



Doris Griffin 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 Doris Griffin 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

6157 NW Loop 410, Ste, 120, San Antonio, TX 78238
Monday - Friday 7:00 am - 4:00pm | Tel: 210.780.7444

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30a Adv Guitar 3</p> <p>9a Computer Class</p> <p>9:15a Lotería</p> <p>10a Beginning Guitar</p> <p>10a NO Sharper Brains</p> <p>10a NEW Choir Class ←</p> <p>10:30a Oats Computer Class Health & Wellness</p> <p>11:30a Int Guitar</p> <p>12n 4 week art class "Express your feelings through art"</p> 	<p>9:30 Jewelry Class 4</p> <p>10a Knitters & Crocheters</p> <p>11a ESL Beginners</p> <p>1p Beginners Ukulele</p> <p>2p Intermediate Ukulele</p> 	<p>8:30 Advanced Guitar 5</p> <p>9a Trip to The Holocaust Museum</p> <p>9a Jam with Robert Cruz</p> <p>10a Take a Culture Trip with Phillip Old San Antonio Pictures</p> <p>10:30a Oats Computer Class</p> <p>12:20 Bingo</p> <p>1p Computer Class</p>	<p>9:30 Jewelry Class 6</p> <p>10:00 Nurse Bertha Health & Wellness Class "Your Kidney's and You"</p> <p>10a Spanish Class</p> <p>11a ESL Beginners</p> 	<p>10a MOVIE 7</p> <p>10a Knitters & Crocheters</p> <p>12n Quilting</p> <p>12:30p Karaoke</p> <p>1p Movie</p> <p>2:30p Early Closure</p>
<p>8:30a Adv Guitar 10</p> <p>9a Computer Class</p> <p>9:15a Lotería</p> <p>10a Beginning Guitar</p> <p>10a NO Sharper Brains</p> <p>10a NEW Choir Class</p> <p>10:30a Oats Computer Class Health & Wellness</p> <p>11:30a Int Guitar</p> <p>12n 4 week art class "Express your feelings through art"</p> 	<p>9:30 Jewelry Class 11</p> <p>9:30 Walkers on The Go</p> <p>10a Knitters & Crocheters</p> <p>11a ESL Beginners</p> <p>1p Beginners Ukulele</p> <p>1:30p Caregiver Support Group</p> <p>2p Intermediate Ukulele</p> 	<p>8:30 Advanced Guitar 12</p> <p>9a Jam with Robert Cruz</p> <p>10a "The 10 warning signs of Dementia". Limited Seating</p> <p>10:30a Oats Computer Class</p> <p>12:20 Bingo</p> <p>1p Computer Class</p> 	<p>9:30 Jewelry Class 13</p> <p>10a MOVIE</p> <p>10a Spanish Class</p> <p>11a ESL Beginners</p> <p>1p FOOD BANK (For those who qualify) DISTRIBUTION</p> 	<p>9a Trip to Market Square 14</p> <p>10a MOVIE</p> <p>10a Knitters & Crocheters</p> <p>11a NEW "INTERPRETIVE DANCE Company with Vangie"</p> <p>12n Quilting</p> <p>12:15p Birthday's St. Patrick's Day Dance</p> <p>1p Movie</p>
<p>8:30a Adv Guitar 17</p> <p>9a Computer Class</p> <p>9:15a Lotería</p> <p>10a Beginning Guitar</p> <p>10a NO Sharper Brains</p> <p>10a NEW Choir Class</p> <p>10:30a Oats Computer Class</p> <p>11:30a Int Guitar</p> <p>12n 4 week art class "Express your feelings through art"</p> 	<p>9:30 Jewelry Class 18</p> <p>9:30a Trip to Bead Boys</p> <p>9:30 Craft Class</p> <p>Halos for Fiesta</p> <p>10a Knitters & Crocheters</p> <p>10a Food Bank Cooking class with Tracy</p> <p>11a ESL Beginners</p> <p>1p Beginners Ukulele</p> <p>2p Intermed. Ukulele</p>	<p>8:30a Advanced Guitar 19</p> <p>9a Jam with Robert Cruz</p> <p>9:30a HEALTH FAIR</p> <p>10:30a Oats Computer Class</p> <p>12:20 Bingo</p> <p>1p Computer Class</p> 	<p>9:30 Jewelry Class 20</p> <p>10a Spanish Class</p> <p>10a The New Changes In Housing "Intergenerational Living Housing"</p> <p>Sign up required Limited Seating</p> <p>11a ESL Beginners</p> <p>12:15p Name That Tune</p>	<p>8:45a Produce Market 21</p> <p>10a Movie</p> <p>10a Knitters & Crocheters</p> <p>11a "NEW INTERPRETIVE DANCE" Company with Vangie</p> <p>12n Quilting</p> <p>12:30p Karaoke</p> <p>1p Movie</p> 
<p>8:30a Adv Guitar 24</p> <p>9a Computer Class</p> <p>9:15a Lotería</p> <p>10a Beginning Guitar</p> <p>10a NO Sharper Brains</p> <p>10a NEW Choir Class</p> <p>10:30a Oats Computer Class</p> <p>11:30a Int Guitar</p> <p>12n 4 week art class "Express your feelings through art"</p> 	<p>9:30 Jewelry Class 25</p> <p>9:30 Walkers on the Go</p> <p>10a Knitters & Crocheters</p> <p>10a Natalie's Nutrition Class</p> <p>11a ESL Beginners</p> <p>1p Beginners Ukulele</p> <p>2p Intermediate Ukulele</p>	<p>8:30a Advanced Guitar 26</p> <p>9a Jam with Robert Cruz</p> <p>10a Book Club</p> <p>10a Medicare and Tri-Care Changes</p> <p>10:30a Oats Computer Class</p> <p>12:20 Bingo</p> <p>1p Computer Class</p> 	<p>9:30 Jewelry Class 27</p> <p>9:30a Trip to SAS With A Sack Lunch</p> <p>10a Garden Class</p> <p>10a Spanish Class</p> <p>11a ESL Beginners</p> 	<p>10a Gardening Class 28</p> <p>10a Movie</p> <p>10a Knitters & Crocheters</p> <p>11a "NEW INTERPRETIVE DANCE" Company with Vangie</p> <p>12n Quilting</p> <p>12:30p Karaoke</p> <p>1p Movie</p> 
<p>8:30a Adv Guitar 31</p> <p>9a Computer Class</p> <p>9:15a Lotería</p> <p>10a Beginning Guitar</p> <p>10a Sharper Brains</p> <p>10a NEW Choir Class</p> <p>10:30a Oats Computer Class</p> <p>11:30a Int Guitar</p> <p>12n 4 week art class "Express your feelings through art"</p> <p>NO LUNCH</p> <p>NO TRANSPORTATION</p>	<p>COMPUTER CLASSES WITH JOE</p> <p>Monday's, in Mar 9a Amazon FireStick How to add and use accessories to enhance your FireStick</p> <p>Wednesday's in Mar 1p Setting up and using Online storage for your phone, tablet, etc. such as OneDrive, Google Dive iCloud etc</p>	<p>COMPUTER CLASSES WITH BETTY</p> <ul style="list-style-type: none"> • Intro to Chatting Ai Mar 3 • Mindfulness Apps Mar 5 • Getting Started with Insightimer Mar 10 • Listening to Podcast Mar 12 • Ai Image Generators Mar 17 • Ai & Disinformation Mar 19 • Digital Genealogy tools Mar 24 	<p>DON'T MISS THE HEALTH FAIR MARCH 19 9:30—11:00</p> <p>VENDORS INFORMATION DOOR PRIZES GOODIES</p> 	<p>IT'S BACK FOR MARCH THE PRODUCE MARKET PLEASE SIGN UP AT THE FRONT DESK</p> <p>March 21 At 8:45am Please be on time, we always have a waitlist so if you arrive after 8:45a your produce will be given to the next person on the waitlist.</p> <p>All must attend the presentation to receive the produce. NO EXCEPTIONS</p>

