

Monday	Tuesday	Wednesday	Thursday	Friday
1 Art Lab (DK) 8:00am – 11:00am ADDRESS THE STRESS (4) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm Walking Challenge Begins! See Richard for Information City Holiday No Lunch or Transportation	2 Fitness Orientation (L) 9:00am Begginner & Intermediate Guitar II & I (4) 9:00am—3:00pm Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm OATS En Español (CL) 10:00am—11:00am Art History (DK) 12:30pm-2:30pm	3 ADDRESS THE STRESS(4) with David Smith 9:30am Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (2) 12:00pm Beginning Painting (DK) 12:30pm – 2:30pm	4 Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm Shared Housing Group Interview 9:30am-11:00am (1)	5 Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm Karaoke Friday (LR) By Team Up 4 Coverage 12:30pm Afternoon Movie (4) 1:00pm
8 Art Lab (DK) 8:00am – 11:00am ADDRESS THE STRESS(4) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm	9 Fitness Orientation (L) 9:00am Begginner & Intermediate Guitar II & I (4) 9:00am—3:00pm Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm OATS En Español (CL) 10:00am—11:00am Art History (DK) 12:30pm-2:30pm	10 ADDRESS THE STRESS(4) with David Smith 9:30am Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (2) 12:00pm Beginning Painting (DK) 12:30pm – 2:30pm UHC UCARD and WellMed Flex Card Information Session 9:30am (LR)	11 Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm Name That Tune! (2) 12:00pm Project Hope Distribution Food Bank for those who qualify 10:00am – 11:00am	12 Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm Karaoke Friday (LR) By Team Up 4 Coverage 12:30pm Afternoon Movie (4) 1:00pm Nutrition Class 10:15am (LR)
15 Art Lab (DK) 8:00am – 11:00am ADDRESS THE STRESS(4) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm	16 Fitness Orientation (L) 9:00am Begginner & Intermediate Guitar II & I (4) 9:00am—3:00pm Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm OATS En Español (CL) 10:00am—11:00am Art History (DK) 12:30pm-2:30pm National Advance Care Planning Day Resources 8:30am (L)	17 ADDRESS THE STRESS(4) with David Smith 9:30am Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (2) 12:00pm Beginning Painting (DK) 12:30pm – 2:30pm	18 Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm Cooking Demonstration by Team Up 4 Coverage 10:00am (DK)	19 Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm HEALTH TALKS WITH NURSE (LR) 10:30am Afternoon Movie (4) 1:00pm April Birthday Party 12:00pm—2:00pm Center is Closing at 2:30pm
22 Art Lab (DK) 8:00am – 11:00am ADDRESS THE STRESS(4) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm Fiesta Piñatas & Paletas 10:00am (LR)	23 Fitness Orientation (L) 9:00am Begginner & Intermediate Guitar II & I (4) 9:00am—3:00pm Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm OATS En Español (CL) 10:00am—11:00am Art History (DK) 12:30pm-2:30pm Nutrition Class / Bingo 10:15am (LR)	24 ADDRESS THE STRESS(4) with David Smith 9:30am Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (2) 12:00pm Beginning Painting (DK) 12:30pm – 2:30pm Fiesta Parade & Mangonadas 10:00am (LR)	25 Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm CSFP Distribution Food Bank for those who qualify 10:00am – 11:00am Fiesta Hat Contest 10:00am (LR)	 CLOSED IN OBSERVANCE OF FIESTA SAN JACINTO 
29 Art Lab (DK) 8:00am – 11:00am ADDRESS THE STRESS(4) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 12:00pm	30 Fitness Orientation (L) 9:00am Begginner & Intermediate Guitar II & I (4) 9:00am—3:00pm Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm OATS En Español (CL) 10:00am—11:00am Art History (DK) 12:30pm-2:30pm	Room Key Activity Rooms: #1, #2, #3 Theatre Room (#4) (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (OL) Online (C) Conference Room (CL) Computer Lab (L) Lobby Activities Subject to Change Without Notice	VISIT OUR VIRTUAL SENIOR CENTER Enjoy guided activities to do from the comfort of your own home!  Scan Me! Scan the QR Code using your smartphone camera Tap thenotification to open the link. 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	PARTICIPATE IN OUR APRIL WALKING CHALLENGE See Richard Lozano our NEW Fitness Advisor for more information

GAME SCHEDULE

See the Front Desk for game equipment

Monday	Tuesday	Wednesday	Thursday	Friday
Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)	Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)	Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)	Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)	Wii (LR) PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L)

