



JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>1</u> Center Closed for New Year's Day	<u>2</u> 9 am—Exercise 9 am—10 am CSFP Food Bank 10 am—Seniors in Play 1 pm—SAFB Cooking Demo	<u>3</u> 9 am—BINGO 10 am—Stretch Class 12 pm—Crafts CENTER CLOSED AT 2:30PM FOR STAFF MEETING
<u>6</u> 9 am—BINGO 10am—11am Willie Buck Shop 1pm—Zumba	<u>7</u> 9 am—Painting 9 am—Financial Empowerment Center 9:30 am—WellMed Walk 12 pm—1:30 pm Mixed Media Art	<u>8</u> 9 am—Exercise 10am—OATS Tech Class 12 pm—Loteria	<u>9</u> 9 am—Exercise 10 am—Seniors in Play 12 pm—Movie Showing	<u>10</u> 9 am—BINGO 10 am—Stretch Class 12 pm—Karaoke
<u>13</u> 9 am—BINGO 1pm—Zumba	<u>14</u> 8 am—1 pm CaregiverSOS 9 am—Painting *Mural Unveiling* 9am—10am Food Bank Apps *NEW MEMBERS ONLY* 9:30 am—WellMed Walk 12 pm—1:30 pm Mixed Media Art	<u>15</u> 9 am—Exercise 10am—OATS Tech Class 12 pm—Loteria	<u>16</u> 9 am—Exercise 10 am—Seniors in Play SHOWCASE 12 pm—Oasis (Internet Safety)	<u>17</u> 9 am—BINGO 10 am—Stretch Class 12 pm—Crafts
<u>20</u> Center Closed MLK Jr. Day	<u>21</u> 9 am—Painting 9:30am—10:30am Project Hope Food Bank 12 pm—1:30 pm Mixed Media Art	<u>22</u> 9 am—Exercise 10am—OATS Tech Class 12 pm—Loteria	<u>23</u> 9 am—Exercise 9:30 am—HEB Outing 10 am—Seniors in Play 12 pm—Oasis (Exploring Google)	<u>24</u> HEAL Training *No Transportation *No Hot Meal 9 am—BINGO 10 am—Stretch Class 12 pm—Crafts
<u>27</u> 9 am—BINGO 9:30 am—South Park Mall Outing 1pm—Zumba	<u>28</u> 9 am—Painting 9:30 am—WellMed Walk 10 am—Trivia 12 pm—1:30 pm Mixed Media Art	<u>29</u> 9 am—Exercise 10am—OATS Tech Class 12 pm—Loteria	<u>30</u> 9 am—Exercise 10 am—Seniors in Play 12 pm—Oasis (Exploring Google)	<u>31</u> 9 am—Birthday Celebration 10 am—Stretch Class 12 pm—BINGO



Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<u>1</u> Center Closed for New Year's Day	<u>2</u> 4:30pm—Loteria 5:30pm—7:00 pm Karaoke
<u>6</u> 4:30pm Stretch & Balance 5:30pm- Movie	<u>7</u> 4pm—7pm Willie Buck Shop 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>8</u> 4:30pm—Strength Resistance 5:30pm—Crafts	<u>9</u> 4:30pm—Loteria 5:30pm—7:00 pm Karaoke
<u>13</u> 4:30pm Stretch & Balance 5:30pm- Movie	<u>14</u> 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>15</u> 4:30pm—Strength Resistance 5:30pm—Table Games	<u>16</u> 4:30pm—Loteria 5:30pm—7:00 pm Karaoke
<u>20</u> 4:30pm Stretch & Balance 5:30pm- Movie	<u>21</u> 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>22</u> 4:30pm—Strength Resistance 5:30pm—Crafts	<u>23</u> 4:30pm—Loteria 5:30pm—7:00 pm Karaoke
<u>27</u> 4:30pm Stretch & Balance 5:30pm- Movie	<u>28</u> 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>29</u> 4:30pm—Strength Resistance 5:30pm—Table Games	<u>30</u> 4:30pm—Loteria 5:30pm— Birthday Celebration

Reminders

(Note: Calendar subject to change without advance notice)

LUNCH 11:00 AM
Meals are served on a
first come basis.

- No outside food or drinks from 11 am to 12 pm.
- No food or drinks in Computer & Game rooms
- If you are ill please stay home.



Come by to see the Caregiver SOS Specialist
for FREE Caregiver Support
2nd Tuesday of every month
8: 00 AM - 1:00 PM

Coaching * Support Groups
Stress Busting * Education

866-390-6491
ikeown@wellmed.net

WellMed Nurse

-Tuesdays & Thursdays | 8am—3:30pm*

-Stretch Class every Tuesday (except 3rd
Tuesday of the month)

*Subject to change



With our extended hours in full affect we ask all of
our members staying for activities between 4pm-
8pm to please hit the **“PM Check in”** and the **“PM
Activity”** buttons starting at 4pm.



CITY OF SAN ANTONIO
DEPARTMENT OF HUMAN SERVICES

HAVE LUNCH WITH US!

Hot Meals are served Monday through
Friday from **11:00 am-12:00 pm.**

Meal tickets can be picked up between
8:00am-11:00am (or until all tickets have been
issued out).

