


Monday	Tuesday	Wednesday	Thursday	Friday
			Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm @ E. Cisneros Senior Cntr – Every Thursday Medicare Savings Program9:30am	1 Older American Month Celebration CANCELED
4 Health Screenings- Blood sugar/pressure and BMI 7:30am-3:30pm @ E. Cisneros Senior Cntr – Every Tuesday Learn Sign Language-every Tues/Thurs: 12:30pm (NR)	5	6 Dementia Caregiver Support Group at Arden Courts Memory Care Call 726-227-5876 for more details.	7 Caregiver Support Group Mothers Day Craft 10am	8 RESCHEDULED EVENT: Older American Month Celebration 10am-2pm Rosedale Park 303 Dartmouth Street San Antonio, TX
11 UT Caring for the Caregiver Supports for Family Caregivers: https://utcaregivers.org/resources/caring-for-the-caregiver-resources/	12 Caregiver SOS: Supporting Family Caregivers caregiversos@wellmed.net www.caregiversos.org	13	14 Caregiver Support Group 10am Register: 210 507.3139 Elvira Cisneros Sr. Center 517 SW Military San Antonio, TX 78221	15 <u>Caregiver Supports:</u> https://biggsinstitute.org/events  <small>Clara B. Biggs Institute for Alzheimer's & Neurodegenerative Diseases</small>
18 No cost-hour long virtual presentations-Zoom platform Caregiver Teleconnection- registration required to join live. Register: https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection	19 Virtual Support Group 10 am Join Zoom Meeting https://us06web.zoom.us/j/85914032033 Meeting ID: 859 1403 2033	20 Alzheimer's Helpline 24/71-800-272-3900 Caregiver Virtual Supports! https://www.alz.org/sanantonio/helping_you/virtual-education-programs	21 Caregiver Support Group 10am Register: 210 507.3139 Elvira Cisneros Sr. Center 517 SW Military San Antonio, TX 78221	22 CENTER Closed Senior Day at the Park Brackenridge Park meet at Koehler Pavillion See front desk.
25 Closed in Observance of Memorial Day	26	27 Caregiver SOS: Supporting Family Caregivers caregiversos@wellmed.net www.caregiversos.org	28	29 Grace Notes Community Choir 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

May 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

