



# October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u> 9 am—Painting  9 am—Financial Empowerment Center  9:30 am—WellMed Stretch Class  9 am—10:30 am Food Bank Applications  12 pm—Movie	<u>2</u> 9 am—Exercise  10am—OATS Tech Class  12 pm—Loteria	<u>3</u> 9 am—Exercise  9 am—10 am CSFP Food Bank  10 am—Seniors in Play  12 pm—Oasis (iPhone Basics)  1 pm—SAFB Cooking Demo	<u>4</u> 9 am—BINGO  10 am—Stretch Class  12 pm—Karaoke  <b>CENTER CLOSED AT 2:30PM FOR STAFF MEETING</b>
<u>7</u> 9 am—BINGO  10am—11am Willie Buck Shop <b>*ORDER FORMS DUE BY 10:30AM*</b>  1pm—Zumba	<u>8</u> 8 am—1 pm CaregiverSOS  9 am—Painting  9:30 am—WellMed Stretch Class  9 am—10:30 am Food Bank Applications  12 pm—Movie	<u>9</u> 9 am—Exercise  9:30 am—Pica Pica Outing  10am—OATS Tech Class  12 pm—Loteria	<u>10</u> 9 am—Exercise  10 am—Seniors in Play  12 pm—Oasis (iPhone Basics)	<u>11</u> 9 am—BINGO  9:30 am—Walmart Outing  10 am—Stretch Class  12 pm—Crafts <b>*signup required*</b>
<u>14</u> 9 am—BINGO  9:30 am—Pumpkin Patch Outing  1pm—Zumba	<u>15</u> 9 am—Painting  9:30am—10:30am Project Hope Food Bank	<u>16</u> 9 am—Exercise  10am—OATS Tech Class  12 pm—Loteria	<u>17</u> 9 am—Exercise  10 am—Seniors in Play  12 pm—Oasis (Google Photos)	<u>18</u> 9 am—BINGO  9:30 am—Dollar Store Outing  10 am—Stretch Class  12 pm—Karaoke
<u>21</u> 9 am—BINGO  10 am—Nutrition Education—”Beets”  1pm—Zumba	<u>22</u> 9 am—Painting  9:30 am—WellMed Stretch Class  10 am—Trivia  12 pm—Movie	<u>23</u> 9 am—Exercise  10am—OATS Tech Class  12 pm—Loteria	<u>24</u> 9 am—Exercise  10:30 am—WellMed Talk  10 am—Seniors in Play  12 pm—Oasis (Google Photos)	<u>25</u> 10 am—Birthday Celebration  10 am—Medicare Solutions  10 am—Stretch Class  12 pm—BINGO
<u>28</u> 9 am—BINGO  9:30 am—Guerra Library Outing  1pm—Zumba	<u>29</u> 9 am—Painting  9:30 am—WellMed Stretch Class  10 am—3 pm ACOG Open Enrollment Info  12 pm—Crafts <b>*signup required*</b>	<u>30</u> 9 am—Exercise  10am—OATS Tech Class  12 pm—Loteria	<u>31</u> 9 am—Exercise  10 am—Halloween Celebration & Costume Contest  10 am—Seniors in Play  12 pm—Oasis (Smartphone Photos)	

# Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<u>1</u> 4:30pm—BINGO 5pm—6pm Willie Buck Shop 5:30pm—Movie	<u>2</u> 4:30pm—Strength Resistance 5:30pm-7:00pm Karaoke	<u>3</u> 4:30pm—Loteria 5:30pm—Table Games
<u>7</u> 4:30pm Stretch & Balance 5:30pm-7:00pm Karaoke	<u>8</u> 4:30pm—BINGO 5:30pm—Movie	<u>9</u> 4:30pm—Strength Resistance 5:30pm-7:00pm Karaoke	<u>10</u> 4:30pm—Loteria 5:30pm—Crafts
<u>14</u> 4:30pm Stretch & Balance 5:30pm-7:00pm Karaoke	<u>15</u> 4:30pm—BINGO 5:30pm—Movie	<u>16</u> 4:30pm—Strength Resistance 5:30pm-7:00pm Karaoke	<u>17</u> 4:30pm—Loteria 5:30pm—Table Games
<u>21</u> 4:30pm Stretch & Balance 5:30pm-7:00pm Karaoke	<u>22</u> 4:30pm—BINGO 5:30pm—Movie	<u>23</u> 4:30pm—Strength Resistance 5:30pm-7:00pm Karaoke	<u>24</u> 4:30pm—Loteria 5:30pm—Crafts
<u>28</u> 4:30pm Stretch & Balance 5:30pm-7:00pm Karaoke	<u>29</u> 4:30pm—BINGO 5:30pm—Movie	<u>30</u> 4:30pm—Strength Resistance 5:30pm-7:00pm Karaoke	<u>31</u> 4:30pm—Loteria 5:30pm-7:00pm Birthday & Halloween Celebration

## Reminders



**Bring pictures for our  
Day of the Dead *ofrenda!***

**October 21st—November 1st**

**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

866-390-6491  
ikeown@wellmed.net

**WellMed Nurse**

-Tuesdays & Thursdays | 8am—3:30pm\*

-Stretch Class every Tuesday (except 3rd Tuesday of the month)



\*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 8:00am-11:00am (or until all tickets have been issued out).



IT'S ALL CONNECTED  
Healthy Eating, Aging, Living