



HUMAN SERVICES

AUGUST 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
			$\frac{1}{9}$ am—Exercise 9 am—10 am CSFP Food Bank 10 am—Seniors in Play 12 pm—Intro to the Internet 1 pm—SAFB Cooking Demo	$\frac{2}{9}$ am—BINGO 9:30 am—Walmart Outing 10 am—Stretch Class 12 pm—Karaoke
$\frac{5}{9}$ am—BINGO 10am—WellMed Walk 10am—11am Willie Buck Shop *ORDER FORMS DUE BY 10:30AM* 1pm—Zumba	$\frac{6}{9}$ am—Painting 9 am—Financial Empowerment Center 12 pm—Road Safety Jeopardy	$\frac{7}{9}$ am—Exercise 10am—OATS Tech Class 12 pm—Loteria	$\frac{8}{9}$ am—Exercise 9:30 am—Outing Dove Creek Shops 10 am—Seniors in Play 12 pm—Intro to the Internet	$\frac{9}{9}$ am—BINGO 10 am—Stretch Class 12 pm—Karaoke
$\frac{12}{9}$ am—BINGO 9:30 am—Ollie’s Outing 10am—Nutrition Education 1pm—Zumba	$\frac{13}{8}$ am—1 pm CaregiverSOS 9 am—Painting 12 pm—Crafts *Signup Required*	$\frac{14}{9}$ am—Exercise 10am—OATS Tech Class 12 pm—Loteria	$\frac{15}{9}$ am—Exercise 10 am—Seniors in Play 12 pm—Intro to the Internet	$\frac{16}{9}$ am—BINGO 9:30 am—Walmart Outing 10 am—Stretch Class 12 pm—Karaoke
$\frac{19}{9}$ am—BINGO 9:30 am—Target Outing 10am—Medicare 101 1pm—Zumba	$\frac{20}{9}$ am—Painting 9:30am—10:30am Project Hope Food Bank	$\frac{21}{9}$ am—Exercise 12 pm—Loteria	$\frac{22}{9}$ am—Exercise 9:30 am—Pica Pica Outing 10 am—Seniors in Play 12 pm—Exploring Google	$\frac{23}{9}$ am—BINGO 10 am—Stretch Class 12 pm—Karaoke
$\frac{26}{9}$ am—BINGO 9:30 am—Walmart Outing 10am—Nutrition Education 1pm—Zumba	$\frac{27}{9}$ am—Painting 10 am—Trivia 10 am—Medicare Solutions 12 pm—Crafts *Signup Required*	$\frac{28}{9}$ am—Exercise 10am—AACOG Services Presentation 12 pm—Loteria	$\frac{29}{9}$ am—Exercise 10 am—Seniors in Play 12 pm—Exploring Google	$\frac{30}{9}$ am—Birthday Celebration 10 am—Stretch Class 12 pm—BINGO

Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			<u>1</u> 4:30pm—Loteria 5:30pm-7:00pm Karaoke
<u>5</u> 4:30pm Line Dancing 5:30pm—Movie	<u>6</u> 4:30pm—BINGO 5:30pm-7:00pm Karaoke	<u>7</u> 4:30pm—Strength Resistance 5:30pm—Table Games	<u>8</u> 4:30pm—Loteria 5:30pm-7:00pm Karaoke
<u>12</u> 4:30pm Line Dancing 5:30pm—Movie	<u>13</u> 4:30 pm—BINGO 5:30pm-7:00pm Karaoke	<u>14</u> 4:30pm—Strength Resistance 5:30 pm—Table Games	<u>15</u> 4:30pm—Loteria 5:30pm-7:00pm Karaoke
<u>19</u> 4:30pm Line Dancing 5:30pm—Movie	<u>20</u> 4:30 pm—BINGO 5:30pm-7:00pm Karaoke	<u>21</u> 4:30pm—Strength Resistance 5:30 pm—Table Games	<u>22</u> 4:30pm—Loteria 5:30pm-7:00pm Birthday Celebration
<u>26</u> 4:30pm Line Dancing 5:30pm—Movie	<u>27</u> 4:30 pm—BINGO 5:30pm-7:00pm Karaoke	<u>28</u> 4:30pm—Strength Resistance 5:30pm—Table Games	<u>29</u> 4:30pm—Loteria 5:30pm-7:00pm Birthday Celebration

(Note: Calendar subject to change without advance notice)

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.

Come by to see the Caregiver SOS Specialist
for FREE Caregiver Support
2nd Tuesday of every month
8: 00 AM - 1:00 PM

Coaching * Support Groups
Stress Busting * Education

866-390-6491
ikeown@wellmed.net

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 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
7:00am-11:00am (or until all tickets have been
issued out).

Healthy Eating, Aging, Living