FITNESS CLASS SCHEDULE

You may sign up in person at 7:15 am or you may start calling at 7:30 am to sign up for a class on that same day

All classes are first come, first serve. Voicemail NOT accepted to sign up for aerobics classes

Start	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	QIGONG	GET MOVING	GET MOVING	GET MOVING	
10:00 am	CARDIO DANCE	YOGA	CHAIR CIRCUIT	CARDIO DANCE	MUSCLE MATTERS
11:00 am	ZUMBA GOLD	ZUMBA GOLD CHAIR	YOGA	ZUMBA GOLD	
12:00 pm	LINE DANCING	MUSCLE MATTERS		FLAMENCO	CARDIO DANCE
1:00 pm	BELLY DANCING	CARDIO DANCE	MUSCLE MATTERS	STRENGTH 45	CHAIR CIRCUIT
2:00 pm	YOGA	QIGONG	TAI CHI		

Please Note: Strength 45 Class is held at 12:00 pm on the 3rd Thursday of the month.

No Spaces are held in class

Morning Fitness Class sign ups will be limited to 2 a day per person. If there are openings 10 minutes prior to class starting, then exceptions will be made for over 2 classes.


GAME SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG, BILLIARDS	PING PONG, BILLIARDS	PING PONG	PING PONG	PING PONG
CHAIR VOLLEYBALL	CHAIR VOLLEYBALL	DOMINOES / RUMIKUB	DOMINOES / RUMIKUB	DOMINOES / RUMIKUB
DOMINOES / RUMIKUB	DOMINOES / RUMIKUB	BILLIARDS	BILLIARDS	BILLIARDS

ANNOUNCEMENTS

WALKERS
on the Go!
2nd and 4th Tuesday
of the month
9:30 am

Sign up
at Front Desk



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!

Watch for
Moe's
New Fitness
Challenge
Good Luck!


Please use the
complimentary
lockers to store
your personal
items instead
of bringing
them to
Fitness classes

EVERY
WEDNESDAY

WEAR YOUR
CENTER T-SHIRT

DO YOU HAVE
QUESTIONS ABOUT
MEDICARE?


visit the Medicare
Information Center





Located Next to
WellMed Clinic

Morning fitness
class sign ups are
limited to 2 a day
per person.
If there are open-
ings, 10 minutes
prior to a class
starting then
exceptions will be
made.

HEALTH AND
WELLNESS CLASS
With Nurse Bertha
First Thursday
of the Month



Health Screenings	Lunch	Caregiver SOS	Important Numbers to Know
<p>Tues, Wed, & Thurs (unless otherwise noted)</p> <p>Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available</p> 	<p>Lunch Check In Opens at 9:45 am Daily</p> <p>All Meals Are Served On a First Come, First Serve Basis Lunch Time is at 11:30 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 Please see Jennifer Brackett For more information 210-254-1489</p> 	<p>S.A.P.D Non-Emergency: (210) 207-7273 Emergency: 911</p> <p>Texas Abuse Hotline 1-800-252-5400</p> <p>When you suspect abuse, neglect, or financial exploitation.</p> <p>Alamo Service Connection (210) 477-3275 / 1-866-231-4922</p> <p>Referral and assistance for seniors, people with disabilities, and veterans.</p>