



CITY OF SAN ANTONIO  
DEPARTMENT OF HUMAN SERVICES



WELLMED  
CHARITABLE FOUNDATION

# Doris Griffin

## 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 Doris Griffin 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

6157 NW Loop 410, Ste, 120, San Antonio, TX 78238  
Monday - Friday 7:00 am - 4:00pm | Tel: 210.780.7444



# Doris Griffin MAY 2026



6157 NW Loop 410, San Antonio, TX 78238 \* 210-780-7444 \* Monday-Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MAY 8</b> <b>Fiesta in the Park</b></p> <p>IN CELEBRATION OF OLDER AMERICANS MONTH CELEBRATION &amp; PROCLAMATION</p> <p>8:30A-2:00P Rosedale Park Pavilion 303 Dartmouth St San Antonio, Texas 78237</p> <p>For more info check with the front desk</p>	<p><b>May 6th</b> <b>Cinco de Mayo Celebration</b></p> <p>Join us at 9:30a For the festivities in the Dining Room</p> <p>The Dance Will follow lunch</p> <p>Dress Fiesta!</p>	<p>MAY * 10a Join us for "All about Inflammation" Karen Robinson, RN Inflammation is our body's natural response to fighting things that harm it like infections and injuries. Prolonged inflammation can negatively impact your health in many ways. Learn what it is, how it affects our body, and steps to reduce it.</p>	<p><b>April Trips</b></p> <p>4th Walmart 8th Golden Coral Trip 11th HEB Shopping Trip 18th Thrift Store Trip 22nd Inst. Of Tx Culture 28th Garden Tour With Juan 29th Ruby City Museum Trip</p>	<p>9a <b>PICTIONARY W/ MO AND PEACHES</b></p> <p>10a <b>MOVIE</b></p> <p>10a <b>Knitters &amp; Crocheters</b></p> <p>12n <b>Quilting</b></p> <p>12:30 Karaoke</p> <p>2:30 <b>Early Closure</b></p> <p>1p <b>Movie</b></p> 
<p>8:30a Adv Guitar 4</p> <p>9a Computer class With Joe "Mobile Sheets"</p> <p>9:15 Loteria</p> <p>9:30 WalMart Trip</p> <p>10a Beginning Guitar</p> <p>11:30a Int Guitar</p> 	<p>9:30 Jewelry Class 5</p> <p>9:30 Walkers with Brandy</p> <p>10a Knitters &amp; Crocheters</p> <p>10a Oats Computer Class Intro to Sleep Technology</p> <p>10a Find your inter child Through Art</p> <p>11a English Class</p> <p>1p Beginners Ukulele</p> <p>2p Intermediate Ukulele</p>	<p>8:30 Advanced Guitar 6</p> <p>9:30a Cinco de Mayo</p> <p>9a Computer class With Joe "How to Transfer photos and videos"</p> <p>9a Jam with Robert Cruz</p> <p>10a Choir Class</p> <p>12:30P Cino de Mayo and Mother's Day Dance</p> <p>12:30 NO BINGO</p> 	<p>9:30 Jewelry Class 7</p> <p>9:30a Bead Boys Trip</p> <p>10a AACOG VA AND MILITARY MEDICAL INSURANCE QUESTIONS</p> <p>11a English Class</p>  <p>How Medicare Works for U.S. Veterans</p> <p>What Medicare Advantage Can Do for You</p>	<p>10a MOVIE 8</p> <p>10a Knitters &amp; Crocheters</p> <p>12n Quilting</p> <p>12:30p Karaoke</p> <p>1p Movie</p> 
<p>8:30a Adv Guitar 11</p> <p>9a Computer class With Joe "</p> <p>9:15 Loteria</p> <p>9:30a HEB Shopping Trip</p> <p>10a Beginning Guitar</p> <p>11:30a Int Guitar</p> 	<p>9:30 Jewelry Class 12</p> <p>9:30 Walkers on the Go</p> <p>10a Find your inter child Through Art</p> <p>10a DHS will offer a Timely Class on "Beat the Heat Exhaustion"</p> <p>10a Oats Computer class Intro to social media</p> <p>10a Knitters &amp; Crocheters</p> <p>11a English Class</p> <p>1p Beginners Ukulele</p> <p>2p Intermediate Ukulele</p>	<p>8:30a Advanced Guitar 13</p> <p>9a Computer class With Joe "How to Transfer photos and videos"</p> <p>9a Jam with Robert Cruz</p> <p>10a Choir Class</p> <p>10a ACCOG Scams</p> <p>10a Nutrition w/Natalie</p> <p>12:30 Bingo</p> 	<p>9:30 Jewelry Class 14</p> <p>10a I'm turning 65 How do I handle Medicare</p> <p>11a English Class</p> <p>1p FOOD BANK (For those who qualify) DISTRIBUTION</p> 	<p>9:30a Fall Prevention With Vibrant works Part 1 15</p> <p>10a MOVIE</p> <p>10a Knitters &amp; Crocheters</p> <p>12n Quilting</p> <p>12:15 Birthday Cupcakes</p> <p>12:30p Karaoke</p> <p>1p Movie</p> 
<p>8:30a Adv Guitar 18</p> <p>9a Computer class With Joe "</p> <p>9:15 Loteria</p> <p>9:30a Thrift Store Trip</p> <p>10a Beginning Guitar</p> <p>11:30a Int Guitar</p> 	<p>9:30 Jewelry Class 19</p> <p>9:30 Walkers on the Go -Brandy</p> <p>10a Knitters &amp; Crochet</p> <p>10a Find your inter child Through Art</p> <p>10a Better Age Myths With Christina Smith</p> <p>10a Oats Computer Class Get started with LinkedIn</p> <p>11a English Class</p> <p>1p Beginners Ukulele</p> <p>2p Intermediate Ukulele</p>	<p>8:30a Advanced Guitar 20</p> <p>9a Jam with Robert Cruz</p> <p>9a Computer class With Joe "What is a Podcast, how do I use it"</p> <p>10a Choir Class</p> <p>10a Dementia 2 of 7 Series program</p> <p>12:30 Bingo</p> 	<p>9:30 Jewelry Class 21</p> <p>10a MEDICARE MADE CLEAR</p> <p>10a Inflammation with Nurse Karen Robinson</p> <p>11a English Class</p> <p>12:15 Name that Tune</p> 	<p>9:30a Fall Prevention W/Vibrant works pt 2 22</p> <p>10a MOVIE</p> <p>10a Institute of TexasCultures</p> <p>10a Knitters/Crocheters</p> <p>12n Quilting</p> <p>12:30p Karaoke</p> <p>1p Movie</p> 
<p><b>CLOSED</b></p> <p><b>MEMORIAL DAY</b></p> <p>Remember &amp; Honor</p> 	<p>9:30 Jewelry Class 26</p> <p>10a Find your inter Child through Art</p> <p>10a Knitters &amp; Crochet</p> <p>10a Oats Computer Class "Mindfulness Apps"</p> <p>11a English Class</p> <p>1p Beginners Ukulele</p> <p>2p Intermediate Ukulele</p> 	<p>8:30a Advanced Guitar 27</p> <p>9a Jam with Robert Cruz</p> <p>9a Computer class w/Joe "What is a Podcast, how to use it"</p> <p>10a Choir Class</p> <p>10a Nutrition w/Natalie</p> <p>10a Craft Class with Lydia</p> <p>12:30 Bingo</p> 	<p>9:30 Jewelry Class 28</p> <p>9:30a Library Cards</p> <p>10a Medicare Questions And Answers</p> <p>10a Garden Tour with Juan Field Trip</p> <p>11a English Class</p> 	<p>10a MOVIE 29</p> <p>10a Knitters &amp; Crocheters</p> <p>10a Ruby City Museum Trip</p> <p>12n Quilting</p> <p>12:30p Karaoke</p> <p>1p Movie</p> 

