

# **May** 2024

## The Alicia Trevino Lopez Senior One Stop Center

8353 Culebra Rd. San Antonio, TX 78251 Ph. 210.558.0178 Monday - Thursday 7:00 am - 8:00 pm Friday 7:00am - 4:00pm

				Friday 7:00am - 4:00pm
Monday	Tuesday	Wednesday	Thursday	Friday
Enjoy guided activities to do from the comfort of your own home!  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	Room Key  Activity Rooms: #1, #2, #3 Theatre Room (#4) (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (OL) Online (C) Conference Room (CI) Computer Lab	Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (CL) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm – 2:30pm  Older American Month Proclamation Downtown Savy Saving Seniors 9:30am (4) Reframing Aging 10:00am (LR)	Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm Disc Golf 101 2:30pm-3:30pm  San Antonio Library Presentation 10:00am (LR)	Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm Afternoon Movie (4) 1:00pm  Star Wars Day Dress as your favorite Character!
Art Lab (DK) 8:00am – 11:00am ASK A NURSE (LR) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (2) 12:00pm Cinco De May Celebration 10:00am (LR)	7 Fitness Orientation (L) 9:00am Guitar Practice (4) 9:00am—12:00pm Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm OATS En Español (CL) 12:00pm Art History (DK) 12:30pm-2:30pm  Seville, Spain Live Virtual Tour 1:00pm (4)	Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (2) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm – 2:30pm Savy Saving Seniors 9:30am (4)  UHC UCARD & WellMed Flex Card Info Session 9:30am (LR)	Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm Name That Tune! (2) 12:00pm Disc Golf 101 2:30pm-3:30pm Project Hope Distribution Food Bank for those who qualify 10:00am – 11:00am	Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm Afternoon Movie (4) 1:00pm  Mother's Day Celebration with Councilwoman Melissa Cabello Havrda 10:30am (LR)
Art Lab (DK) 8:00am – 11:00am ASK A NURSE (LR) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (2) 12:00pm	Fitness Orientation (L) 9:00am Guitar Practice (4) 9:00am—12:00pm Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm OATS En Español (CL) 12:00pm Art History (DK) 12:30pm-2:30pm	Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (2) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm - 2:30pm Savy Saving Seniors 9:30am (4) Nutrition Class 10:15am (LR) NCOA Accreditation Celebration 12:30pm (LR)	Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm Disc Golf 101 2:30pm-3:30pm	Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm HEALTH TALKS WITH NURSE (LR) 10:30am Karaoke Friday (LR) By Team Up 4 Coverage 12:30pm Afternoon Movie (4) 1:00pm
Art Lab (DK) 8:00am – 11:00am ASK A NURSE (LR) with David Smith 9:30am Walking With WellMed Sign up at front desk 10:30am OATS Tech Hour (CL) 10:00am-11:00am	21 Fitness Orientation (L) 9:00am Guitar Practice (4) 9:00am—12:00pm Wellness Session (CR) 10:00am Writing Lab (1A) 10:00am – 12:00pm OATS En Español (CL) 12:00pm Art History (DK)	Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (2) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm – 2:30pm	Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm Disc Golf 101 2:30pm-3:30pm  CSFP Distribution	24  Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm Afternoon Movie (4) 1:00pm  Joint Commission Community Service
Christian Dental Presentation 9:00am-11:00am (LR)	12:30pm-2:30pm  Cooking Demonstration by Team Up 4 Coverage 10:00am (DK)  28	Savy Saving Seniors 9:30am (4)	Food Bank for those who qualify  10:00am – 11:00am  30	Awards 2:00pm-4:00pm (LR)
****  * WE WILL BE *  CLOSED  FOR  MEMORIAL DAY  ****	Fitness Orientation (L) 9:00am Guitar Practice (4) 9:00am—12:00pm Loteria / Bingo (LR) 10:00am Writing Lab (1A) 10:00am – 12:00pm OATS En Español (CL) 12:00pm Art History (DK) 12:30pm-2:30pm Caregiver Support Group (C) 1:30pm	Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (2) 12:00pm HEALTH CLASS (LR) with David Smith 12:30pm Beginning Painting (DK) 12:30pm – 2:30pm  Nutrition Class 10:15am (LR)	Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm Disc Golf 101 2:30pm-3:30pm	Morning Movie (4) 8:30 am Drawing Class (DK) 10:00am – 12:00pm  May Birthday Celebration 12:00pm-2:00pm  CENTER IS CLOSING AT 2:00pm  WellMed Patient Appreciation By Invitation Only Visit your WellMed Clinic for more information.
	GAME	SCHE	DULE	

