



# 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.



<https://www.wellmedcharitablefoundation.org/virtual-center/>

## CALENDAR OF EVENTS

8353 Culebra Rd, Ste. 102 San Antonio, TX 78251  
Monday - Friday 7:00 am - 4:00pm | Tel: 210.558.0178

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Room Key</b></p> <p>(1) Activity Room #1 (2) Activity Room #2 (3) Activity room #3 (4) Theater Room (C) Conference Room (CL) Computer Lab (DK) Demonstration Kitchen (L) Lobby (LR) Lunch Room (OL) On Line (SA) Social Areal</p> <p><b>Activities Subject to Change Without Notice</b></p>	<p><b>FITNESS ORIENTATION</b></p> <p><b>(NOT just for new members)</b> Before using the fitness area, we encourage you to attend one orientation for a refresher course on how to properly use our equipment. Join Richard, our Fitness Advisor.</p>	<p><b>VISIT OUR VIRTUAL SENIOR CENTER</b></p> <p>Enjoy guided activities to do from the comfort of your own home!</p> <p>Scan Me!  Scan the QR Code using your smartphone camera Tap thenotification to open the link.</p>	<p><b>01</b></p> <p>UKULELE BEGINNER CLASS (4) 8:30 am <b>WOWZITUDE VIRTUAL TOUR (4)</b> 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am</p> <p><b>CFSP DISTRIBUTION</b> Food Bank for those who qualify 10:00 am - 11:00 am</p>	<p><b>02</b></p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</p>
<p><b>05</b></p> <p>ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am <b>WALKING WITH WELLMED</b> Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</p>	<p><b>06</b></p> <p><b>FITNESS ORIENTATION (L)</b> 9:00 am INTERMEDIATE GUITAR II (4) 9:00 am - 10:30 am LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm INTERMEDIATE GUITAR I (4) 10:30 am - 12:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm <b>WOWZITUDE VIRTUAL TOUR (4)</b> 1:00 pm</p>	<p><b>07</b></p> <p>INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p><b>JEOPARDY!</b> With City of SA Transportation Dept. 9:30 am - Room #4</p>	<p><b>08</b></p> <p>UKULELE BEGINNER CLASS (4) 8:30 am <b>WOWZITUDE VIRTUAL TOUR (4)</b> 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am NAME THAT TUNE! (2) 12:00 pm DISC GOLF 101 (LR) 2:30 pm</p> <p><b>PROJECT HOPE DISTRIBUTION</b> Food Bank for those who quality 10:00 am - 11:00 am</p>	<p><b>09</b></p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</p> <p><b>NUTRITION CLASS</b> 10:15 am - Lunch Room</p>
<p><b>12</b></p> <p>ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am <b>WALKING WITH WELLMED</b> Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</p>	<p><b>13</b></p> <p><b>FITNESS ORIENTATION (L)</b> 9:00 am INTERMEDIATE GUITAR II(4) 9:00 am - 10:30 am <b>COOKING DEMONSTRATION (DK)</b> By Team Up 4 Coverage 10:00 am LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm INTERMEDIATE GUITAR I (4) 10:30 am - 12:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm <b>WOWZITUDE VIRTUAL TOUR (4)</b> 1:00 pm</p>	<p><b>14</b></p> <p>INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p><b>UHC UCARD AND WELLMED FLEX CARD INFORMATION SESSION</b> 9:30 am - Lunch Room</p>	<p><b>15</b></p> <p>UKULELE BEGINNER CLASS (4) 8:30 am <b>WOWZITUDE VIRTUAL TOUR (4)</b> 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am</p>	<p><b>16</b></p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm <b>KARAOKE FRIDAY (LR)</b> By Team Up 4 Coverage 12:30 pm AFTERNOON MOVIE (4) 1:00 pm</p>
<p><b>19</b></p> <p>ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am <b>WALKING WITH WELLMED</b> Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</p>	<p><b>20</b></p> <p><b>FITNESS ORIENTATION (L)</b> 9:00 am INTERMEDIATE GUITAR II(4) 9:00 am - 10:30 am WELLNESS SESSION (CR) 10:00 am LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm INTERMEDIATE GUITAR I (4) 10:30 am - 12:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm <b>WOWZITUDE VIRTUAL TOUR (4)</b> 1:00 pm</p> <p> <b>PRODUCE MARKET</b> 9:00 am</p> <p> <b>FIELD TRIP TO TOYOTA PLANT</b> Sign up at Front Desk Limited to 12 Participants 9:00 am</p>	<p><b>21</b></p> <p>INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p>	<p><b>22</b></p> <p>UKULELE BEGINNER CLASS (4) 8:30 am <b>WOWZITUDE VIRTUAL TOUR (4)</b> 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am DISC GOLF 101 (LR) 2:30 pm</p>	<p><b>23</b></p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</p>