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 (ACTIVITY ROOM 3)	FITNESS EXPRESS (ACTIVITY ROOM 2)
9:00 am	NEW CLASS! 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 2)	
10:00 am		CHAIR FITNESS (ACTIVITY ROOM 3)	FLAMENCO (ACTIVITY ROOM 2) MUSCLE MATTERS (ACTIVITY ROOM 3)		NEW CLASS! FLEX MUSCLE (ACTIVITY ROOM 3)
12:30 pm	VIDEO WORKOUT (ACTIVITY ROOM 3)			VIDEO WORKOUT (ACTIVITY ROOM 3)	
1:00 pm		TOTAL CIRCUIT (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

FLEX MUSCLE:
 Exercise that helps build muscle strength

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

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

ANNOUNCEMENTS

WALKING with WellMed Mondays
 10:30am
 Sign up at Front Desk

Address The Stress WITH DAVID SMITH
 Monday & Wednesday
 9:30 am - Room #4

APRIL BIRTHDAY PARTY
 Friday, April 19
 12:00 pm - 2:00 pm
 Join us for cake, dancing and fun!

HEALTHY COOKING DEMONSTRATION
 2nd Monday of the Month
 9:30 am - Demo Kitchen

HEALTH TALK With WellMed Nurse
 3rd. Friday of the Month
 10:30 am
 Lunch Room

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!

EVERY FRIDAY THE ALICIA TREVIÑO LOPEZ SENIOR CENTER
 WEAR YOUR CENTER T-SHIRT

QUESTIONS ABOUT MEDICARE?
 Visit the Medicare Information Center
 Located Inside WellMed Clinic

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

REMEMBER
 If you feel sick or in physical pain
 Please Stay Home

HEALTH AND WELLNESS Education Session
 Third Tuesday of the Month
 10:00 am Conf. Room
 WELLMED®

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

Health Screenings	Dental Referrals	Lunch	Caregiver SOS	Important Numbers to Know
Mondays & Fridays (unless otherwise noted) Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available WELLMED® Alyssa Gonzalez, LVN	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 Cindy Robles For more information CAREGIVER SOS	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



HUMAN SERVICES

April 2024

Evening Hours

The Alicia Trevino Lopez Senior One Stop Center

8353 Culebra Rd.

San Antonio, TX 78251

210-558-0178

Monday—Thursday, 4:00pm—8:00pm

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <p>CLOSED IN OBSERVANCE OF</p>  <p>César Chávez Day!</p>	<p>2</p> <p>Beginner Guitar (4) 4:00-5:30 Inter Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15</p>	<p>3</p> <p>Beanbag Baseball (LR) 4:30-5:30pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm</p>	<p>4</p> <p>Inter Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm</p>
<p>8</p> <p>Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Family Feud (4) 6:30-7:30pm</p>	<p>9</p> <p>Beginner Guitar (4) 4:00-5:30 Inter Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15</p>	<p>10</p> <p>Karaoke—(LR) 4:00-7:00pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm</p>	<p>11</p> <p>Inter Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm</p>
<p>15</p> <p>Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Senior Table Games (4) 6:30-7:30pm</p>	<p>16</p> <p>Beginner Guitar (4) 4:00-5:30 Inter Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15</p>	<p>17</p> <p>Beanbag Baseball (LR) 4:30-5:30pm Senior Table Games 5:30-6:30 Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm</p>	<p>18</p> <p>Inter Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm</p>
<p>22</p> <p>Seniors In Play (LR) 4:00-5:30pm Fiesta Craft 4:30 –5:30 pm Line Dancing (3) 5:30-6:30pm Jeopardy (4) 6:30-7:30pm</p>	<p>23</p> <p>Beginner Guitar (4) 4:00-5:30 Inter Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15</p>	<p>24</p> <p>Karaoke—(LR) 4:00-7:00pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm</p>	<p>25</p> <p>Inter Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm</p>
<p>29</p> <p>Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Jeopardy (4) 6:30-7:30pm</p>	<p>30</p> <p>Beginner Guitar (4) 4:00-5:30 Inter Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15</p>	<p>Room Key Activity Rooms: #1, #2, #3 Theatre Room (#4) (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (OL) Online (C) Conference Room (CL) Computer Lab (L) Lobby **Early sign in required for some activities</p>	<p><i>The Department of Human Services is committed to providing San Antonio older adults with comprehensive services that will empower the older adult community to lead active, independent, and engaged lives.</i></p>