



HUMAN SERVICES

JULY 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> 9am—BINGO 9am—10am Willie Buck Shop 10am—WellMed Walk 1pm—Zumba	<u>2</u> 9:00am Produce Market 9am—Painting	<u>3</u> 9am—Exercise 9:15am—Outing *Movie Theater* 10am—OATS Tech Class 12pm—Loteria	<u>4</u> Center Closed Independence Day	<u>5</u> 9am—BINGO 9:30am—Outing *Walmart* 10am—Cardio Mix/Yoga 12pm—Karaoke
<u>8</u> 9am—BINGO 10am—WellMed Walk 1pm—Zumba	<u>9</u> 9am—Painting 9:00am—10:00am CSFP Food Bank 9am—Financial Empowerment Center 12 pm—Crafts SIGNUP REQUIRED	<u>10</u> 9am—Exercise 10am—OATS Class *Video Chat Info* 12pm—Loteria	<u>11</u> 9am—Exercise 10am—Seniors in Play 9:30am—Outing *Hobby Lobby* 12pm—Intro to the Internet	<u>12</u> 9am—BINGO 10am—Cardio Mix/Yoga 12pm—Karaoke
<u>15</u> 9am—BINGO 10am—WellMed Walk 1pm—Zumba	<u>16</u> 9am—Painting 9:30am—10:30am Project Hope Food Bank	<u>17</u> 9am—Exercise 10am—OATS Class *All Things Zoom* 12pm—Loteria	<u>18</u> 9am—Exercise 10am Seniors in Play **SHOWCASE** 12pm—Intro to the Internet	<u>19</u> 9am—BINGO 10am—Cardio Mix/Yoga 9:30am—Outing *Walmart* 12pm—Karaoke
<u>22</u> 9am—BINGO 10am—Nutrition Education 10am—WellMed Walk 1pm—Zumba	<u>23</u> 9am—Painting 9:30am—Outing *Dollar Tree* 12 pm—Crafts SIGNUP REQUIRED	<u>24</u> 9am—Exercise 10am—OATS Class *Zoom Host Intro* 12pm—Loteria	<u>25</u> 9am—Exercise 10am Seniors in Play **SHOWCASE** 12pm—Intro to the Internet	<u>26</u> 9am—Trivia 9am—Birthday Celebration 10am—Medicare Solutions 10am—Cardio Mix/Yoga 12pm—BINGO
<u>29</u> 9am—BINGO with SACADA 10am—WellMed Walk 1pm—Zumba	<u>30</u> 9am—Painting 9:30am—Outing *DDs Discounts*	<u>31</u> 9 am—Exercise 10am—OATS Class *Health Apps* 12 pm—Loteria		

See back of the calendar for evening activity information



Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>1</u> 4:30pm—Line Dancing 5:30pm—Movie	<u>2</u> 4:30pm—BINGO 5pm—6pm Willie Buck Shop 5:30pm-7:00pm Karaoke	<u>3</u> 4:30pm—Strength Resistance 5:30pm—Table Games	<u>4</u> Center Closed Independence Day
<u>8</u> 4:30pm—Line Dancing 5:30pm—Movie	<u>11</u> 4:30pm—BINGO 5:30pm-7:00pm Karaoke	<u>12</u> 4:30pm—Strength Resistance 5:30pm—Table Games	<u>13</u> 4:30pm—Loteria 5:30pm-7:00pm Karaoke
<u>15</u> 4:30pm—Line Dancing 5:30pm—Movie	<u>18</u> 4:30 pm—BINGO 5:30pm-7:00pm Karaoke	<u>19</u> 4:30pm—Strength Resistance 5:30 pm—Table Games	<u>20</u> 4:30pm—Loteria 5:30pm-7:00pm Karaoke
<u>22</u> 4:30pm—Line Dancing 5:30pm—Movie	<u>25</u> 4:30 pm—BINGO 5:30pm-7:00pm Karaoke	<u>26</u> 4:30pm—Strength Resistance 5:30 pm—Table Games	<u>27</u> 4:30pm—Loteria 5:30pm-7:00pm Birthday Celebration
<u>29</u> 4:30pm—Line Dancing 5:30pm—Movie	<u>30</u> 4:30 pm—BINGO 5:30pm-7:00pm Karaoke	<u>31</u> 4:30pm—Strength Resistance 5:30pm—Table Games	

Reminders

(Note: Calendar subject to change without advance notice)

BEAT

THE HEAT

DISTRICT 4
 SUMMER RESOURCE FAIR

Saturday, July 20th
 10:00 am—1:00 pm

Line Dancing!!

Mondays at 4:30 pm

WellMed Nurse

Mondays & Wednesdays 7am-3:45pm*

*Subject to change

With our extended hours in full affect we ask all of our members staying for activities between 4pm-8pm to please select the “PM Check in” and the “PM Activity” buttons starting at 4pm.

Coaching * Support Groups
 Stress Busting * Education

Call 866-390-6491 for more information

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).

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.