

Doris Griffin

Senior One Stop Activity Center

About the WellMed Charitable Foundation

The WellMed Charitable Foundation (WCF) and the City of San Antonio (COSA) have partnered to operate The Doris Griffin Senior One Stop Center. This comprehensive center advances the City's focus of supporting San Antonio's multi-generational senior community in leading an active, independent and engaged life. The WellMed Charitable Foundation, established in 2006 by Dr. George M. Rapier III is the philanthropic partner of WellMed Medical Management, Inc. As a non-profit 501 (c)3 organization, the Foundation supports older adults and their caregivers through opportunities to help them stay physically, mentally and socially active.

With the goal of healthy living, the Foundation oversees the daily operation of a series of nationally-recognized senior activity centers in Texas and Florida. Some are funded through valuable public/private partnerships. The senior activity centers are open to the public and provide services to people age 60 or older at no cost.

Visit our Virtual Senior Center

Enjoy guided activities to do from the comfort of your own home!

- HEALTH INFORMATION
- ARTS AND CRAFT CLASSES
- DANCE CLASSES
- ZUMBA
- CHAIR FITNESS
- HEALTHY COOKING



Scan the QR code using your smartphone camera. Tap the notification to open link.



<https://www.wellmedcharitablefoundation.org/virtual-center/>

CALENDAR OF EVENTS

6157 NW Loop 410, Ste. 120, San Antonio, TX 78238
Monday - Friday 7:00 am - 4:00pm | Tel: 210.780.7444

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEIGH IN WITH BRANDY AND MO!</p> <p>In the month of August, come weigh in with either our nurse Brandy or with our Fitness Advisor Mo. If you have been wanting to start a weight loss journey to health, do it with us this month! We'll provide tips and positive vibes, so get ready to rock the rest of 2025!</p>  <p>Remember, health is a journey, and we are here to travel with you. Mo will have a journal that you can pick up to chart your progress.</p> 		 <p>THE LAST SUMMER DANCE</p> <p>August 22, 12:15p * Sign up required Don't miss the Music, Dancing & Hot Dogs!</p>		<p>9:30a Walmart Trip Nutrition Shopping With Natalie</p> <p>10a MOVIE</p> <p><u>10a Knitters & Crocheters</u></p> <p><u>12n Quilting</u></p> <p>12:30p Karaoke</p> <p><u>1p Movie</u></p> <p><u>2:30p Early Closure</u></p>
<p>8:30a Adv Guitar</p> <p>9a Computer class With Joe How to Use iPiccy</p> <p>9:15a Lotería</p> <p>10a Beginning Guitar</p> <p>10a Choir Class</p> <p>10a Discount Store Shopping Trip</p> <p>11:30a Int Guitar</p> <p>11:30a Tournament Winner Luncheon</p> 	<p>9:30 Jewelry Class</p> <p>10a Knitters & Crocheters</p> <p>9:30a Swimming at the Natatorium \$3.00</p> <p>10:a Oats Computer Outdoor Adventure Apps</p> <p>1p Beginners Ukulele</p> <p>2p Intermediate Ukulele</p> 	<p>8:30 Advanced Guitar</p> <p>9a Computer class With Joe Organize your phone</p> <p>9a Jam with Robert Cruz</p> <p>10a Presentation by Dr. Kellogg who is a geriatric investigator on Longevity and Aging!</p> <p>12:30 Bingo</p> 	<p>9:30 Jewelry Class</p> <p>10a Sleep Health with Nurse Bertha</p> <p>10a Oats Computer Class Google Photos</p> <p>10a Why Wellmed? Presentation</p> <p>1p Diabetes with Nurse Bertha</p> 	<p>10a MOVIE</p> <p>10a Knitters & Crocheters</p> <p><u>12n Quilting</u></p> <p>12:15 Birthday Cup Cakes</p> <p>12:30p Karaoke</p> <p><u>1p Movie</u></p> 
