



# The Alicia Treviño López 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 Alicia Treviño López 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

8353 Culebra Rd, Ste. 102 San Antonio, TX 78251  
Monday - Friday 7:00 am - 4:00pm | Tel: 210.558.0178



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						CFSP DISTRIBUTION Food Bank for Those Who Qualify 10:00 am - 11:00 am			
01		02		03		04		05	
ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR PRACTICE (1) 9:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm		FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR CLASSES (1B) INTER. III - INTER. II - INTER. I 8:30 am - 12:00 pm LOTERIA / BINGO (LR) Sponsored by Anchorage Hospice 10:00 am WOWZITUDE VIRTUAL TOUR (4) 1:00 pm		BEGINNING PAINTING (DK) 9:30 am - 11:30 am OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 1:00 pm - 3:00 pm		UKULELE CLASS (4) 8:00 am WOWZITUDE VIRTUAL TOUR (4) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am FITNESS ORIENTATION (L) 12:00 pm		MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm AFTERNOON MOVIE (4) 1:00 pm	
PROJECT HOPE DISTRIBUTION Food Bank for Those Who Qualify 10:00 am - 11:00 am				FIELD TRIP TO WALMART Sign up at Front Desk Limited Space Available 10:00 am		MEDICARE INFORMATION & HOT COCOA 8:00 am - 10:00 am - Front Lobby		CHRISTMAS CRAFT CLASS Sign up at Front Desk Limited Space Available 12:30 pm	
08		09		10		11		12	
ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR PRACTICE (1) 9:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm		FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR CLASSES (1B) INTER. III - INTER. II - INTER. I 8:30 am - 12:00 pm LOTERIA / BINGO (LR) 10:00 am WOWZITUDE VIRTUAL TOUR (4) 1:00 pm		BEGINNING PAINTING (DK) 9:30 am - 11:30 am OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 1:00 pm - 3:00 pm		UKULELE CLASS (4) 8:00 am GUITAR PRACTICE (1B) 10:00 am PEER SUPPORT GROUP (2) 10:00 am NAME THAT TUNE! (2) 12:00 pm FITNESS ORIENTATION (L) 12:00 pm		MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm AFTERNOON MOVIE (4) 1:00 pm	
				WILLS & TRUSTS Presentation by Oasis 10:00 am - Lunchroom				GUITAR CHRISTMAS RECITAL 12:00 pm - Lunch Room	
WEAR CHRISTMAS SOCKS		WEAR RED AND GREEN		DRESS AS A CHRISTMAS CHARACTER		WEAR PLAID DAY		WEAR YOUR FAVORITE CHRISTMAS SWEATER DAY	
15		16		17		18		19	
ART LAB (2) 8:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm		FITNESS ORIENTATION (L) 9:00 am HEALTH & WELLNESS CLASS (CR) 9:00 am INTERMEDIATE GUITAR CLASSES (1B) INTER. III - INTER. II - INTER. I 8:30 am - 12:00 pm WOWZITUDE VIRTUAL TOUR (4) 1:00 pm CAREGIVER SOS SUPPORT (CR) 1:30 pm		BEGINNING PAINTING (DK) 9:30 am - 11:30 am OATS TECH HOUR (CL) 12:00 pm HANDS ON ART HISTORY (DK) 1:00 pm - 3:00 pm		UKULELE CLASS (4) 8:00 am WOWZITUDE VIRTUAL TOUR (4) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am FITNESS ORIENTATION (L) 12:00 pm		MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm	
BEGINNER GUITAR CHRISTMAS RECITAL 9:30 am - Lunch Room		CHRISTMAS BINGO 10:00 am - Lunch Room		TRIP TO HEB PLUS! Sign up at Front Desk Limited Space Available 10:00 am		UKULELE CHRISTMAS RECITAL 10:00 am - Lunch Room		HEALTH TALKS WITH WELLMED NURSE 10:00 am - Computer Lab	
NUTRITION CLASS 10:00 am - Room #4								DECEMBER BIRTHDAY PARTY 12:00 pm - 2:00 pm	
WEAR A CHRISTMAS T-SHIRT DAY		WEAR CHRISTMAS PAJAMAS DAY						CENTER IS CLOSING AT 2:30PM	
22		23							
ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR PRACTICE (1) 9:00 am - 11:00 am WALKING WITH WELLMED Sign up at Front Desk 10:30 am OATS TECH HOUR (CL) 12:00 pm		FITNESS ORIENTATION (L) 9:00 am INTERMEDIATE GUITAR CLASSES (1B) INTER. III - INTER. II - INTER. I 8:30 am - 12:00 pm WOWZITUDE VIRTUAL TOUR (4) 1:00 pm							
		HOLIDAY TRIVIA							
									

