

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
02 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	03 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	04 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	05 UKULELE CLASS (4) 8:00 am WOWZITUDE VIRTUAL TOUR (4) 10:00 am GUITAR PRACTICE (1B) 10:00 am PEER SUPPORT GROUP (2) 10:00 am FITNESS ORIENTATION (L) 12:00 pm	06 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  NATIONAL WEAR RED DAY
09 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	10 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	11 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	12 UKULELE CLASS (4) 8:00 am WOWZITUDE VIRTUAL TOUR (4) 10:00 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	13 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
16 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	17 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 GRIEF SUPPORT GROUP (DK) 10:00 am WOWZITUDE VIRTUAL TOUR (4) 1:00 pm	18 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	19 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	20  HEALTH TALKS WITH WELLMED NURSE 10:00 am - Computer Lab 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
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	24 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 CAREGIVER SOS SUPPORT (CR) 1:30 pm	25 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	26 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	27  NATIONAL CAREGIVER DAY CELEBRATION 9:00 am - Room #1  NEW MEMBER ORIENTATION 1:00 pm - Room #4  NO LUNCH WILL BE SERVED MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm
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	 Happy Valentine's Day	VISIT OUR VIRTUAL SENIOR CENTER Enjoy guided activities to do from the comfort of your own home!  Scan Me! Scan the QR Code using your smartphone camera Tap the notification to open the link.		Room Key (1) Activity Room #1 (2) Activity Room #2 (3) Activity room #3 (4) Theater Room (CR) Community Room (CL) Computer Lab (DK) Demonstration Kitchen (L) Lobby (LR) Lunch Room (SA) Social Area Activities Subject to Change Without Notice



WELLMED®
CHARITABLE FOUNDATION



**HUMAN
SERVICES**

López Senior Center

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 the same day
All classes are first come, first served. Voicemail NOT accepted to sign up for fitness classes

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

Fitness exercises done while sitting in a chair

*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

TOTAL CIRCUIT:

Strength and cardio exercises

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 Rd. Ste.102 San Antonio, TX 78251 210.558.0178

Activities Subject to Change Without Notice

REMINDERS

Health Screenings	Dental Referrals	Lunch	Caregiver SOS	Important Numbers to Know
Mondays, Wednesdays, Thursdays & Fridays (unless otherwise noted)  Blood Pressure Blood Sugar Weight BMI Flu Shots * *when available 	For Those Who Qualify  Please see our nurse for more information	Lunch Check In Opens at 8:30 am Daily ALL MEALS ARE SERVED FIRST COME, FIRST SERVED BASIS Lunch Time is at 11:00 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 	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. City of San Antonio 311 Potholes, stray animals, downed street signs, trash collection. United Way 211 Crisis + Emergency, Disaster Assistance, Food, Health, Housing + Utilities, Jobs + Support, Reentry, Veterans

<h2>FITNESS ORIENTATION</h2> <p>Before Using the Fitness Area You Must Attend One Orientation or a Refreshed Course on How to Properly Use Our Equipment Join Richard, our Fitness Advisor Tuesdays 9:00 am & Thursdays 12:00 pm</p>	<h2>REMEMBER</h2> <p>If you feel sick or in physical pain  Please Stay Home</p>	<h2>WEAR YOUR CENTER T-SHIRT</h2> <p>Every Friday!</p> 
<h2>VISIT OUR VIRTUAL SENIOR CENTER</h2> <p>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</p> 	<h2>ENJOY FREE LIVE VIRTUAL TOURS</h2> <p><i>Wowzitude</i> Let us bring the world to you Space is Limited. Sign up at the Front Desk Destinations Subject to Change Without Notice Tuesdays @ 1:00 pm Thursdays @ 10:00 am</p>	<h2>QUESTIONS ABOUT MEDICARE?</h2> <p>Visit the Medicare Information Center Located Inside WellMed Clinic</p> 