<p>8:30a Adv Guitar</p> <p>9a Computer class With Joe How to Use iPiccy</p> <p>9:15a Lotería</p> <p>10a Beginning Guitar</p> <p>10a Choir Class</p> <p>11:30a Int Guitar</p> 	<p>9:30 Jewelry Class</p> <p>9:30 Walkers on the Go</p> <p>10:00a Oats Computer Exploring Smartphones</p> <p>10a "Financial Literacy" & "The Save Program" Presented in the dining room</p> <p>10a Knitters & Crocheters</p> <p>1p Beginners Ukulele</p> <p>1:30p Caregiver Support Group</p> <p>2p Intermediate Ukulele</p>	<p>8:30a Advanced Guitar</p> <p>9a Computer class With Joe Organize your phone</p> <p>9a Jam with Robert Cruz</p> <p>10a Oasis - Take Advantage of Interest Rates</p> <p>10a Bargain Store Shopping Trip</p> <p>12:30 Bingo</p> 	<p>9:30 Jewelry Class</p> <p>10a Dementia Series</p> <p>1p FOOD BANK (For those who qualify) DISTRIBUTION</p> 	<p>10a Movie</p> <p>10a Knitters & Crocheters</p> <p><u>12n Quilting</u></p> <p>12:30 Doris Griffin's Got TALENT SHOW</p> 
<p>8:30a Adv Guitar</p> <p>9a Computer class With Joe How to Use iPiccy</p> <p>9:15a Lotería</p> <p>10a Beginning Guitar</p> <p>10a Choir Class</p> <p>10a Oats Computer Class</p> <p>10:30 Gardening Class with Juan Velasquez</p> <p>11:30a Int Guitar</p> 	<p>9:30 Jewelry Class</p> <p>10a Knitters & Crocheters</p> <p>10a Solo Aging</p> <p>9:30a Swimming at the Natatorium \$3.00</p> <p>10a Craft Class with Lydia</p> <p>10:00a Oats Computer Exploring Smartphones</p> <p>1p Beginners Ukulele</p> <p>2p Intermediate</p>	<p>8:30a Advanced Guitar</p> <p>9a Jam with Robert Cruz</p> <p>9a Computer class With Joe Organize your phone</p> <p>10:30a Our very own Dr. Faiz will be here to speak on Diabetes</p> <p>12:30 Bingo</p> 	<p>9:30a Jewelry Class</p> <p>10:00a Oats Computer Exploring Smartphones</p> <p>10a Medicare and Tricare</p> <p>10a Heat with Seniors Metro Health</p> <p>12:15 Name that Tune</p> 	<p>10a Movie</p> <p>10a Knitters & Crocheters</p> <p><u>12n Quilting</u></p> <p>12:30p Last Dance of Summer—Don't miss the Hot dogs and chips</p> <p><u>1p Movie</u></p> 
<p>8:30a Adv Guitar</p> <p>9a Computer class With Joe How to Use iPiccy</p> <p>9:15a Lotería</p> <p>10a Beginning Guitar</p> <p>10a Choir Class</p> <p>10a Oats Computer Class</p> <p>11:30a Int Guitar</p> 	<p>9:30 Jewelry Class</p> <p>9:30 Walkers on the Go</p> <p>10a Knitters & Crocheters</p> <p>10:00a Oats Computer Exploring Smartphones</p> <p>10A Take a tour with Phillip "Zapotec Experience in Oaxaca"</p> <p>1p Beginners Ukulele</p> <p>2p Intermediate</p>	<p>8:30a Advanced Guitar</p> <p>9a Jam with Robert Cruz</p> <p>9a Computer class With Joe Organize your phone</p> <p>10a Book Club</p> <p>10a Presentation on Vestibular Therapy</p> <p>12:30 Bingo</p> 	<p>9:30 Jewelry Class</p> <p>10a Oats Computer Exploring Smartphones</p> <p>10a Nutrition Class with Natalie in the Dining Room</p> 	<p>10a Movie</p> <p>10:45a Lunch at Mi Celayence Trip (on your own)</p> <p>10a Knitters & Crocheters</p> <p><u>12n Quilting</u></p> <p>12:30p Karaoke</p> <p><u>1p Movie</u></p> 