Happy Holidays

From The Lopez Center Staff

We hope your holidays  
will be filled with joy and laughter  
through the New Year

Our Center Will be Closed From  
December 24 - January 1st.






Normal Business Hours Resume Friday, January 2nd. 2026



# FITNESS CLASS SCHEDULE



You may sign up in person starting at 7:15 am or you may call after 7:30 am to sign up for a class on that same day  
**All classes are first come, first served. Voicemail NOT accepted to sign up for aerobics classes**

Start	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am		<b>BALANCE</b> CORE & STRENGTH (ACTIVITY ROOM 2)		<b>TOTAL</b> <b>CIRCUIT</b> (ACTIVITY ROOM 3)	<b>FITNESS</b> <b>EXPRESS</b> (ACTIVITY ROOM 2)
9:00 am	<b>FLEX</b> MUSCLE (ACTIVITY ROOM 3)	<b>VIDEO</b> Workout (ACTIVITY ROOM 3)	<b>CANE</b> SELF DEFENSE (ACTIVITY ROOM 2)  <b>ZUMBA</b> gold (ACTIVITY ROOM 3)		<b>VIDEO</b> Workout (ACTIVITY ROOM 3)
9:30 am		<b>FLAMENCO</b> (ACTIVITY ROOM 2)		 <b>CHAIR YOGA</b> STRETCH (ACTIVITY ROOM #3)	
10:00 am		 <b>CHAIR</b> FITNESS (ACTIVITY ROOM 3)	<b>FLAMENCO</b> (ACTIVITY ROOM 2) <b>MUSCLE</b> <b>MATTERS</b> (ACTIVITY ROOM 3)		<b>LINE</b> Dance (ACTIVITY ROOM 2)  <b>CHAIR</b> FITNESS (ACTIVITY ROOM 3)
12:30 pm	<b>VIDEO</b> Workout (ACTIVITY ROOM 3)			<b>VIDEO</b> Workout (ACTIVITY ROOM 3)	
1:00 pm		<b>TOTAL</b> <b>CIRCUIT</b> (ACTIVITY ROOM 2)	<b>FITNESS</b> <b>EXPRESS</b> (ACTIVITY ROOM 3)	<b>TAI CHI</b> (ACTIVITY ROOM 2)	 <b>ZUMBA</b> gold (ACTIVITY ROOM 3)
2:00 pm		 <b>CHAIR YOGA</b> STRETCH (ACTIVITY ROOM 2)			

