

Monday	Tuesday	Wednesday	Thursday	Friday
<b>VISIT OUR VIRTUAL SENIOR CENTER</b> 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. <b>FITNESS ORIENTATION</b> (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	<b>Room Key</b> <b>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</b> <b>Activities Subject to Change Without Notice</b>	<b>1</b> Intermediate Painting (DK) 10:00am-12:00pm OATS Tech Hour (CL) 12:00pm <b>HEALTH CLASS (LR) with David Smith</b> 12:30pm Beginning Painting (DK) 12:30pm - 2:30pm <b>Older American Month Proclamation Downtown Savy Saving Seniors</b> 9:30am (4) <b>Reframing Aging</b> 10:00am (LR)	<b>2</b> Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm <b>Disc Golf 101</b> 2:30pm-3:30pm <b>San Antonio Library Presentation</b> 10:00am (LR)	<b>3</b> Morning Movie (4) 8:30 am <b>Drawing Class (DK)</b> 10:00am - 12:00pm <b>Afternoon Movie (4)</b> 1:00pm <b>Star Wars Day Dress as your favorite Character!</b>
<b>6</b> <b>Art Lab (DK)</b> 8:00am - 11:00am <b>ASK A NURSE (LR) with David Smith</b> 9:30am <b>Walking With WellMed Sign up at front desk</b> 10:30am <b>OATS Tech Hour (2)</b> 12:00pm <b>Cinco De May Celebration</b> 10:00am (LR)	<b>7</b> <b>Fitness Orientation (L)</b> 9:00am <b>Guitar Practice (4)</b> 9:00am-12:00pm <b>Loteria / Bingo (LR)</b> 10:00am <b>Writing Lab (1A)</b> 10:00am - 12:00pm <b>OATS En Español (CL)</b> 12:00pm <b>Art History (DK)</b> 12:30pm-2:30pm <b>Seville, Spain Live Virtual Tour</b> 1:00pm (4)	<b>8</b> Intermediate Painting (DK) 10:00am-12:00pm <b>OATS Tech Hour (2)</b> 12:00pm <b>HEALTH CLASS (LR) with David Smith</b> 12:30pm <b>Beginning Painting (DK)</b> 12:30pm - 2:30pm <b>Savy Saving Seniors</b> 9:30am (4) <b>UHC UCARD &amp; WellMed Flex Card Info Session</b> 9:30am (LR)	<b>9</b> Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm <b>Name That Tune! (2)</b> 12:00pm <b>Disc Golf 101</b> 2:30pm-3:30pm <b>Project Hope Distribution</b> Food Bank for those who qualify 10:00am - 11:00am	<b>10</b> Morning Movie (4) 8:30 am <b>Drawing Class (DK)</b> 10:00am - 12:00pm <b>Afternoon Movie (4)</b> 1:00pm <b>Mother's Day Celebration with Councilwoman Melissa Cabello Havrda</b> 10:30am (LR)
<b>13</b> <b>Art Lab (DK)</b> 8:00am - 11:00am <b>ASK A NURSE (LR) with David Smith</b> 9:30am <b>Walking With WellMed Sign up at front desk</b> 10:30am <b>OATS Tech Hour (2)</b> 12:00pm	<b>14</b> <b>Fitness Orientation (L)</b> 9:00am <b>Guitar Practice (4)</b> 9:00am-12:00pm <b>Loteria / Bingo (LR)</b> 10:00am <b>Writing Lab (1A)</b> 10:00am - 12:00pm <b>OATS En Español (CL)</b> 12:00pm <b>Art History (DK)</b> 12:30pm-2:30pm	<b>15</b> Intermediate Painting (DK) 10:00am-12:00pm <b>OATS Tech Hour (2)</b> 12:00pm <b>HEALTH CLASS (LR) with David Smith</b> 