<p><b>26</b></p> <p>ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am <b>WALKING WITH WELLMED</b> Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</p>	<p><b>27</b></p> <p><b>FITNESS ORIENTATION (L)</b> 9:00 am INTERMEDIATE GUITAR II (4) 9:00 am - 10:30 am LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm INTERMEDIATE GUITAR I (4) 10:30 am - 12:00 pm ART HISTORY (DK) 12:30 pm - 2:30 pm <b>WOWZITUDE VIRTUAL TOUR (4)</b> 1:00 pm CAREGIVER SOS SUPPORT (CR) 1:30 pm</p>	<p><b>28</b></p> <p>INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</p> <p><b>NUTRITION CLASS</b> 10:15 am - Lunch Room</p>	<p><b>29</b></p> <p>UKULELE BEGINNER CLASS (4) 8:30 am <b>WOWZITUDE VIRTUAL TOUR (4)</b> 10:00 am PEER SUPPORT GROUP (CR) 10:00 am DISC GOLF 101 (LR) 2:30 pm</p>	<p><b>30</b></p> <p>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm</p> <p><b>AUGUST BIRTHDAY PARTY</b> 12:00 pm - 2:00 pm</p> <p><b>CENTER IS CLOSING AT 2:30 PM</b></p> <p><b>WELLMED PATIENT APPRECIATION</b> By Invitation Only</p> <p>Visit your WellMed Clinic for more Information</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 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		<b>BALANCE CORE &amp; STRENGTH</b> (ACTIVITY ROOM 2)		<b>TOTAL CIRCUIT WITH JEANINE</b> (ACTIVITY ROOM 3)	<b>FITNESS EXPRESS</b> (ACTIVITY ROOM 2)
9:00 am	<b>FLEX MUSCLE</b> (ACTIVITY ROOM 3)	<b>VIDEO Workout</b> (ACTIVITY ROOM 3)	<b>CANE SELF DEFENSE</b> (ACTIVITY ROOM 2) <b>ZUMBA gold</b> (ACTIVITY ROOM 3)		<b>VIDEO Workout</b> (ACTIVITY ROOM 3)
9:30 am		<b>FLAMENCO</b> (ACTIVITY ROOM 2)		<b>CHAIR YOGA STRETCH</b> (ACTIVITY ROOM #3)	
10:00 am		<b>CHAIR FITNESS</b> (ACTIVITY ROOM 3)	<b>FLAMENCO MUSCLE MATTERS</b> (ACTIVITY ROOM 2) (ACTIVITY ROOM 3)		<b>FLEX MUSCLE</b> (ACTIVITY ROOM 3)
12:30 pm	<b>VIDEO Workout</b> (ACTIVITY ROOM 3)			<b>VIDEO Workout</b> (ACTIVITY ROOM 3)	
1:00 pm		<b>TOTAL CIRCUIT WITH JEANINE</b> (ACTIVITY ROOM 2)	<b>FITNESS EXPRESS</b> (ACTIVITY ROOM 3)	<b>TAI CHI</b> (ACTIVITY ROOM 2)	<b>ZUMBA gold</b> (ACTIVITY ROOM 3)
2:00 pm		<b>CHAIR YOGA STRETCH</b> (ACTIVITY ROOM 2)			

## FITNESS CLASS DESCRIPTIONS

**BALANCE CORE & STRENGTH:**  
To strengthen the abdomen and back muscles and increase flexibility

**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

**FLEX MUSCLE:**  
Exercises that helps build muscle strength

**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

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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)

# ANNOUNCEMENTS

ENJOY FREE LIVE VIRTUAL TOURS WITH



Wowzitude

Let us bring the world to you

Tuesdays @ 1:00 pm  
Thursdays @ 10:00 am  
Room # 4

Space is Limited. For a complete list of Destinations and Sign up, please visit the Front Desk.  
Destinations Subject to Change Without Notice



**REMEMBER**  
If you feel sick  
or in physical pain



Please Stay Home

**WALKING**  
with WellMed  
Mondays  
10:30am



Sign up at Front Desk

**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 AND WELLNESS**  
Education Session

Third Tuesday  
of the Month  
10:00 am Conf. Room

 WELLMED<sup>®</sup>

**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!



**CAREGIVER**  
Support Group  
4th. Tuesday of the Month






1:30 pm  
Conference Room

**QUESTIONS ABOUT**  
**MEDICARE?**

Visit the Medicare Information Center

Located Inside  
WellMed Clinic



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