## FITNESS CLASS DESCRIPTIONS

**BALANCE CORE & STRENGTH:**

To strengthen the abdomen and back muscles and increase flexibility

**CANE SELF DEFENSE:**

A new form of self-defense

**\*CHAIR YOGA:**

A gentle form of yoga using a chair for support

**FITNESS EXPRESS:**

Combination of exercises including cardio, bands and weights

**FLAMENCO:**

A Spanish dance art form

**FLEX MUSCLE:**

Exercises that helps build muscle strength

**LINE DANCE:**

Dancers line up in a row without partners and follow a pattern of steps to music

**MUSCLE MATTERS:**

A strength and balance to improve the muscle and bone health

**TAI CHI:**

An exercise using slow and controlled movements

**VIDEO WORKOUT:**

Workout following on-screen instruction

**ZUMBA GOLD:**

Cardio dance class to improve balance, flexibility and cardiovascular strength

 \*Chair Assisted Class  Silver Sneaker Class

8353 Culebra Road Ste. 102 San Antonio, TX 78251 210.558.0178

Activities Subject to Change Without Notice



# GAME SCHEDULE

*See the Front Desk for game equipment*

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA)	PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA)	PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA)	PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA)	PING PONG (SA) CHAIR VOLLEYBALL (1) DOMINOES (L) BILLIARDS (SA)

## ANNOUNCEMENTS

# Happy Holidays

From The Lopez Center Staff

We hope your holidays will be filled with joy and laughter through the New Year

Our Center Will be Closed From  
December 24 - January 1st.

Normal Business Hours Resume Friday, January 2nd, 2026

**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!



**ENJOY FREE  
LIVE VIRTUAL TOURS**

*Wowzitude*  
Let us bring the world to you

Tuesdays @ 1:00 pm | Thursdays @ 10:00 am  
Room #4  
Space is Limited. Sign up at the Front Desk.  
Destinations Subject to Change Without Notice



JOIN IN AND CELEBRATE WITH US...

**FUN DAYS OF  
CHRISTMAS  
CHEER**

THU	Dec 4	Medicare & Hot Cocoa
FRI	Dec 5	Christmas Craft Class
FRI	Dec 12	Guitar Christmas Recital
MON	Dec 15	Wear Christmas Socks
TUE	Dec 16	Wear Red and Green
TUE	Dec 16	Bingo with Santa!
WED	Dec 17	Christmas Character Day
THU	Dec 18	Christmas Ukulele Recital
THU	Dec 18	Wear Plaid Day
FRI	Dec 19	Wear Christmas Sweater Day
FRI	Dec 19	Birthday & Holiday Party
MON	Dec 22	Wear a Christmas T-Shirt Day
TUE	Dec 23	Wear Christmas Pajamas
MON	Dec 23	Holiday Trivia!

**EVERY DAY IN DECEMBER**  
Enjoy Christmas Movies  
continuously playing in the Social Area!

**FIELD TRIPS**

WALMART	HEB PLUS!
Wed, Dec 3	Wed, Dec 17
10:00 am	10:00 am

Limited Space Available  
Sign up at Front Desk

**WALKING**

with WellMed  
**Mondays**  
**10:30am**



Sign up at Front Desk

**REMEMBER**

If you feel sick  
or in physical pain





**Please Stay Home**

**FITNESS**

**ORIENTATION**  
BEFORE USING THE FITNESS AREA,  
YOU MUST ATTEND ONE ORIENTATION  
OR A REFRESHER COURSE  
ON HOW TO PROPERLY USE OUR EQUIPMENT.  
Join Richard, our Fitness Advisor

Tuesdays, 9:00 am | Thursdays, 12:00 pm

Health Screenings	Dental Referrals	Lunch	Caregiver SOS	Important Numbers to Know
<b>Mondays, Thursdays &amp; Fridays</b> (unless otherwise noted)  <b>Blood Pressure</b> <b>Blood Sugar</b> <b>Weight BMI</b> <b>Flu Shots*</b> *when available <b>WELLMED</b>	<b>For Those Who Qualify</b>  <b>Please see our nurse for more information</b>	<b>Lunch Check In</b> <b>Opens at 8:30 am Daily</b> <b>All Meals Are Served</b> <b>On a First Come, First Serve Basis</b> <b>Lunch Time is at 11:00 am</b>	<b>Are you providing care to a family member or loved one?</b> <b>SERVICES INCLUDE:</b> Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes <b>Please see Jennifer Brackett</b> <b>For more information</b> <b>CAREGIVER SOS</b>	<b>S.A.P.D Non-Emergency: (210) 207-7273 Emergency: 911</b> <b>Texas Abuse Hotline 1-800-252-5400</b> When you suspect abuse, neglect, or financial exploitation. <b>Alamo Service Connection</b> (210) 477-3275 / 1-866-231-4922 Referral and assistance for seniors, people with disabilities, and veterans. <b>City of San Antonio 311</b> Potholes, stray animals, downed street signs, trash collection. <b>United Way 211</b> Crisis + Emergency, Disaster Assistance, Food, Health, Housing + Utilities, Jobs + Support, Reentry, Veterans