<h2>Super Bowl Pre-Tailgate</h2> <p>Wear your favorite Football Jersey And Join Richard for fun activities</p>  XL Friday, February 6	<h2>National Wear Red Day</h2>  Friday, February 6	<h2>Rodeo Breakfast</h2> <p>Tuesday February 10 8:00 am Show up with your boots on!</p> 	<h2>Valentine's Day CELEBRATION</h2> <p>Thursday February 12 12:00 pm – 2:00 pm</p> 
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GAME SCHEDULE

See the Front Desk for game equipment

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG CHAIR VOLLEYBALL DOMINOES BILLIARDS				



HUMAN SERVICES

The Alicia Trevino Lopez Senior One Stop Center

February 2026 Evening Hours

8353 Culebra Rd., San Antonio, TX 78251

(210) 558-0178

Monday—Thursday, 4:00pm—8:00pm

Monday	Tuesday	Wednesday	Thursday
2 Seniors In Play (LR) 4:00-5:30pm Crafts: Love is in the Air (L) 5:00pm-7:00pm Line Dancing (LR) 5:45-6:45pm Bean Bag Baseball (2) 6:30-7:30pm	3 Pickleball (LR) 4:00-7:00pm Guitar Practice (4) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Tea Talk (CL) 5:30-6:30pm Zumba (3) 6:30-7:15pm	4 Let's Play: Pool (SA) 4:00pm-5:00pm Karaoke (2) 4:30-6:30pm Line Dancing (LR) 5:30-6:15pm Circuit (3) 6:30-7:30pm	5 Pickleball (LR) 4:00-7:00pm OATS (CL) 4:30pm-5:30pm Zumba (3) 5:15-6:15pm Noodle Volleyball (1) 6:30-7:30pm
9 Seniors In Play (LR) 4:00-5:30pm Crafts: Make a Valentine (L) 5:00pm-7:00pm Line Dancing (LR) 5:45-6:45pm Bean Bag Baseball (2) 6:30-7:30pm	10 Pickleball (LR) 4:00-7:00pm Guitar Practice (4) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Tea Talk (CL) 5:30-6:30pm Zumba (3) 6:30-7:15pm	11 Let's Play: Loteria (LR) 4:00pm-5:00pm Line Dancing (LR) 5:30-6:15pm Circuit (3) 6:30-7:30pm	12 Pickleball (LR) 4:00-7:00pm OATS (CL) 4:30pm-5:30pm Zumba (3) 5:15-6:15pm Noodle Volleyball (1) 6:30-7:30pm
16 Seniors In Play (LR) 4:30-5:30pm Crafts: Mardi Gras Masks (L) 5:00pm-7:00pm Line Dancing (LR) 5:45-6:45pm Bean Bag Baseball (2) 6:30-7:30pm	17 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 Mardi Gras Celebration 4:00-6:00pm	18 Let's Play: Table Tennis (SA) 4:00pm-5:00pm Karaoke (2) 4:30-6:30pm Line Dancing (LR) 5:30-6:15pm Circuit (3) 6:30-7:30pm	19 Pickleball (LR) 4:00-7:00pm OATS (CL) 4:30pm-5:30pm Zumba (3) 5:15-6:15pm Noodle Volleyball (1) 6:30-7:30pm
23 Seniors In Play (LR) 4:00-5:30pm Open Mic (4) 5:00pm-7:00pm Line Dancing (LR) 5:45-6:45pm Bean Bag Baseball (2) 6:30-7:30pm	24 Pickleball (LR) 4:00-7:00pm Guitar Practice (4) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Tea Talk (CL) 5:30-6:30pm Zumba (3) 6:30-7:15pm	25 Let's Play: Left, Right, Center (SA) 4:00pm-5:00pm Line Dancing (LR) 5:30-6:15pm Circuit (3) 6:30-7:30pm	26 Pickleball (LR) 4:00-7:00pm OATS (CL) 4:30pm-5:30pm Zumba (3) 5:15-6:15pm Noodle Volleyball (1) 6:30-7:30pm

	<p>Room Key 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 **Early sign in required for some activities </p>
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