




Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm @ E. Cisneros Senior Center – Every Thursday  Medicare Savings Program 9:30am	3 <b>Movie Time</b> 12:45 pm Elvira Cisneros Sr. Center 517 SW Military San Antonio, TX 78221
6 Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm @ E. Cisneros Senior Center – Every Tuesday Learn Sign Language-every Tues/Thurs: 12:30pm (NR)	7	8 Dementia Caregiver Support Group at Arden Courts Memory Care Meets every 4th Wednesday 10am-11:15am Call 210-254-1428 for more details.	9 Caregiver Support Group 10am Register: 210 507.3139 Elvira Cisneros Sr. Center 517 SW Military San Antonio, TX 78221	10 <b>Grace Notes Community Choir</b> Every Friday from 10:30-11:30am- Caregivers and loved ones with Alzheimer's and other dementias UT Caring for the Caregiver 210-450-8862
13 <b>UT Caring for the Caregiver Supports for Family Caregivers:</b> <a href="https://utcaregivers.org/resources/caring-for-the-caregiver-resources/">https://utcaregivers.org/resources/caring-for-the-caregiver-resources/</a>	14 Caregiver SOS: Supporting Family Caregivers caregiversos@wellmed.net www.caregiversos.org	15	16 Caregiver Support Group 10am Register 210 507-3139  Elvira Cisneros Sr. Center 517 SW Military San Antonio, TX 78221	17 Caregiver Supports: <a href="https://biggsinstitute.org/events">https://biggsinstitute.org/events</a>  UT Health San Antonio Clean Biggs Institute for Alzheimer's & Neurodegenerative Diseases
20 No cost-hour long virtual presentations-Zoom platform Caregiver Teleconnection- registration required to join live. Register: <a href="https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection">https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection</a>	21 Virtual Support Group 10 am Join Zoom Meeting <a href="https://us06web.zoom.us/j/85914032033">https://us06web.zoom.us/j/85914032033</a> Meeting ID: 859 1403 2033  Pan American Library 1122 W Pyron Caregiver SOS 10 Warning Signs of Alz Presentation @ 1pm Call to register: (210) 507-3139	22 Alzheimer's Helpline 24/71-800-272-3900 Caregiver Virtual Supports! <a href="https://www.alz.org/sanantonio/helping_you/virtual-education-programs">https://www.alz.org/sanantonio/helping_you/virtual-education-programs</a>	23 <b>Festival de Amigos</b> At Commanders House 622 S, Flores – SA, TX 78221 Caregiver SOS will be handing out materials pertaining to our program	24 Dementia Series Healthy Living for the Brain and Body 10 am in English Elvira Cisneros Sr. Center 517 SW Military San Antonio, TX 78221
27 Caregiver SOS: Supporting Family Caregivers caregiversos@wellmed.net www.caregiversos.org	28 WELLMED PATIENT APPRECIATION CISNEROS SR. CENTER 517 SW MILITARY 1-4PM	29	30 Caregiver SOS Program Advanced Senior Planning Presenter: Jennifer Dear 10am	

# April 2026

Support for family & friends caring for an elder loved one

**CAREGIVER SOS**

**WELLMED CHARITABLE FOUNDATION**

**ELVIRA CISNEROS SENIOR CENTER**

**517 SW MILITARY DR.**

**SAN ANTONIO, TX 78221**

**210-507-3139**