12:30pm <b>Beginning Painting (DK)</b> 12:30pm - 2:30pm <b>Savy Saving Seniors</b> 9:30am (4) <b>Nutrition Class</b> 10:15am (LR) <b>NCOA Accreditation Celebration</b> 12:30pm (LR)	<b>16</b> Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm <b>Disc Golf 101</b> 2:30pm-3:30pm <b>CSFP Distribution</b> Food Bank for those who qualify 10:00am - 11:00am	<b>17</b> Morning Movie (4) 8:30 am <b>Drawing Class (DK)</b> 10:00am - 12:00pm <b>HEALTH TALKS WITH NURSE (LR)</b> 10:30am <b>Karaoke Friday (LR)</b> By Team Up 4 Coverage 12:30pm <b>Afternoon Movie (4)</b> 1:00pm
<b>20</b> <b>Art Lab (DK)</b> 8:00am - 11:00am <b>ASK A NURSE (LR) with David Smith</b> 9:30am <b>Walking With WellMed Sign up at front desk</b> 10:30am <b>OATS Tech Hour (CL)</b> 10:00am-11:00am <b>Christian Dental Presentation</b> 9:00am-11:00am (LR)	<b>21</b> <b>Fitness Orientation (L)</b> 9:00am <b>Guitar Practice (4)</b> 9:00am-12:00pm <b>Wellness Session (CR)</b> 10:00am <b>Writing Lab (1A)</b> 10:00am - 12:00pm <b>OATS En Español (CL)</b> 12:00pm <b>Art History (DK)</b> 12:30pm-2:30pm <b>Cooking Demonstration by Team Up 4 Coverage</b> 10:00am (DK)	<b>22</b> Intermediate Painting (DK) 10:00am-12:00pm <b>OATS Tech Hour (2)</b> 12:00pm <b>HEALTH CLASS (LR) with David Smith</b> 12:30pm <b>Beginning Painting (DK)</b> 12:30pm - 2:30pm <b>Savy Saving Seniors</b> 9:30am (4)	<b>23</b> Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm <b>Disc Golf 101</b> 2:30pm-3:30pm <b>CSFP Distribution</b> Food Bank for those who qualify 10:00am - 11:00am	<b>24</b> Morning Movie (4) 8:30 am <b>Drawing Class (DK)</b> 10:00am - 12:00pm <b>Afternoon Movie (4)</b> 1:00pm <b>Joint Commission Community Service Awards</b> 2:00pm-4:00pm (LR)
 <b>WE WILL BE</b> <b>CLOSED</b> <b>FOR</b> <b>MEMORIAL DAY</b>	<b>28</b> <b>Fitness Orientation (L)</b> 9:00am <b>Guitar Practice (4)</b> 9:00am-12:00pm <b>Loteria / Bingo (LR)</b> 10:00am <b>Writing Lab (1A)</b> 10:00am - 12:00pm <b>OATS En Español (CL)</b> 12:00pm <b>Art History (DK)</b> 12:30pm-2:30pm <b>Caregiver Support Group (C)</b> 1:30pm	<b>29</b> Intermediate Painting (DK) 10:00am-12:00pm <b>OATS Tech Hour (2)</b> 12:00pm <b>HEALTH CLASS (LR) with David Smith</b> 12:30pm <b>Beginning Painting (DK)</b> 12:30pm - 2:30pm <b>Nutrition Class</b> 10:15am (LR)	<b>30</b> Peer Support Group (4) 10:00am OATS En Español (CL) 12:00pm <b>Disc Golf 101</b> 2:30pm-3:30pm	<b>31</b> Morning Movie (4) 8:30 am <b>Drawing Class (DK)</b> 10:00am - 12:00pm <b>May Birthday Celebration</b> 12:00pm-2:00pm <b>CENTER IS CLOSING AT 2:00pm</b> <b>WellMed Patient Appreciation</b> By Invitation Only. Visit your WellMed Clinic 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) 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**

