

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.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VISIT OUR VIRTUAL SENIOR CENTER</p> <p>Enjoy guided activities to do from the comfort of your own home!</p> <p>Scan the QR Code using your smartphone camera Tap the notification to open the link.</p> 	<p>FITNESS ORIENTATION</p> <p>Before using the fitness area, you MUST attend one orientation or a refresher course on how to properly use our equipment.</p> <p>Join Richard, our Fitness Advisor.</p> <p>Tuesdays 9:00 am Thursdays 12:00 pm</p>	<p>Room Key</p> <p>(1) Activity Room #1 (2) Activity Room #2 (3) Activity room #3 (4) Theater Room (CR) Community Room (CL) Computer Lab (DK) Demonstration Kitchen (L) Lobby (LR) Lunch Room (SA) Social Area</p> <p>Activities Subject to Change Without Notice</p>	 <p>HAPPY Mother's Day</p>	<p>01</p> <p>MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm AFTERNOON MOVIE (4) 1:00 pm</p> <p>COSA SENIOR SERVICES Older Americans Month Celebration AT ROSEDALE PARK PAVILION 8:30 am- 2:00 pm Sign up at Lunch Room</p>
<p>04</p> <p>ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR 101 (DK) 9:00 am - 10:30 am BEGINNER GUITAR PRACTICE (1) 9:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</p> <p>MAY THE 4TH BE WITH YOU STAR WARS DAY Dress as your favorite character Fun Activities starting at 8:30 am</p>	<p>NO LOTERIA / BINGO</p> <p>05</p> <p>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR CLASSES (1B) INTER. III - INTER. II - INTER. I 8:30 am - 12:00 pm WOWZITUDE VIRTUAL TOUR (4) 1:00 pm</p> <p>GUITAR RECITAL CELEBRATING CINCO DE MAYO 9:30 am - Lunch Room</p> <p>GO Spurs GO Show Your Team Spirit Wear Spurs Attire</p>	<p>06</p> <p>BEGINNING PAINTING (DK) 9:30 am - 11:30 am OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 1:00 pm - 3:00 pm</p> <p>BREAKING AGE MYTHS By Caregiver SOS 10:00 am - Room #4 CAREGIVER SOS</p> <p>FIELD TRIP TO WALMART Sign up at Front Desk Limited Space Available 10:00 am</p>	<p>07</p> <p>UKULELE CLASS (4) 8:00 am WOWZITUDE VIRTUAL TOUR (4) 10:00 am GUITAR PRACTICE (1B) 10:00 am PEER SUPPORT GROUP (2) 10:00 am FITNESS ORIENTATION (L) 12:00 pm</p> <p>CSFP DISTRIBUTION Food Bank for Those Who Qualify 10:00 am - 10:50 am</p>	<p>08</p> <p>MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm AFTERNOON MOVIE (4) 1:00 pm</p> <p>MOTHER'S DAY TEA PARTY Join us for a charming afternoon tea and celebrate motherhood 12:30 pm - Lunch Room Sign up at Front Desk Limited Space Available</p>
<p>11</p> <p>ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR 101 (DK) 9:00 am - 10:30 am BEGINNER GUITAR PRACTICE (1) 9:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</p>	<p>12</p> <p>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR CLASSES (1B) INTER. III-INTER. II-INTER. I 8:30 am - 12:00 pm WOWZITUDE VIRTUAL TOUR (4) 1:00 pm</p>	<p>13</p> <p>BEGINNING PAINTING (DK) 9:30 am - 11:30 am OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 1:00 pm - 3:00 pm</p>	<p>14</p> <p>UKULELE CLASS (4) 8:00 am WOWZITUDE VIRTUAL TOUR (4) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am NAME THAT TUNE! (2) 12:00 pm FITNESS ORIENTATION (L) 12:00 pm</p> <p>PROJECT HOPE DISTRIBUTION Food Bank for Those Who Qualify 10:00 am - 10:50 am</p>	<p>15</p> <p>HEALTH TALKS WITH WELLMED NURSE 10:00 am - Computer Lab</p> <p>MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm AFTERNOON MOVIE (4) 1:00 pm</p>
