



**HUMAN SERVICES**

# March 2025

**Willie Cortez Senior Center**  
 5512 W. Military  
 San Antonio, TX. 78242  
 210-207-5294

**Monday-Thursday 7am-8pm**  
**Friday 7am-4pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9 am—BINGO  10am—11am Willie Buck Shop  1pm—YMCA	<b>4</b> 9 am—Painting  <b>9:30 am</b> WellMed Walk  12 pm—1:30 pm Mixed Media Art	<b>5</b> 9 am—Exercise  9:30 am—Dollar Mart Outing  10am—OATS Tech Class  12 pm—Loteria	<b>6</b> 9 am—Exercise  <b>9 am—10 am</b> <b>CSFP Food Bank</b>  10 am—Seniors in Play  12 pm—Oasis (Exploring Google)  <b>12pm—SAFB</b> <b>Cooking Demo</b>	<b>7</b> 9 am—BINGO  10 am—Stretch Class  <b>CENTER CLOSED</b> <b>AT 2:30PM FOR</b> <b>STAFF</b> <b>MEETING</b>
<b>10</b> 9 am—BINGO  10 am—Crafts Class  1pm—YMCA	<b>11</b> <b>8 am—1 pm</b> <b>CaregiverSOS</b>  9 am—Painting  <b>9am—10am</b> <b>Food Bank Apps</b> <b>NEW MEMBERS</b> <b>ONLY</b>  <b>9:30 am—WellMed</b> <b>Walk</b>  12 pm—1:30 pm Mixed Media Art	<b>12</b> 9 am—Exercise  10am—OATS Tech Class  12 pm—Loteria	<b>13</b> 9 am—Exercise  10 am—Seniors in Play  12 pm—Oasis (Exploring Internet)	<b>14</b> 9 am—BINGO  9:30 am—Walmart Outing  10 am—Stretch Class
<b>17</b> 9 am—BINGO  1pm—YMCA	<b>18</b> 9 am—Painting  <b>9:30am—10:30am</b> <b>Project Hope Food</b> <b>Bank</b>  12 pm—1:30 pm Mixed Media Art	<b>19</b> 9 am—Exercise  9:30 am—Hobby Lobby Outing  10am—OATS Tech Class  12 pm—Loteria	<b>20</b> 9 am—Exercise  10 am—Seniors in Play  10am—Nutrition Education  12 pm—Oasis (Exploring Internet)	<b>21</b> 9 am—BINGO  9:30 am—PicaPica Outing  10 am—Stretch Class
<b>24</b> 9 am—BINGO  10 am—Crafts Class  1pm—YMCA	<b>25</b> 9 am—Painting  <b>9:30 am—WellMed</b> <b>Walk</b>  10am—Trivia  12 pm—1:30 pm Mixed Media Art	<b>26</b> 9 am—Exercise  9:30 am—Walmart Outing  10am—OATS Tech Class  12 pm—Loteria	<b>27</b> 9 am—Exercise  10 am—Seniors in Play  12 pm—Oasis (Exploring Internet)	<b>28</b> 9 am—Birthday Celebration  9am 10 am—Stretch Class  12 pm—BINGO
<b>31</b> <b>Center Closed</b> <b>Cesár Chávez</b> <b>Day</b>				

\*See back of the calendar for evening activity information\*



# Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>3</u> 4:30pm Stretch & Balance  5:30pm- Movie	<u>4</u> 4pm—7pm Willie Buck Shop  4:30pm—BINGO  5:30pm—7:00 pm Mardi Gras Celebration	<u>5</u> 4:30pm—Strength Resistance  5:30pm—Crafts	<u>6</u> 4:30pm—Loteria  5:30pm—7:00 pm Karaoke
<u>10</u> 4:30pm Stretch & Balance  5:30pm- Movie	<u>11</u> 4:30pm—BINGO  5:30pm—7:00 pm Karaoke	<u>12</u> 4:30pm—Strength Resistance  5:30pm—Table Games	<u>13</u> 4:30pm—Loteria  5:30pm—7:00 pm Karaoke
<u>17</u> 4:30pm Stretch & Balance  6pm—7pm St. Patrick's Day Celebration	<u>18</u> 4:30pm—BINGO  5:30pm—7:00 pm Karaoke	<u>19</u> 4:30pm—Strength Resistance  5:30pm—Crafts	<u>20</u> 4:30pm—Loteria  5:30pm—7:00 pm Karaoke
<u>24</u> 4:30pm Stretch & Balance  5:30pm- Movie	<u>25</u> 4:30pm—BINGO  5:30pm—7:00 pm Karaoke	<u>26</u> 4:30pm—Strength Resistance  5:30pm—Table Games	<u>27</u> 4:30pm—Loteria  5:30pm— Birthday Celebration
<u>31</u> <b>Center Closed</b> <b>Cesár Chavéz Day</b>			

(Note: Calendar subject to change without advance notice)

## Reminders

**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  
lkeown@wellmed.net

### WellMed Nurse

-Tuesdays & Thursdays | 8am—3:30pm\*

-Walking Group 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).

