER. I<br/>8:30 am - 12:00 pm<br/>LOTERIA / BINGO (LR)<br/>10:00 am<br/>GRIEF SUPPORT GROUP (DK)<br/>10:00 am<br/>WOWZITUDE VIRTUAL TOUR (4)<br/>1:00 pm</p> <p>WEAR GREEN TO CELEBRATE ST. PATRICK'S DAY</p>   | <p><b>18</b></p> <p>BEGINNING PAINTING (DK)<br/>9:30 am - 11:30 am<br/>OATS TECH HOUR (CL)<br/>12:00 pm<br/>HANDS ON ART HISTORY (DK)<br/>1:00 pm - 3:00 pm</p> <p><b>FIELD TRIP TO PULLMAN MARKET</b><br/>Sign up at Front Desk<br/>Limited Space Available 9:00 am</p>  | <p><b>19</b></p> <p>UKULELE CLASS (4)<br/>8:00 am<br/>WOWZITUDE VIRTUAL TOUR (4)<br/>10:00 am<br/>PEER SUPPORT GROUP (2)<br/>10:00 am<br/>GUITAR PRACTICE (1B)<br/>10:00 am<br/>FITNESS ORIENTATION (L)<br/>12:00 pm</p> <p> <b>NEW MEMBER ORIENTATION</b><br/>1:00 pm - Room #4</p>   | <p><b>20</b></p> <p> <b>HEALTH TALKS WITH WELLMED NURSE</b><br/>10:00 am - Computer Lab</p> <p>MORNING MOVIE (4)<br/>8:45 am<br/>BETTER AGE ASSESSMENT WITH RICHARD (CL)<br/>9:00 am<br/>DRAWING CLASS (DK)<br/>9:00 am - 11:00 pm<br/>AFTERNOON MOVIE (4)<br/>1:00 pm</p> <p><b>Happy First Day of Spring</b></p>  |
| <p><b>23</b></p> <p>ART LAB (2)<br/>8:00 am - 11:00 am<br/>BEGINNER GUITAR 101 (DK)<br/>9:00 am - 10:30 am<br/>BEGINNER GUITAR PRACTICE (1)<br/>9:00 am - 11:00 am<br/>WALKING WITH WELLMED<br/>Sign up at Front Desk<br/>10:30 am<br/>OATS TECH HOUR (CL)<br/>12:00 pm</p> | <p><b>24</b></p> <p><b>NO BINGO / LOTERIA</b></p> <p>FITNESS ORIENTATION (L)<br/>9:00 am<br/>INTERMEDIATE GUITAR CLASSES (1B)<br/>INTER. III-INTER. II-INTER. I<br/>8:30 am - 12:00 pm<br/>WOWZITUDE VIRTUAL TOUR (4)<br/>1:00 pm<br/>CAREGIVER SOS SUPPORT (CR)<br/>1:30 pm</p> <p><b>PRODUCE MARKET</b><br/>Nutrition Presentation<br/>9:30 am - 10:30 am - Lunch Room<br/>Market<br/>10:30 am - 12:30 pm - Demo Kitchen</p>  | <p><b>25</b></p> <p>BEGINNING PAINTING (DK)<br/>9:30 am - 11:30 am<br/>OATS TECH HOUR (CL)<br/>12:00 pm<br/>HANDS ON ART HISTORY (DK)<br/>1:00 pm - 3:00 pm</p> <p> <b>SAN ANTONIO PUBLIC LIBRARY</b><br/>Information Table - Front Lobby</p> <p><b>TRIP TO HEB PLUS!</b><br/>Sign up at Front Desk<br/>Limited Space Available 10:00 am</p> | <p><b>26</b></p> <p>UKULELE CLASS (4)<br/>8:00 am<br/>WOWZITUDE VIRTUAL TOUR (4)<br/>10:00 am<br/>PEER SUPPORT GROUP (2)<br/>10:00 am<br/>GUITAR PRACTICE (1B)<br/>10:00 am</p> <p><b>NUTRITION CLASS</b><br/>12:00 pm - Room #4</p>   | <p><b>27</b></p> <p>MORNING MOVIE (4)<br/>8:45 am<br/>BETTER AGE ASSESSMENT WITH RICHARD (CL)<br/>9:00 am<br/>DRAWING CLASS (DK)<br/>9:00 am - 11:00 pm</p> <p> <b>MARCH BIRTHDAY PARTY</b><br/>12:00 pm - 2:00 pm</p> <p><b>CENTER IS CLOSING AT 2:30PM</b></p>   |
| <p><b>30</b></p> <p>ART LAB (2)<br/>8:00 am - 11:00 am<br/>BEGINNER GUITAR 101 (DK)<br/>9:00 am - 10:30 am<br/>BEGINNER GUITAR PRACTICE (1)<br/>9:00 am - 11:00 am<br/>WALKING WITH WELLMED<br/>Sign up at Front Desk<br/>10:30 am<br/>OATS TECH HOUR (CL)<br/>12:00 pm</p> | <p><b>31</b></p> <p>FITNESS ORIENTATION (L)<br/>9:00 am<br/>INTERMEDIATE GUITAR CLASSES (1B)<br/>INTER. III-INTER. II-INTER. I<br/>8:30 am - 12:00 pm<br/>LOTERIA / BINGO (LR)<br/>10:00 am<br/>WOWZITUDE VIRTUAL TOUR (4)<br/>1:00 pm</p> <p><b>CESAR CHAVEZ</b><br/><i>Quiero</i><br/>CITY HOLIDAY<br/>No Lunch<br/>No Transportation</p>   | <p><br/><b>Spring Forward</b><br/>Change Your Clocks</p> <p><b>Sunday, March 8, 2026</b></p>  | <p><b>FITNESS ORIENTATION</b></p> <p>Before using the fitness area, you <b>MUST</b> attend one orientation or a refresher course on how to properly use our equipment.<br/>Join Richard, our Fitness Advisor.<br/>Tuesdays 9:00 am<br/>Thursdays 12:00 pm</p> <p><b>VISIT OUR VIRTUAL SENIOR CENTER</b><br/>Enjoy guided activities to do from the comfort of your own home!</p> <p>Scan Me!<br/> Scan the QR Code using your smartphone camera Tap the notification to open the link.</p> | <p><b>Room Key</b></p> <p>(1) Activity Room #1<br/>(2) Activity Room #2<br/>(3) Activity room #3<br/>(4) Theater Room<br/>(CR) Community Room<br/>(CL) Computer Lab<br/>(DK) Demonstration Kitchen<br/>(L) Lobby<br/>(LR) Lunch Room<br/>(SA) Social Area</p> <p><b>Activities Subject to Change Without Notice</b></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 the same day  
All classes are first come, first served. Voicemail NOT accepted to sign up for fitness classes