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)

# 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

<b>Start Time</b>	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am		BALANCE CORE & STRENGTH (ACTIVITY ROOM 2)		TOTAL CIRCUIT (ACTVITY 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 (ACTVITY ROOM 2)		CHAIR YOGA STRETCH (ACTVITY ROOM 2)	
10:00 am		CHAIR FITNESS (ACTIVITY ROOM 3)	FLAMENCO (ACTIVITY ROOM 2)  MUSCLE MATTERS (ACTIVITY ROOM 3)		FLEX MUSCLE (ACTIVITY ROOM 3)
12:30 pm	VIDEO WORKOUT (ACTIVITY ROOM 3)			VIDEO WORKOUT (ACTIVITY ROOM 3)	
1:00 pm	,	TOTAL CIRCUIT (ACTVITY ROOM 2)	FITNESS EXPRESS (ACTIVITY ROOM 3)	TAI CHI (ACTIVITY ROOM 2)	<b>ZUMBA GOLD</b> (ACTVITY ROOM 3)
2:00 pm		CHAIR YOGA STRETCH			

## FITNESS CLASS DESCRIPTIONS

#### **BALANCE CORE & STRENGTH:**

To strengthen the abdomen and back muscles and increase flexibility

#### **FLEX MUSCLE:**

Exercise that helps build muscle strengthCANE SELF DEFENSE:

#### A new form of self-defense

A gentle form of yoga using a chair for support

\*CHAIR YOGA:

#### 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

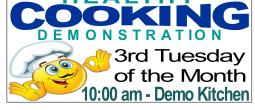
♣\*Chair Assisted Class L Silver Sneaker Class

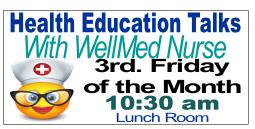
### **ANNOUNCEMENTS**











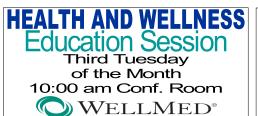




















Please see our nurse for

more information

For Those Who Qualify
Opens at 8:30 am Daily

All Meals Are Served On a First Come, First Serve Basis

Lunch

Lunch Time is at 11:00 am

#### **Caregiver SOS**

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 900

#### **Important Numbers to Know**

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



# May 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

New York			
Monday	Tuesday	Wednesday	Thursday
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	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.	Beanbag Baseball (LR) 4:30-5:30pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm	Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm
6	7	8	9
Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm BINGO (LR) 6:00-7:00pm	Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15  Piper's Meadow Park Public Meeting (4) 6:00pm	Karaoke—(LR) 4:00-7:00pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm	Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm
13	14	15	16
Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Senior Table Games (4) "Left-Center-Right" 6:30-7:30pm	Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15	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	Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm
20	21	22	23
Seniors In Play (LR) 4:00-5:30pm Line Dancing (3) 5:30-6:30pm Senior Table Games (4) "Family Feud" 6:30-7:30pm  RSVP for Senior Prom Begins	Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15	Karaoke—(LR) 4:00-7:00pm Line Dancing (3) 5:30-6:30pm OATS Tech Hour (4) 6:00-7:00pm	Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm
****  * WE WILL BE *  CLOSED  FOR  MEMORIAL DAY	Pickleball (LR) 4:00-7:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15	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	Pickleball (LR) 4:00-7:00pm Silver Sneakers Circuit (3) 6:30-7:30pm Zumba (3) 5:00-6:00pm  May Birthday Celebration