





# September

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>  <b>Center Closed Labor Day</b>	<u>2</u> 9 am—Painting  9:30 am—WellMed Walk	<u>3</u> 9 am— YWCA Dancing  10 am—OATS Technology Class  12 pm—Loteria	<u>4</u> 9 am—YWCA Joint Movement  8am—10am CSFP Distribution  10 am—Orientation  10 am—Seniors in Play  12 pm—Oasis (Learning Gmail)	<u>5</u> 9 am—BINGO  10 am—Zumba  CENTER CLOSED AT 2 PM FOR STAFF MEETING
<u>8</u> 9:15 am—BINGO  1pm—Yoga	<u>9</u> 8:00 am—11 am CaregiverSOS  9 am—Painting  9am—10am Food Bank Apps NEW MEMBERS  9:30 am—WellMed Walk  10 am—Nutrition Education	<u>10</u> 9 am— YWCA Dancing  10 am—OATS Technology Class  12 pm—Loteria	<u>11</u> 9 am—YWCA Joint Movement  10 am—Orientation  10 am—Seniors in Play  12 pm—Oasis (Learning Gmail)	<u>12</u> 9 am—BINGO  9:30 am—Walmart Outing  10 am—Zumba  12 pm—1:30 pm Mixed Media Art
<u>15</u> 9am—BINGO  10am—Medicare Solutions Presentation  10 am—11am Willie Bucks Shop  1pm—Yoga	<u>16</u> 9 am—Painting  9:30am—10:30am Project Hope Food Bank	<u>17</u> 9 am— YWCA Dancing  10 am—OATS Technology Class  12 pm—Loteria	<u>18</u> 9 am—YWCA Joint Movement  10 am—Orientation  10 am—Seniors in Play  12 pm—Oasis (Q & A)	<u>19</u> 9am—Birthday Celebration  10 am—Zumba  12 pm—BINGO  12 pm—1:30 pm Mixed Media Art
<u>22</u> 9am—BINGO  9am—Medicare Solutions  1pm—Yoga	<u>23</u> 9 am—Painting  9:30 am—WellMed Walk  10 am—Nutrition Education	<u>24</u> 9 am— YWCA Dancing  9 am— Trivia  10 am—OATS Technology Class  12 pm—Loteria	<u>25</u> 9 am—YWCA Joint Movement  10 am—Orientation  10 am—Seniors in Play  12 pm—Oasis (Exploring Google)	<u>26</u>  10 am—2pm 16th Anniversary Celebration  RSVP between September 17th—24th ACTIVE MEMBERS ONLY
<u>29</u> 9:15 am—BINGO  9:30 am—Walmart Outing  1pm—Yoga	<u>30</u> 9 am—Painting  9:30 am—WellMed Walk	<u>1</u> 9 am— YWCA Dancing  10 am—OATS Technology Class  12 pm—Loteria	<u>2</u> 9 am—YWCA Joint Movement  8am—10am CSFP Distribution  10 am—Orientation  10 am—Seniors in Play  12 pm—Oasis (Exploring Google)	<u>3</u> 9 am—BINGO  10 am—Zumba  CENTER CLOSED AT 2 PM FOR STAFF MEETING

(Note: Calendar subject to change without advance notice)

\*See back of the calendar for evening activity information\*



# Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>1</u> <b>Center Closed Labor Day</b>	<u>2</u> 4:30 pm—7:30 pm Bingo Bucks Shop  4:30pm—BINGO  5:30pm—7:00 pm Karaoke	<u>3</u> 4:30pm—Strength Resistance  5:30pm—Crafts	<u>4</u> 4:30pm—Loteria  5:30pm—7:00 pm Karaoke
<u>8</u> 4:30pm Stretch & Balance  5:30pm—Movie & Popcorn	<u>9</u> 4:30pm—BINGO  5:30pm—7:00 pm Karaoke	<u>10</u> 4:30pm—Strength Resistance  5:30pm—Table Games	<u>11</u> 4:30pm—Loteria  5:30pm—7:00 pm Karaoke
<u>15</u> 4:30pm Stretch & Balance  5:30pm—Movie & Popcorn	<u>16</u> 4:30pm—BINGO  5:30pm—7:00 pm Diez y seis Celebration	<u>17</u> 4:30pm—Strength Resistance  5:30pm—Crafts	<u>18</u> 4:30pm—Loteria  5:30pm—7:00 pm Talent Show
<u>22</u> 4:30pm Stretch & Balance  5:30pm—Movie & Popcorn	<u>23</u> 4:30pm—BINGO  5:30pm—7:00 pm Karaoke	<u>24</u> 4:30pm—Strength Resistance  5:30pm—Birthday Celebration	<u>25</u> 4:30pm—Loteria  5:30pm—7:00 pm Karaoke
<u>29</u> 4:30pm Stretch & Balance  5:30pm—Movie & Popcorn	<u>30</u> 4:30pm—BINGO  5:30pm—7:00 pm Karaoke	<u>1</u> 4:30pm—Strength Resistance  5:30pm—Crafts	<u>2</u> 4:30pm—Loteria  5:30pm—7:00 pm Karaoke

## Reminders

(Note: Calendar subject to change without advance notice)

### WellMed Nurse

-Mondays, Tuesdays & Thursdays | 8am—3:30pm\*

-Walking Group every Tuesday (except 3rd Tuesday of the month)

\*Subject to change



**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.

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.



CITY OF SAN ANTONIO  
DEPARTMENT OF HUMAN SERVICES



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  
Lkeown@wellmed.net

### 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).