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	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)		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

### 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

**Health Class and Ask a Nurse WITH DAVID SMITH**  
 Monday & Wednesday  
 Lunch Room

**MAY BIRTHDAY PARTY**  
 Friday, May 31  
 12:00 pm - 2:00 pm  
 Join us for cake, dancing and fun!

**HEALTHY COOKING DEMONSTRATION**  
 3rd Tuesday of the Month  
 10:00 am - Demo Kitchen

**Health Education Talks 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® <b>Alyssa Gonzalez, LVN</b>	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? <b>SERVICES INCLUDE:</b> Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes <b>Please see Cindy Robles For more information</b> CAREGIVER SOS	<b>S.A.P.D Non-Emergency: (210) 207-7273 Emergency: 911</b> <b>Texas Abuse Hotline 1-800-252-5400</b> When you suspect abuse, neglect, or financial exploitation. <b>Alamo Service Connection</b> (210) 477-3275 / 1-866-231-4922 Referral and assistance for seniors, people with disabilities, and veterans. <b>City of San Antonio 311</b> Potholes, stray animals, downed street signs, trash collection. <b>United Way 211</b> Crisis + Emergency, Disaster Assistance, Food, Health, Housing + Utilities, Jobs + Support, Reentry, Veterans



**HUMAN SERVICES**

# 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

Monday	Tuesday	Wednesday	Thursday
<p><b>Room Key</b>  <b>Activity Rooms: #1, #2, #3</b>  <b>Theatre Room (#4)</b>  <b>(LR) Lunch Room</b>  <b>(SA) Social Area</b>  <b>(DK) Demo Kitchen</b>  <b>(OL) Online</b>  <b>(C) Conference Room</b>  <b>(CL) Computer Lab</b>  <b>(L) Lobby</b>  <b>**Early sign in required for some activities</b></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>	<p><b>1</b>  <b>Beanbag Baseball (LR)</b>            4:30-5:30pm  <b>Line Dancing (3)</b>            5:30-6:30pm  <b>OATS Tech Hour (4)</b>            6:00-7:00pm</p>	<p><b>2</b>  <b>Pickleball (LR)</b>            4:00-7:00pm  <b>Silver Sneakers Circuit (3)</b>            6:30-7:30pm  <b>Zumba (3)</b>            5:00-6:00pm</p>
<p><b>6</b>  <b>Seniors In Play (LR)</b>            4:00-5:30pm  <b>Line Dancing (3)</b>            5:30-6:30pm  <b>BINGO (LR)</b>            6:00-7:00pm</p>	<p><b>7</b>  <b>Pickleball (LR)</b>            4:00-7:00pm  <b>Chair Yoga (3)</b>            5:00-6:00pm  <b>Zumba (3)</b>            6:30-7:15   <b>Piper's Meadow Park Public Meeting (4)</b>  <b>6:00pm</b></p>	<p><b>8</b>  <b>Karaoke—(LR)</b>            4:00-7:00pm  <b>Line Dancing (3)</b>            5:30-6:30pm  <b>OATS Tech Hour (4)</b>            6:00-7:00pm</p>	<p><b>9</b>  <b>Pickleball (LR)</b>            4:00-7:00pm  <b>Silver Sneakers Circuit (3)</b>            6:30-7:30pm  <b>Zumba (3)</b>            5:00-6:00pm</p>
<p><b>13</b>  <b>Seniors In Play (LR)</b>            4:00-5:30pm  <b>Line Dancing (3)</b>            5:30-6:30pm  <b>Senior Table Games (4)</b>  <b>"Left-Center-Right"</b>            6:30-7:30pm</p>	<p><b>14</b>  <b>Pickleball (LR)</b>            4:00-7:00pm  <b>Chair Yoga (3)</b>            5:00-6:00pm  <b>Zumba (3)</b>            6:30-7:15</p>	<p><b>15</b>  <b>Beanbag Baseball (LR)</b>            4:30-5:30pm  <b>Senior Table Games</b>            5:30-6:30  <b>Line Dancing (3)</b>            5:30-6:30pm  <b>OATS Tech Hour (4)</b>            6:00-7:00pm</p>	<p><b>16</b>  <b>Pickleball (LR)</b>            4:00-7:00pm  <b>Silver Sneakers Circuit (3)</b>            6:30-7:30pm  <b>Zumba (3)</b>            5:00-6:00pm</p>
<p><b>20</b>  <b>Seniors In Play (LR)</b>            4:00-5:30pm  <b>Line Dancing (3)</b>            5:30-6:30pm  <b>Senior Table Games (4)</b>  <b>"Family Feud"</b>            6:30-7:30pm   <b>RSVP for Senior Prom Begins</b></p>	<p><b>21</b>  <b>Pickleball (LR)</b>            4:00-7:00pm  <b>Chair Yoga (3)</b>            5:00-6:00pm  <b>Zumba (3)</b>            6:30-7:15</p>	<p><b>22</b>  <b>Karaoke—(LR)</b>            4:00-7:00pm  <b>Line Dancing (3)</b>            5:30-6:30pm  <b>OATS Tech Hour (4)</b>            6:00-7:00pm</p>	<p><b>23</b>  <b>Pickleball (LR)</b>            4:00-7:00pm  <b>Silver Sneakers Circuit (3)</b>            6:30-7:30pm  <b>Zumba (3)</b>            5:00-6:00pm</p>
	<p><b>28</b>  <b>Pickleball (LR)</b>            4:00-7:00pm  <b>Chair Yoga (3)</b>            5:00-6:00pm  <b>Zumba (3)</b>            6:30-7:15</p>	<p><b>29</b>  <b>Beanbag Baseball (LR)</b>            4:30-5:30pm  <b>Senior Table Games</b>            5:30-6:30  <b>Line Dancing (3)</b>            5:30-6:30pm  <b>OATS Tech Hour (4)</b>            6:00-7:00pm</p>	<p><b>30</b>  <b>Pickleball (LR)</b>            4:00-7:00pm  <b>Silver Sneakers Circuit (3)</b>            6:30-7:30pm  <b>Zumba (3)</b>            5:00-6:00pm   <b>May Birthday Celebration</b></p>