

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
<div>Room Key</div> <div>(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</div> <div>Activities Subject to Change Without Notice</div>	<div>01</div> <div>FITNESS ORIENTATION (L) 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 WOWZITUDE VIRTUAL TOUR (4) 1:00 pm</div>	<div>On Wednesdays We Wear PINK</div> <div>02</div> <div>INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</div> <div>Treadmills in Workout Area will be Closed for Maintenance 2:00 pm - 4:00 pm</div>	<div>03</div> <div>UKULELE BEGINNER CLASS (4) 8:30 am WOWZITUDE VIRTUAL TOUR (4) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am</div> <div>CFSP DISTRIBUTION Food Bank for those who qualify 10:00 am - 11:00 am</div>	<div>04</div> <div>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</div>
<div>07</div> <div>ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</div>	<div>08</div> <div>FITNESS ORIENTATION (L) 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 WOWZITUDE VIRTUAL TOUR (4) 1:00 pm</div>	<div>On Wednesdays We Wear PINK</div> <div>09</div> <div>INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</div> <div>FIELD TRIP TO SPROUTS GROCERY STORE Sign up at Front Desk Limited Space Available 10:00 am</div> <div>BASIC WILLS AND TRUST PRESENTATION BY OASIS 1:00 pm - Lunch Room</div>	<div>10</div> <div>UKULELE BEGINNER I (4) 8:00 am UKULELE BEGINNER II (4) 8:45 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 DISC GOLF 101 (LR) 2:30 pm</div> <div>PROJECT HOPE DISTRIBUTION Food Bank for those who quality 10:00 am - 11:00 am</div>	<div>11</div> <div>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</div> <div>NUTRITION CLASS 10:15 am - Lunch Room</div>
<div>14</div> <div>ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</div> <div>10 WARNING SIGNS OF DEMENTIA By Caregiver SOS 9:30 am - Lunch Room</div> <div>HALLOWEEN CRAFT CLASS Limited to 20 Participants 1:00 pm - Lunch Room</div>	<div>15</div> <div>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR II (4) 9:00 am - 10:30 am WELLNESS SESSION (LR) 9:00 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 WOWZITUDE VIRTUAL TOUR (4) 1:00 pm</div>	<div>On Wednesdays We Wear PINK</div> <div>16</div> <div>INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</div> <div>mbaw MUSICAL BRIDGES AROUND THE WORLD MUSICAL BRIDGES PERFORMANCE 10:00 am - Lunch Room</div>	<div>17</div> <div>UKULELE BEGINNER I (4) 8:00 am UKULELE BEGINNER II (4) 8:45 am WOWZITUDE VIRTUAL TOUR (4) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am</div>	<div>18</div> <div>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm</div>
<div>21</div> <div>ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</div>	<div>22</div> <div>FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR II (4) 9:00 am - 10:30 am COOKING DEMONSTRATION (DK) By Team Up 4 Coverage 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 WOWZITUDE VIRTUAL TOUR (4) 1:00 pm CAREGIVER SOS SUPPORT (CR) 1:30 pm</div> <div>BINGO With Reliant Home 10:00 am - Lunch Room</div>	<div>On Wednesdays We Wear PINK</div> <div>23</div> <div>INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</div> <div>FIELD TRIP TO SPROUTS GROCERY STORE Sign up at Front Desk Limited Space Available 10:00 am</div> <div>PUMPKIN DECORATING With Team Up 4 Coverage Limited to 20 participants 10:00 am - Room #4</div>	<div>24</div> <div>UKULELE BEGINNER I (4) 8:00 am UKULELE BEGINNER II (4) 8:45 am WOWZITUDE VIRTUAL TOUR (4) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am DISC GOLF 101 (LR) 2:30 pm</div>	<div>25</div> <div>MORNING MOVIE (4) 8:30 am DRAWING CLASS (DK) 10:00 am - 12:00 pm</div> <div>OCTOBER BIRTHDAY PARTY 12:00 pm - 2:00 pm</div> <div>CENTER IS CLOSING AT 2:30 pm</div>
<div>28</div> <div>ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm</div>	<div>29</div> <div>FITNESS ORIENTATION (L) 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 WOWZITUDE VIRTUAL TOUR (4) 1:00 pm</div>	<div>On Wednesdays We Wear PINK</div> <div>30</div> <div>INTERMEDIATE PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm BEGINNING PAINTING (DK) 12:30pm - 2:30pm</div>	<div>31</div> <div>Join Us for a Fun and Spectacular HALLOWEEN BASH COSTUME PRIZES CONTEST DJ Halloween MOVIES & POPCORN TRIVIA TRICK OR TREAT AROUND THE CENTER October THURS 31st Starting at 8:00 am and throughout the day. Costume Contest at Lunch Time. DJ from 12:00pm - 2:00 pm</div>	<div>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. Join Richard, our Fitness Advisor.</div> <div>VISIT OUR VIRTUAL SENIOR CENTER</div> <div>Enjoy guided activities to do from the comfort of your own home!</div> <div>Scan Me! Scan the QR Code using your smartphone camera Tap the notification to open the link.</div>



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 WITH JEANINE (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)	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 WITH JEANINE (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

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

8353 Culebra Road Ste. 102 San Antonio, TX 78251 210.558.0178

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

Join Us for a Fun and Spectacular

HALLOWEEN BASH

COSTUME CONTEST **DJ** **Halloween TRIVIA**

TRICK OR TREAT AROUND THE CENTER

Movies & Popcorn

PRIZES

October 31st THURS

Starting at 8:00 am and throughout the day.
Costume Contest at Lunch Time. DJ from 12:00pm - 2:00 pm

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!

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

BREAST CANCER awareness month

Wear pink on Wednesdays in October to show your support

Group Picture
Wednesday, October 30
10:30am in Front Lobby

HEALTH AND WELLNESS Education Session

Third Tuesday of the Month
10:00 am Lunch Room

WELLMED

CAREGIVER Support Group

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

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



QUESTIONS ABOUT MEDICARE?

Visit the Medicare Information Center

Located Inside WellMed Clinic

Health Screenings	Dental Referrals	Lunch	Caregiver SOS	Important Numbers to Know
Mondays (unless otherwise noted) Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available WELLMED	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 Jennifer Brackett For more information CAREGIVER	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