



HUMAN SERVICES

APRIL 2024

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

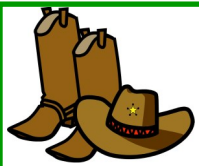
Monday-Thursday 7am-8pm
Friday 7am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1</u> Center Closed <u>For César Chávez Day</u>	<u>2</u> <u>8am-11am</u> Caregiver SOS Office Hours 9 am—Painting 9:30 am—Planning for the Future Presentation 10 am—WellMed Walk 1 pm—Mixed Media Art Class	<u>3</u> 9 am—Exercise 10 am—OATS Tech Class 10:30am—Fitness Equipment Orientation 11:30 League of Women Voters 12 pm—Loteria	<u>4</u> 9 am—Exercise 9 am—10 am CSFP Food Bank 10 am—Seniors in Play 12 pm—Oasis Tech Class 1 pm—SAFB Cooking Demo	<u>5</u> 9 am—BINGO 10 am—Stretch Class 12 pm—Karaoke
<u>8</u> 9 am—BINGO 9 am—10am Willie Buck Shop 12pm—Eclipse Outing 1pm—Zumba	<u>9</u> <u>8am-11am</u> Caregiver SOS Office Hours 9 am—Painting 10 am—WellMed Walk 1 pm—Mixed Media Art Class	<u>10</u> 9 am—Exercise 10am—Nutrition Education The Sweetest Thing—Sugar 10 am—OATS Tech Class 12 pm—Loteria	<u>11</u> 9 am—Exercise 10 am—Seniors in Play 12 pm—Oasis Tech Class	<u>12</u> 9 am—BINGO 10 am—Stretch Class 12 pm—Karaoke
<u>15</u> 9 am—BINGO 9:30—Walmart Outing 1pm—Zumba	<u>16</u> 9 am—Painting 9:30 am—10:30 am Project Hope Food Bank 1 pm—Mixed Media Art Class	<u>17</u> 9 am—Exercise 10 am—OATS Tech Class 10 am—UTSA Graduation 12 pm—Loteria	<u>18</u> 9 am—Exercise 10 am—Seniors in Play 12 pm—Oasis Tech Class	<u>19</u> 9 am—Trivia 9 am—BINGO 10 am—Stretch Class 12 pm—Karaoke 12 pm—Arts and Crafts
<u>22</u> 9 am—BINGO 9:30 am—Market Square Outing 1pm—Zumba	<u>23</u> <u>8am-11am</u> Caregiver SOS Office Hours 9 am—Painting 10 am—WellMed Walk 1 pm—Mixed Media Art Class	<u>24</u> 9 am—Exercise 10 am—OATS Tech Class 10 am—Medicare Solutions 12 pm—Birthday & Fiesta Celebration	<u>25</u> 9 am—Exercise 10 am—Seniors in Play 12 pm—Oasis Tech Class	<u>26</u> Center Closed <u>For Fiesta San Jacinto Day</u>
<u>29</u> 9 am—BINGO 10 am— Volunteer Appreciation 1pm—Zumba	<u>30</u> <u>8am-11am</u> Caregiver SOS Office Hours 9 am—Painting 10am—Nutrition Education 1 pm—Mixed Media Art Class			

Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>1</u> Center Closed For César Chávez Day	<u>2</u> 4:30 pm—Karaoke 4:30 pm—BINGO	<u>3</u> 4:30 pm—Strength Resistance 5:30 pm—King’s Corner Card Game	<u>4</u> 4:30 pm—Karaoke 4:30 pm—Loteria
<u>8</u> 4:30 pm—Line Dancing 5:30 pm—Movie	<u>9</u> 4:30 pm—Karaoke 4:30 pm—BINGO	<u>10</u> 4:30 pm—Strength Resistance 5:30 pm—King’s Corner Card Game	<u>11</u> 4:30 pm—Karaoke 4:30 pm—Loteria
<u>15</u> 4:30 pm—Line Dancing 5:30 pm—Movie	<u>16</u> 4:30 pm—Karaoke 4:30 pm—BINGO	<u>17</u> 4:30 pm—Strength Resistance 5:30 pm—King’s Corner Card Game	<u>18</u> 4:30 pm—Karaoke 4:30 pm—Loteria
<u>22</u> 4:30 pm—Line Dancing 5:30 pm—Movie	<u>23</u> 4:30 pm—Karaoke 4:30 pm—BINGO	<u>24</u> 4:30 pm—Strength Resistance 5:30 pm—Birthday & Fiesta Celebration	<u>25</u> 4:30 pm—Karaoke 4:30 pm—Loteria
<u>29</u> 4:30 pm—Line Dancing 5:30 pm—Movie	<u>30</u> 4:30 pm—Karaoke 4:30 pm—BINGO		

Reminders



Line Dancing!!

Mondays at 4:30 pm

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.

WellMed Nurse

Monday - Thursday from 8am-12pm & 1pm-3pm*



*Subject to change

Come by to see the Caregiver SOS Specialist every Tuesday for FREE Caregiver Support 8:00 AM - 11:00 AM (Except for 3rd Tuesday of the Month)

Coaching * Support Groups
Stress Busting * Education

See flyer for more information

866-390-6491

mzachmeyer@wellmed.net



DON'T FORGET!

Participate in activities and get your Willie Cortez passport stamped to earn a T-Shirt!

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).