HUMAN  
SERVICES

# The Alicia Trevino Lopez Senior One Stop Center *December 2025 Evening Hours*

8353 Culebra Rd., San Antonio, TX 78251

(210) 558-0178

Monday—Thursday, 4:00pm—8:00pm

Monday	Tuesday	Wednesday	Thursday
1  Seniors In Play (LR) 4:00-5:30pm Gingerbread Craft (L) 5:00pm-6:00pm Line Dancing (LR) 5:45-6:45pm Bean Bag Baseball (2) 6:30-7:30pm	2  Pickleball (LR) 4:00-7:00pm Guitar Practice (4) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm	3  Reindeer Games (LR) 4:30pm-5:30pm Line Dancing (LR) 5:30-6:30pm Noodle Volleyball (1) 6:30-7:30pm	4  Pickleball (LR) 4:00-7:00pm OATS (CL) 4:30pm-5:30pm Zumba (3) 5:15-6:15pm Circuit (3) 6:30-7:30pm
8  Seniors In Play (LR) 4:00-5:30pm Candy Cane Crafts (L) 5:00pm-6:00pm Line Dancing (LR) 5:45-6:45pm Bean Bag Baseball (2) 6:30-7:30pm	9  Pickleball (LR) 4:00-7:00pm Guitar Practice(4) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm	10  Reindeer Games (LR) 4:30pm-5:30pm Karaoke (2) 4:30-6:30pm Line Dancing (LR) 5:30-6:30pm Noodle Volleyball (1) 6:30-7:30pm	11  Pickleball (LR) 4:00-7:00pm OATS (CL) 4:30pm-5:30pm Zumba (3) 5:15-6:15pm Circuit (3) 6:30-7:30pm
15  Seniors In Play Showcase (LR) 4:30-5:30pm Line Dancing (LR) 5:45-6:45pm Bah Humbug Baseball (2) 6:30-7:30pm  Spirit Week: Wear Something Green or Grinch Inspired	16  Pickleball (LR) 4:00-7:00pm Guitar Practice(4) 4:00-5:00pm Chair Ho-Ho-Ho Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm  Spirit Week: Ugly Sweater	17  Reindeer Games (LR) 4:30pm-5:30pm Line Dancing (LR) 5:30-6:30pm Noodle or Nice Volleyball (1) 6:30-7:30pm  Spirit Week: Holiday Hats: Santa vs. Elf vs. Reindeer	18  Pickleball the Way! (LR) 4:00-7:00pm OATS (CL) 4:30pm-5:30pm Zumba (3) 5:15-6:15pm Circuit (3) 6:30-7:30pm  Spirit Week: PJs and Crazy Sock
22  Snowflake Crafts (L) 5:00pm-6:00pm Line Dancing (LR) 5:45-6:45pm Bean Bag Baseball (2) 6:30-7:30pm	23  Pickleball (LR) 4:00-7:00pm Guitar Practice (4) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm	24  	25  
29  	30  	31  	<u>Room Key</u> Activity Rooms: #1, #2, #3 Theatre Room (#4) (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (OL) Online (C) Conference Room (CL) Computer Lab (L) Lobby <b>**Early sign in required for some activities</b>