| Start Time | Monday                                  | Tuesday   | Wednesday   | Thursday  | Friday  |
|------------|---|---|---|---|---|
| 8:30 am    |   | <b>BALANCE CORE &amp; STRENGTH</b><br>ACTIVITY ROOM 2 |   | <b>TOTAL FITNESS EXPRESS</b><br>ACTIVITY ROOM 3 |   |
| 9:00 am    | <b>FLEX MUSCLE</b><br>ACTIVITY ROOM 3   | <b>VIDEO Workout</b><br>ACTIVITY ROOM 3               | <b>CANE SELF-DEFENSE</b><br>ACTIVITY ROOM 2<br><b>ZUMBA gold</b><br>ACTIVITY ROOM 3 |   | <b>VIDEO Workout</b><br>ACTIVITY ROOM 3   |
| 9:30 am    |   | <b>FLAMENCO</b><br>ACTIVITY ROOM 2                    |   | <b>CHAIR YOGA STRETCH</b><br>ACTIVITY ROOM 3    |   |
| 10:00 am   | <b>BELLY DANCE</b><br>ACTIVITY ROOM 3   | <b>CHAIR FITNESS</b><br>ACTIVITY ROOM 3               | <b>FLAMENCO MUSCLE MATTERS</b><br>ACTIVITY ROOM 3                                   |   | <b>LINE Dance</b><br>ACTIVITY ROOM 2<br><b>CHAIR FITNESS</b><br>ACTIVITY ROOM 3 |
| 12:30 pm   | <b>VIDEO Workout</b><br>ACTIVITY ROOM 3 |   |   | <b>VIDEO Workout</b><br>ACTIVITY ROOM 3         |   |
| 1:00 pm    |   | <b>TOTAL FITNESS EXPRESS</b><br>ACTIVITY ROOM 2       | <b>TOTAL FITNESS EXPRESS</b><br>ACTIVITY ROOM 3                                     | <b>TAI CHI</b><br>ACTIVITY ROOM 2               | <b>ZUMBA gold</b><br>ACTIVITY ROOM 3  |
| 2:00 pm    |   | <b>CHAIR YOGA STRETCH</b><br>ACTIVITY ROOM 2          |   |   |   |

