



HUMAN SERVICES



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> 9 am—Exercise 8:30 am—Outing for Older Americans' Month Proclamation 10 am—OATS Tech Class 9am—11am Centerpieces with Irene (SIGNUP max 12) 12 pm—Loteria	<u>2</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>3</u> 9 am—BINGO 10 am—Cardio Mix 12 pm—Karaoke
<u>6</u> 9 am—BINGO 9 am—10am Willie Buck Shop 10 am—WellMed Walk 1pm—Zumba	<u>7</u> <u>8am-11am</u> Caregiver SOS Office Hours 9 am—Painting 1 pm—Mixed Media Art Class	<u>8</u> 9 am—Exercise 9:35 am—SAPL Computer Class 10 am—OATS Tech Class 12 pm—Loteria	<u>9</u> 9 am—Exercise 9:30 am—Walmart Outing 10 am—Seniors in Play 12 pm—Oasis Tech Class	<u>10</u> 9 am—BINGO 10 am—Cardio Mix 12 pm—Karaoke 12pm—Arts & Crafts
<u>13</u> 9 am—BINGO 10 am—WellMed Walk 1pm—Zumba	<u>14</u> 9 am—Painting 10:00—AACOG Services Presentation 1 pm—Mixed Media Art Class 1:30 pm—RentWise SA Presentation.	<u>15</u> 9 am—Exercise 9:35 am—SAPL Computer Class 10am—Nutrition Education 10 am—OATS Tech Class 12 pm—Loteria	<u>16</u> 9 am—Exercise 9:30 am—Pica Pica Outing 10 am—Seniors in Play 12 pm—Oasis Tech Class	<u>17</u> Managers' Meeting *No Transportation *No Hot Meal 9 am—BINGO 10 am—Cardio Mix 12 pm—Karaoke
<u>20</u> 9 am—BINGO 10 am—WellMed Walk 1pm—Zumba	<u>21</u> <u>8am-11am</u> Caregiver SOS Office Hours 9 am—Painting 9:30 am—10:30 am Project Hope Food Bank 1 pm—Mixed Media Art Class	<u>22</u> 9 am—Exercise 9:35 am—SAPL Computer Class 10 am—OATS Tech Class 12 pm—Loteria	<u>23</u> 9 am—Exercise 10 am—Seniors in Play 12 pm—Oasis Tech Class	<u>24</u> 9 am—BINGO 9:30 am—Hobby Lobby Outing 10 am—Cardio Mix 12 pm—Karaoke
<u>27</u> Center Closed Memorial Day	<u>28</u> <u>8am-11am</u> Caregiver SOS Office Hours 9 am—Painting 10am—Nutrition Education 1 pm—Mixed Media Art Class	<u>29</u> 9 am—Exercise 9:35 am—SAPL Computer Class 10 am—OATS Tech Class 12 pm—Loteria	<u>30</u> 9 am—Exercise 9:30 am—Dollar Tree Outing 10 am—Seniors in Play 12 pm—Oasis Tech Class	<u>31</u> 9 am—Trivia 9 am—BINGO 10 am—Medicare Solutions 10 am—Cardio Mix 12 pm—Birthday Celebration

Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<u>1</u> 4:30 pm—Strength Resistance 5:30 pm—Table Games	<u>2</u> 4:30 pm—Karaoke 4:30 pm—Loteria
<u>6</u> 4:30 pm—Line Dancing 5:30 pm—Movie	<u>7</u> 4:30 pm—Karaoke 4:30 pm—BINGO 5 pm—Bingo Shop	<u>8</u> 4:30 pm—Strength Resistance 5:30 pm—Table Games	<u>9</u> 4:30 pm—Karaoke 4:30 pm—Loteria
<u>13</u> 4:30 pm—Line Dancing 5:30 pm—Movie	<u>14</u> 4:30 pm—Karaoke 4:30 pm—BINGO	<u>15</u> 4:30 pm—Strength Resistance 5:30 pm—Table Games	<u>16</u> 4:30 pm—Karaoke 4:30 pm—Loteria
<u>20</u> 4:30 pm—Line Dancing 5:30 pm—Movie	<u>21</u> 4:30 pm—Karaoke 4:30 pm—BINGO	<u>22</u> 4:30 pm—Strength Resistance 5:30 pm—Table Games	<u>23</u> 4:30 pm—Karaoke 4:30 pm—Loteria
<u>27</u> <u>Center Closed for Memorial Day</u>	<u>28</u> 4:30 pm—Karaoke 4:30 pm—BINGO	<u>29</u> 4:30 pm—Strength Resistance 5:30 pm—Table Games	<u>30</u> 4:30 pm—Karaoke 4:30 pm—Loteria

(Note: Calendar subject to change without advance notice)



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

Mondays & Wednesdays 7am-3:45pm*



*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).

