



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.












CALENDAR OF EVENTS

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




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
ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am WALKING WITH WELLMED Signup at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm EATING ON A BUDGET Food Bank Nutrition Class 9:45 am - Demo Kitchen	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 INTERMEDIATE PAINTING(DK) 12:30 pm - 2:30 pm WOWZITUDE VIRTUAL TOUR (4) 1:00 pm	BEGINNING PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 12:30pm - 2:30pm CAREGIVER SOS BRAIN HEALTH With Jennifer Brackett 10:00 am - Room #4	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 FITNESS ORIENTATION (L) 12:00 pm DISC GOLF 101 (LR) 2:30 pm CFSP DISTRIBUTION Food Bank for those who qualify 10:00 am - 11:00 am	MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm  International Women's Day CELEBRATION Join us for Fun Activities starting at 8:00 am WEAR PURPLE! Group Picture Front Lobby 10:30 am
ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am WALKING WITH WELLMED Signup at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm	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 INTERMEDIATE PAINTING(DK) 12:30 pm - 2:30 pm WOWZITUDE VIRTUAL TOUR (4) 1:00 pm MILK CARTON PLANTER CRAFT With Lauren 1:00 pm - Lunch Room	BEGINNING PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 12:30pm - 2:30pm  FIELD TRIP TO TRADER JOE'S Sign up at Front Desk Limited Space Available 10:00 am ENGLISH NUTRITION CLASS 9:00 am - Room #4	UKULELE BEGINNER I (4) 8:00 am UKULELE BEGINNER II (4) 8:45 am WOWZITUDE VIRTUAL TOUR (LR) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am NAME THAT TUNE! (2) 12:00 pm FITNESS ORIENTATION (L) 12:00 pm PROJECT HOPE DISTRIBUTION Food Bank for those who qualify 10:00 am - 11:00 am	MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm
ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am WALKING WITH WELLMED Signup at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm  WEAR GREEN FOR ST. PATRICK'S DAY Group Picture Front Lobby 10:30 am	FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR III (4) 8:30 am - 9:30 am LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm INTERMEDIATE GUITAR II (4) 9:45 am - 10:45 pm INTERMEDIATE GUITAR I (4) 11:00 am - 12:00 pm INTERMEDIATE PAINTING (DK) 12:30 pm - 2:30 pm WOWZITUDE VIRTUAL TOUR (4) 1:00 pm	BEGINNING PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 12:30pm - 2:30pm  HOW TO AVOID FINANCIAL EXPLOITATION Presentation 9:30 am - Room #4 FIELD TRIP TO WHOLE FOODS Sign up at Front Desk Limited Space Available 10:00 am 	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 FITNESS ORIENTATION (L) 12:00 pm DISC GOLF 101 (LR) 2:30 pm 	MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 10:00 am - 12:00 pm AFTERNOON MOVIE (4) 1:00 pm
ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am WALKING WITH WELLMED Signup at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm CAREGIVER SOS LAS 10 SEÑALES DE DEMENCIA Presentación es Español con Cindy Robles Caregiver SOS Specialist 12:45 pm - Room #4	FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR II(4) 8:30 am - 9:30 am LOTERIA / BINGO (LR) 10:00 am WRITING LAB (1A) 10:00 am - 12:00 pm INTERMEDIATE GUITAR II (4) 9:45 am - 10:45 pm INTERMEDIATE GUITAR I (4) 11:00 am - 12:00 pm INTERMEDIATE PAINTING(DK) 12:30 pm - 2:30 pm WOWZITUDE VIRTUAL TOUR (4) 1:00 pm CAREGIVER SOS SUPPORT (CR) 1:30 pm  FIELD TRIP TO BOTANICAL GARDENS Sign up at Front Desk Limited Space Available 10:00 am	BEGINNING PAINTING (DK) 10:00 am - 12:00 pm OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 12:30pm - 2:30pm CLASE DE NUTRICION EN ESPAÑOL 1:00 pm - Demo Kitchen	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 FITNESS ORIENTATION (L) 12:00 pm	MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 10:00 am - 12:00 pm  MARCH BIRTHDAY PARTY 12:00 pm - 2:00 pm CENTER IS CLOSING AT 2:30 PM
ART LAB (DK) 8:00 am - 11:00 am BEGINNER GUITAR (4) 9:00am - 10:30 am OATS TECH HOUR (CL) 12:00 pm	Room Key (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 Activities Subject to Change Without Notice	FITNESS ORIENTATION Before using the fitness area, you MUST attend one orientation or a refresher course on how to properly use our equipment. Join Richard, our Fitness Advisor. Tuesdays 9:00 am Thursdays 12:00 pm VISIT OUR VIRTUAL SENIOR CENTER Enjoy guided activities to do from the comfort of your own home!  Scan the QR Code using your smartphone camera Tap the notification to open the link.	<div style="background-color: #2e8b57; color: white; padding: 10px; text-align: center;"> <h2>2025 T-SHIRT STAMP PASSPORT</h2> <p>Stop by the Front Desk beginning in March and receive your stamp passport, complete the activities listed and earn your 2025 Center T-Shirt</p> </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)
9:30 am		FLAMENCO (ACTIVITY ROOM 2)		CHAIR YOGA STRETCH (ACTIVITY ROOM #3)	
10:00 am		CHAIR FITNESS (ACTIVITY ROOM 3)	FLAMENCO MUSCLE MATTERS (ACTIVITY ROOM 2) (ACTIVITY ROOM 3)		CHAIR FITNESS (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



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!



2025 T-SHIRT STAMP PASSPORT

Stop by the Front Desk beginning in March and receive your stamp passport, complete the activities listed and earn your 2025 Center T-Shirt

WEAR GREEN

Monday, March 17
Join us for a group picture
10 am - Front Lobby



FITNESS ORIENTATION

BEFORE USING THE FITNESS AREA, YOU MUST ATTEND ONE ORIENTATION OR A REFRESHER COURSE ON HOW TO PROPERLY USE OUR EQUIPMENT. Join Richard, our Fitness Advisor
Tuesdays, 9:00 am | Thursdays, 12:00 pm

CELEBRATE WITH US INTERNATIONAL WOMEN'S DAY WEAR PURPLE FRIDAY, MARCH 7

Fun Activities & Group Picture Starting at 8:00 am - Front Lobby



MARCH BIRTHDAY PARTY

Friday, March 28
12:00 pm - 2:00 pm
Join us for cupcakes, dancing and fun!



REMEMBER

If you feel sick or in physical pain
Please Stay Home



FIELD TRIPS

TRADER JOE'S	WHOLE FOODS	BOTANICAL GARDENS
Wed, March 5 10:00 am	Wed, March 19 10:00 am	Tue, March 25 10:00 am

Limited Space Available. Sign up at Front Desk

WALKING with WellMed Mondays

10:30am
Sign up at Front Desk



HEALTH AND WELLNESS Education Session

Third Tuesday of the Month
9:00 am Conf. Room
WELLMED[®]

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

CAREGIVER Support Group

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



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