## FITNESS CLASS DESCRIPTIONS

**BALANCE CORE & STRENGTH:**

To strengthen the abdomen and back muscles and increase flexibility

**BELLY DANCE:**

Dance focusing on hip and abdominal movements

**CANE SELF-DEFENSE:**

A new form of self-defense

**\*CHAIR FITNESS:**

Fitness exercises done while sitting in a chair

**\*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

**LINE DANCE:**

Dancers line up in a row without partners and follow a pattern of steps to music

**MUSCLE MATTERS:**

A strength and balance to improve the muscle and bone health

**TAI CHI:**

An exercise using slow and controlled movements

**TOTAL CIRCUIT:**

Strength and cardio exercises

**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

8353 Culebra Rd. Ste.102 San Antonio, TX 78251 210.558.0178

Activities Subject to Change Without Notice

# REMINDERS

| Health Screenings  | Dental Referrals   | Lunch   | Caregiver SOS   | Important Numbers to Know  |
|--|--|---|---|--|
| <p><b>Mondays, Wednesdays, Thursdays &amp; Fridays</b> (unless otherwise noted)</p>  <p><b>Blood Pressure</b><br/><b>Blood Sugar</b><br/><b>Weight BMI</b><br/><b>Flu Shots *</b><br/>*when available</p> <p>WELLMED</p> | <p><b>For Those Who Qualify</b></p>  <p>Please see our nurse for more information</p> | <p>Lunch Check In<br/>Opens at 8:30 am Daily</p> <p><b>ALL MEALS ARE SERVED FIRST COME, FIRST SERVED BASIS</b></p> <p>Lunch Time is at 11:00 am</p> | <p>Are you providing care to a family member or loved one?</p> <p><b>SERVICES INCLUDE:</b><br/>Support Services<br/>Caregiver Support Groups<br/>Teleconnection Info Sessions<br/>Stress Busting Classes</p> <p>Please see <b>Jennifer Brackett</b> For more information</p> <p>CAREGIVER</p> | <p><b>S.A.P.D Non-Emergency: (210) 207-7273 Emergency: 911</b></p> <p><b>Texas Abuse Hotline 1-800-252-5400</b><br/>When you suspect abuse, neglect, or financial exploitation.</p> <p><b>Alamo Service Connection</b><br/>(210) 477-3275 / 1-866-231-4922<br/>Referral and assistance for seniors, people with disabilities, and veterans.</p> <p><b>City of San Antonio 311</b><br/>Potholes, stray animals, downed street signs, trash collection.</p> <p><b>United Way 211</b><br/>Crisis + Emergency, Disaster Assistance, Food, Health, Housing + Utilities, Jobs + Support, Reentry, Veterans</p> |

## FITNESS ORIENTATION

**Before Using the Fitness Area You Must Attend One Orientation or a Refreshed Course on How to Properly Use Our Equipment**

**Join Richard, our Fitness Advisor**  
Tuesdays 9:00 am & Thursdays 12:00 pm

## REMEMBER

If you feel sick or in physical pain



**Please Stay Home**

## WEAR YOUR CENTER T-SHIRT

Every Friday!



## 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



## ENJOY FREE LIVE VIRTUAL TOURS

*Wowzitude*  
Let us bring the world to you


Space is Limited. Sign up at the Front Desk  
Destinations Subject to Change Without Notice

**Tuesdays @ 1:00 pm | Thursdays @10:00 am**

## QUESTIONS ABOUT MEDICARE?

Visit the Medicare Information Center

Located Inside WellMed Clinic




## PRODUCE MARKET

**Tuesday, March 24**

**NUTRITION PRESENTATION**  
9:30 am – 10:30 am - Lunch Room

**MARKET**  
10:30 am – 12:30 pm - Demo Kitchen



## MARCH FIELD TRIPS

| March 11<br>10:00 am | March 18<br>9:00 am | March 25<br>10:00 am |
|----------------------|---------------------|----------------------|
| Walmart              | Pullman Market      | HEB-Plus             |

Sign up at Front Desk. Limited Space Available

# GAME SCHEDULE

See the Front Desk for game equipment

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| PING PONG<br>CHAIR VOLLEYBALL<br>DOMINOES<br>BILLIARDS | PING PONG<br>CHAIR VOLLEYBALL<br>DOMINOES<br>BILLIARDS | PING PONG<br>CHAIR VOLLEYBALL<br>DOMINOES<br>BILLIARDS | PING PONG<br>CHAIR VOLLEYBALL<br>DOMINOES<br>BILLIARDS | PING PONG<br>CHAIR VOLLEYBALL<br>DOMINOES<br>BILLIARDS |