

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| 1 Art Lab (DK) 8:00am – 11:00am ASK A NURSE (LR) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm | 2 Fitness Orientation (L) 9:00am Guitar Practice (4) 9:00am—12:00pm Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm Art History (DK) 12:30pm-2:30pm Wowzitude Virtual Tour 1:00 pm - Room #4 | 3 Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (CL) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm – 2:30pm | 4  We will be CLOSED for the 4th of July | 5 Drawing Class (DK) 10:00am – 12:00pm |
| 8 Art Lab (DK) 8:00am – 11:00am Beginner Guitar (4) 9:00am-10:30am ASK A NURSE (LR) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm | 9 Fitness Orientation (L) 9:00am Intermediate Guitar II (4) 9:00am—10:30am Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm Intermediate Guitar I (4) 10:30am—12:00pm Art History (DK) 12:30pm-2:30pm Wowzitude Virtual Tour 1:00 pm - Room #4 | 10 Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (CL) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm – 2:30pm Seniors in Play Performance 12:15pm (LR) UHC UCARD & WellMed Flex Card Info Session 9:30am (LR) | 11 Ukulele Beginner Class (4) 8:30am Peer Support Group (4) 10:00am Name That Tune! (2) 12:00pm Disc Golf 101 2:30pm Wowzitude Virtual Tour 10:00 am (4) Project Hope Distribution Food Bank for those who qualify 10:00am – 11:00am | 12 Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm Afternoon Movie (4) 1:00pm |
| 15 Art Lab (DK) 8:00am – 11:00am Beginner Guitar (4) 9:00am-10:30am ASK A NURSE (LR) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm | 16 Fitness Orientation (L) 9:00am Intermediate Guitar II & I (4) 9:00am—10:30am / 10:30am—12:00pm Wellness Session (CR) 10:00am Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm Art History (DK) 12:30pm-2:30pm Cooking Demonstration 10:00am (DK) Wowzitude Virtual Tour 1:00 pm - Room #4 | 17 Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (CL) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm – 2:30pm | 18 Ukulele Beginner Class (4) 8:30am Peer Support Group (4) 10:00am Wowzitude Virtual Tour 10:00 am (4) | 19 Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm HEALTH TALKS WITH NURSE (LR) 10:30am Karaoke Friday (LR) By Team Up 4 Coverage 12:30pm Afternoon Movie (4) 1:00pm Nutrition Class 10:15am (LR) |
| 22 Art Lab (DK) 8:00am – 11:00am Beginner Guitar (4) 9:00am-10:30am ASK A NURSE (LR) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm | 23 Fitness Orientation (L) 9:00am Intermediate Guitar II (4) 9:00am—10:30am Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm Intermediate Guitar I (4) 10:30am—12:00pm Art History (DK) 12:30pm-2:30pm Caregiver SOS Support (CR) 1:30 pm Wowzitude Virtual Tour 1:00 pm - Room #4 | 24 Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (CL) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm – 2:30pm | 25 Ukulele Beginner Class (4) 8:30am Peer Support Group (4) 10:00am Disc Golf 101 2:30pm Wowzitude Virtual Tour 10:00 am (4) CSFP Distribution Food Bank for those who qualify 10:00am – 11:00am | 26 Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm Celebrate the 13th Anniversary of the Center! Dress to Impress 80's Style! 12:00pm-2:00pm  Center Closing at 2:30PM |
| 29 Art Lab (DK) 8:00am – 11:00am Beginner Guitar (4) 9:00am-10:30am ASK A NURSE (LR) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm | 30 Fitness Orientation (L) 9:00am Intermediate Guitar II (4) 9:00am—10:30am Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm Intermediate Guitar I (4) 10:30am—12:00pm Art History (DK) 12:30pm-2:30pm Wowzitude Virtual Tour 1:00 pm - Room #4 | 31 Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (CL) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm – 2:30pm Nutrition Class 10:15am (LR) | VISIT OUR VIRTUAL SENIOR CENTER Enjoy guided activities to do from the comfort of your own home!  Scan Me! Scan the QR Code using your smartphone camera Tap thenotification to open the link. FITNESS ORIENTATION (NOT just for new members) Before using the fitness area, we encourage you to attend one orientation for a refresher course on how to properly use our equipment | Room Key Activity Rooms: #1, #2, #3 Theatre Room (#4) (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (OL) Online (C) Conference Room (CL) Computer Lab (L) Lobby Activities Subject to Change Without Notice |

GAME SCHEDULE

See the Front Desk for game equipment

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA) | Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA) | Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA) | Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA) | Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA) |