<p>18</p> <p>ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR 101 (DK) 9:00 am - 10:30 am BEGINNER GUITAR PRACTICE (1) 9:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</p> <p>BEAT THE HEAT PRESENTATION 12:00 pm - Room #4</p>	<p>19</p> <p>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR CLASSES (1B) INTER. III - INTER. II - INTER. I 8:30 am - 12:00 pm LOTERIA / BINGO (LR) 10:00 am GRIEF SUPPORT GROUP (DK) 10:00 am WOWZITUDE VIRTUAL TOUR (4) 1:00 pm</p>	<p>20</p> <p>BEGINNING PAINTING (DK) 9:30 am - 11:30 am OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 1:00 pm - 3:00 pm</p> <p>TRIP TO HEB PLUS! Sign up at Front Desk Limited Space Available 10:00 am</p>	<p>21</p> <p>WOWZITUDE VIRTUAL TOUR (4) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am FITNESS ORIENTATION (L) 12:00 pm</p> <p>NEW MEMBER ORIENTATION 1:00 pm - Room #4</p>	<p>22</p> <p>MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm AFTERNOON MOVIE (4) 1:00 pm</p>
<p>25</p> <p>CENTER WILL BE CLOSED IN OBSERVANCE OF</p>  <p>MEMORIAL DAY</p>	<p>26</p> <p>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR CLASSES (1B) INTER. III-INTER. II-INTER. I 8:30 am - 12:00 pm LOTERIA / BINGO (LR) 10:00 am WOWZITUDE VIRTUAL TOUR (4) 1:00 pm CAREGIVER SOS SUPPORT (CR) 1:30 pm</p>	<p>27</p> <p>BEGINNING PAINTING (DK) 9:30 am - 11:30 am OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 1:00 pm - 3:00 pm</p> <p>MAGNIFICENT SEVEN ESSENTIAL LEGAL FORMS By Caregiver Teleconnection 10:00 am - Room #4 CAREGIVER SOS</p>	<p>28</p> <p>WOWZITUDE VIRTUAL TOUR (4) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am</p> <p>NUTRITION CLASS 12:30 pm - Room #4</p>	<p>29</p> <p>MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm</p> <p>MAY BIRTHDAY PARTY 12:00 pm - 2:00 pm</p> <p>CENTER IS CLOSING AT 2:30 PM</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		BALANCE CORE & STRENGTH ACTIVITY ROOM 2		TOTAL CIRCUIT 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	BELLY DANCE ACTIVITY ROOM 3	CHAIR FITNESS ACTIVITY ROOM 3	FLAMENCO ACTIVITY ROOM 2 MUSCLE MATTERS ACTIVITY ROOM 3		LINE Dance ACTIVITY ROOM 2 CHAIR FITNESS ACTIVITY ROOM 3
10:30 am		TAI CHI ACTIVITY ROOM 2			
12:30 pm	VIDEO Workout ACTIVITY ROOM 3			VIDEO Workout ACTIVITY ROOM 3	
1:00 pm		TOTAL CIRCUIT 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

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>Mondays, Wednesdays, Thursdays & 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 FIRST COME, FIRST SERVED 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 Jennifer Brackett For more information</p> <p>CAREGIVER GO</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>

CELEBRATE WITH US

STAR WARS DAY

Monday, May 4th

Dress as your favorite character

Fun Activities Starting at 8:30 am



SHOW YOUR TEAM SPIRIT

GO Spurs GO

Tuesday, May 5th

Wear Spurs Attire

Mother's Day Tea Party

Join us for a charming afternoon tea and celebrate motherhood

Friday, May 8 | 12:30 pm | Lunchroom



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



Our Center will be Closed Monday, May 25

In observance of Memorial Day



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



WEAR YOUR CENTER T-SHIRT



Every Friday!

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

GAME SCHEDULE

See the Front Desk for game equipment

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