# FITNESS CLASS SCHEDULE

You may sign up in person at 7:15 am or you may start calling at 7:30 am to sign up for a class on that same day

*All classes are first come, first serve. Voicemail NOT accepted to sign up for aerobics classes*

Start	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	QIGONG	GET MOVING	GET MOVING	GET MOVING	
10:00 am	CARDIO DANCE	YOGA	CHAIR CIRCUIT	CARDIO DANCE	MUSCLE MATTERS
11:00 am	ZUMBA GOLD	ZUMBA GOLD CHAIR	YOGA	ZUMBA GOLD	CARDIO DANCE
12:00 pm	LINE DANCING	MUSCLE MATTERS	CALIENTE CARDO	FLAMENCO	CAMP RODNEY
1:00 pm	BELLY DANCING	CARDIO DANCE	MUSCLE MATTERS	BOOT CAMP	CHAIR CIRCUIT
2:00 pm	TAI CHI	QIGONG	TAI CHI	DANCE PARTY	

**No Spaces are held in class \* Please use lockers to store your items \***

**Badges are to be worn in class \* Aerobic shoes with laces are to be worn \***

Morning Fitness Class sign ups will be limited to 2 a day per person. If there are openings 10 minutes prior to class starting, then exceptions will be made for over 2 classes.

**5 minutes after class begins your space will be given to the next on the Waitlist \* Turn your phone off during class**

# GAME SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG	PING PONG	PING PONG	PING PONG	PING PONG
CHAIR VOLLEYBALL	DOMINOES / RUMIKUB	CHAIR VOLLEYBALL	DOMINOES / RUMIKUB	DOMINOES / RUMIKUB
DOMINOES / RUMIKUB	BILLIARDS	BILLIARDS	BILLIARDS	BILLIARDS

# ANNOUNCEMENTS

**WALKERS**  
on the Go!  
Every Tuesday  
9:30 am

Sign up  
at Front Desk



**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!

Doris Griffin is proud to offer A variety of fitness classes. We want to remind you that you can sign up for 2 class beginning at 7:30a.

**Fitness Courtesies**  
After 5 min your space will be given to the next member on the wait list.

Badges are to be worn in class  
Do not leave class early  
Cool downs are important  
Please use lockers to store your items instead of bringing to class

Please use the complimentary lockers to store your personal items instead of bringing them to Fitness classes

**Remember**

If you feel sick or in physical pain

**Please Stay Home**


**EVERY WEDNESDAY**

**WEAR YOUR CENTER T-SHIRT**

It is required to bring your City of San Antonio Senior Center Meal Card to receive your meal. The only exceptions are for new members. If lost or damaged please report immediately to the front desk.

**Fitness Orientation**

Before using the fitness area. You must attend a orientation with Moe, our fitness advisor. Please see/call the front desk for info.

Health Screenings	Lunch	Caregiver SOS	Important Numbers to Know
Mon., Tues, Wed, & Thurs (unless otherwise noted) Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available	Lunch Check In Opens at 9:45 am Daily All Meals Are Served On a First Come, First Serve Basis Lunch Time is at 11:30 am	Are you providing care to a family member or loved one? <b>SERVICES INCLUDE:</b> Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes Please see Jennifer Brackett For more information 210-254-1489 	S.A.P.D Non-Emergency: (210) 207-7273 <b>Emergency: 911</b> Texas Abuse Hotline 1-800-252-5400 When you suspect abuse, neglect, or financial exploitation. <b>Alamo Service Connection</b> (210) 477-3275 / 1-866-231-4922 Referral and assistance for seniors, people with disabilities, and veterans.