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 that same day
All classes are first come, first served. Voicemail NOT accepted to sign up for aerobics 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 | | CHAIR FITNESS (ACTIVITY ROOM 3) | FLAMENCO (ACTIVITY ROOM 2) MUSCLE MATTERS (ACTIVITY ROOM 3) | | FLEX MUSCLE (ACTIVITY ROOM 3) |
| 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

FLEX MUSCLE:

Exercise that helps build muscle strength

CANE SELF DEFENSE:

A new form of self-defense

*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

MUSCLE MATTERS:

A strength and balance to improve the muscle and bone health

TAI CHI:

An exercise using slow and controlled movements

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

ANNOUNCEMENTS

WALKING with WellMed Mondays
10:30am
 Sign up at Front Desk

Health Class and Ask a Nurse WITH DAVID SMITH
 Monday & Wednesday
 Lunch Room

JULY BIRTHDAY PARTY
 Friday, July 26
 12:00 pm - 2:00 pm
 Join us for cake, dancing and fun!

HEALTHY COOKING DEMONSTRATION
 3rd Tuesday of the Month
 10:00 am - Demo Kitchen

Health Education Talks With WellMed Nurse
 3rd. Friday of the Month
10:30 am
 Lunch Room

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!

EVERY FRIDAY THE ALICIA TREVIÑO LOPEZ SENIOR CENTER
WEAR YOUR CENTER T-SHIRT

QUESTIONS ABOUT MEDICARE?
 Visit the Medicare Information Center
 Located Inside WellMed Clinic

CAREGIVER Support Group
 4th. Tuesday of the Month
1:30 pm
 Conference Room

REMEMBER
 If you feel sick or in physical pain
Please Stay Home

HEALTH AND WELLNESS Education Session
 Third Tuesday of the Month
 10:00 am Conf. Room
 WELLMED®

FITNESS ORIENTATION
 BEFORE USING THE FITNESS AREA, WE ENCOURAGE YOU TO ATTEND ONE ORIENTATION FOR A REFRESHER COURSE ON HOW TO PROPERLY USE OUR EQUIPMENT.
 Tuesdays, 9:00 am - Meet in Front Lobby

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



HUMAN SERVICES

July 2024

Evening Hours

The Alicia Trevino Lopez Senior One Stop Center

8353 Culebra Rd.

San Antonio, TX 78251

210-558-0178

Monday—Thursday, 4:00pm—8:00pm

| Monday | Tuesday | Wednesday | Thursday |
|--|---|--|--|
| 1 Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Senior Table Games (4) 6:30-7:30pm | 2 Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm | 3 Beanbag Baseball (LR) 4:30-5:30pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm Senior Table Games (4) 6:30-7:30pm | 4 |
| 8 Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Senior Table Games (4) 6:30-7:30pm | 9 Pickleball (LR) 4:00-7:00pm Beginner Guitar (4) 4:00-5:30pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm | 10 Karaoke (LR) 4:00-7:00pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm | 11 Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm Healthy Living Series (1) 5:30-6:30pm |
| 15 Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Senior Table Games (4) 6:30-7:30pm 100 Hour Celebration: Word Search Scavenger Hunt Day 1 | 16 Pickleball (LR) 4:00-7:00pm Beginner Guitar (4) 4:00-5:30pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm 100 Hour Celebration: Card Creation Scavenger Hunt Day 2 | 17 Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm 100 Hour Celebration: Lei Day Music with Dance Competition Scavenger Hunt Day 3 | 18 Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm Healthy Living Series (1) 5:30-6:30pm 100 Hour Celebration: Scavenger Hunt Day 4 and Prize |
| 22 Seniors In Play Ambassador Performance (LR) 5:00pm—6:00pm Line Dancing (3) 5:30-6:30pm Senior Table Games (4) 6:30-7:30pm | 23 Pickleball (LR) 4:00-7:00pm Beginner Guitar (4) 4:00-5:30pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm | 24 Karaoke (LR) 4:00-7:00pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm | 25 Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm Healthy Living Series (1) 5:30-6:30pm |
| 29 Seniors In Play (LR) 4:00-5:30pm Craft: Tote Bag Painting 4:30pm—5:30pm Line Dancing (3) 5:30-6:30pm Senior Table Games (4) 6:30-7:30pm | 30 Pickleball (LR) 4:00-7:00pm Beginner Guitar (4) 4:00-5:30pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm | 31 Beanbag Baseball (LR) 4:30-5:30pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm Bingo (LR) 6:30-7:30pm July Birthday Celebration | Room Key Activity Rooms: #1, #2, #3 Theatre Room (#4) (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (OL) Online (C) Conference Room (CL) Computer Lab (L) Lobby **Early sign in required for some activities |