FITNESS CLASS SCHEDULE

You may sign up in person at 7:15 am or you may start calling at 7:30 am to sign up for a class on that same day

All classes are first come, first serve. Voicemail NOT accepted to sign up for aerobics classes

Start	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am	QIGONG	GET MOVING	GET MOVING	GET MOVING	
10:00 am	CARDIO DANCE	YOGA	CHAIR CIRCUIT	CARDIO DANCE	MUSCLE MATTERS
11:00 am	ZUMBA GOLD	ZUMBA GOLD CHAIR	YOGA	ZUMBA GOLD	CARDIO DANCE
12:00 pm	LINE DANCING	MUSCLE MATTERS	CALIENTE CARDO	FLAMENCO	CAMP RODNEY
1:00 pm	BELLY DANCING	CARDIO DANCE	MUSCLE MATTERS	BOOT CAMP	CHAIR CIRCUIT
2:00 pm	YOGA	QIGONG	TAI CHI	DANCE PARTY	

No Spaces are held in class * Please use lockers to store your items *

Badges are to be worn in class * Aerobic shoes with laces are to be worn *

Morning Fitness Class sign ups will be limited to 2 a day per person. If there are openings 10 minutes prior to class starting, then exceptions will be made for over 2 classes.

5 minutes after class begins your space will be given to the next on the Waitlist * Turn your phone off during class


GAME SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG, BILLIARDS	PING PONG, BILLIARDS	PING PONG	PING PONG	PING PONG
CHAIR VOLLEYBALL	CHAIR VOLLEYBALL	DOMINOES / RUMIKUB	DOMINOES / RUMIKUB	DOMINOES / RUMIKUB
DOMINOES / RUMIKUB	DOMINOES / RUMIKUB	BILLIARDS	BILLIARDS	BILLIARDS

ANNOUNCEMENTS

WALKERS
on the Go!
2nd and 4th Tuesday
of the month
9:30 am

Sign up
at Front Desk



VISIT
OUR VIRTUAL
SENIOR CENTER
Scan the QR code
using your smartphone camera.
Tap the notification to open the link.
Enjoy guided activities
to do from
the comfort of
your own home!




Doris Griffin is proud to offer
A variety of fitness classes.
We want to remind you that
you can sign up for 2 class
beginning at 7:30a.
Fitness Courtesies
After 5 min your space will
be given to the next member
on the wait list.
Badges are to be worn in
class
Do not leave class early
Cool downs are important
Please use lockers to store
your items instead of
bringing to class


Please use the
complimentary
lockers to store
your personal
items instead
of bringing
them to
Fitness classes



EVERY
WEDNESDAY

WEAR YOUR
CENTER T-SHIRT

DO YOU HAVE
QUESTIONS ABOUT
MEDICARE?
visit the Medicare
Information Center
 Located Next to
WellMed Clinic

It is required to
bring your City of
San Antonio Senior
Center Meal Card to
receive your meal.
The only exceptions
are for new
members. If lost or
damaged please
report immediately
to the front desk.

HEALTH AND
WELLNESS CLASS
With Nurse Bertha
First Thursday
of the Month
 **WELLMED®**

Health Screenings	Lunch	Caregiver SOS	Important Numbers to Know
Tues, Wed, & Thurs (unless otherwise noted) Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available  WELLMED®	Lunch Check In Opens at 9:45 am Daily All Meals Are Served On a First Come, First Serve Basis Lunch Time is at 11:30 am	Are you providing care to a family member or loved one? SERVICES INCLUDE: Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes Please see Jennifer Brackett For more information 210-254-1489 	S.A.P.D Non-Emergency: (210) 207-7273 Emergency: 911 Texas Abuse Hotline 1-800-252-5400 When you suspect abuse, neglect, or financial exploitation. Alamo Service Connection (210) 477-3275 / 1-866-231-4922 Referral and assistance for seniors, people with disabilities, and veterans.