

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

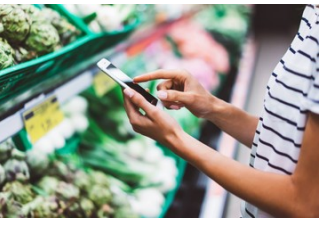


Doris Griffin Center

NOVEMBER 2025



6157 NW Loop 410, San Antonio, TX 78238 * 210-780-7444 * Monday-Friday

Monday	Tuesday	Wednesday	Thursday	Friday
8:30a Adv Guitar 3 9a Computer class With Joe Apple iOS26 9:15a Lotería 10a Beginning Guitar 10a Choir Class 11:30a Int Guitar 	9:30 Jewelry Class 4 9:30 Walkers on the Go 10a Knitters & Crocheters 10a Oats Computer 11a Convers. English 1p Beginners Ukulele 2p Intermediate Ukulele 	8:30 Advanced Guitar 5 9a Computer class With Joe "Google Earth" 9a Jam with Robert Cruz 12:30 Bingo 	9a Walker Ranch For Bingo/Loteria 6 9:30 Jewelry Class 10a Healthy Body Healthy Living with Nurse Bertha 10a Frankie with Oats Computer 11a Conversational English 1p Diabetes Healthy Living W/Nurse Bertha	10a MOVIE 7 10a Knitters & Crocheters 10a MK Davis Restaurant 12n Quilting 12:30p Karaoke 1p Movie 2:30p Early Closure
8:30a Adv Guitar 10 9a Computer class With Joe Apple iOS26 10a Veterans Celebration 9:15a Lotería 10a Beginning Guitar 10a Choir Class 11:30a Int Guitar 	9:30 Jewelry Class 11 9:30 Walkers on the Go 10a Knitters & Crocheters 10a Oats Computer 11a Convers. English 1p Beginners Ukulele 2p Intermediate Ukulele No Heal Meal No Transportation	8:30 Advanced Guitar 12 9a Computer class With Joe "Google Earth" 9a Jam with Robert Cruz 9a Medicare made Clear. Let's talk about the changes 10:30 Dr. Faiz Chat and Snack! 12:30 Bingo	9:30 Jewelry Class 13 10a Frankie with Oats Computer 10a Victim Advocate Fraud/Scam Seminar 11a Conversational English 1p FOOD BANK (For those who qualify) DISTRIBUTION 	9:30 Bargain Store trip 14 10a MOVIE 10a Knitters & Crocheters 12n Quilting 12:15 Birthday Cup Cakes 12:30p Karaoke 1p Movie 
8:30a Adv Guitar 17 9a Computer class With Joe Apple iOS26 9:15a Lotería 10a Beginning Guitar 10a Choir Class 	9:30 Jewelry Class 18 9:30 Walkers on the Go 10a Oats Computer 10a Natalie Nutrition Class 10a Knitters & Crocheters 11a Conversational English 1p Beginners Ukulele 2p Intermediate Ukulele	8:30a Advanced Guitar 19 9a Computer class With Joe "Google Earth" 9:30 HEB Shopping Trip 12:30 Bingo 	9:30 Jewelry Class 20 10a Frankie with Oats Computer 10a Lydia's Craft Class "Crosses" 11a Conversational English 12:15p NAME THAT TUNE 	10a MOVIE 21 10a Knitters & Crocheters 11:30 Annual Thanksgiving Luncheon and Party 12n Quilting 1p Movie NO TRANSPORTATION NO HEAL MEAL
8:30a Adv Guitar 24 9a Computer class With Joe Apple iOS26 9:15a Lotería 10a Beginning Guitar 10a Choir Class 11:30a Int Guitar 	9:30 Jewelry Class 25 9:30 Walkers on the Go 10a Natalie Nutrition Class 10a Knitters & Crochet 10:00a Oats Computer 11a Conversational English 1p Beginners Ukulele 2p Intermediate Ukulele	8:30a Advanced Guitar 26 9a Jam with Robert Cruz 9a Computer class With Joe "Google Earth" 10a Book Club 10a Alamo Agency on Aging open enrollment 12:30 Bingo 	Happy Thanksgiving Closed Thursday and Friday 	
8:30a Adv Guitar 30 9a Computer class With Joe Apple iOS26 9:15a Lotería 10a Beginning Guitar 10a Choir Class 11:30a Int Guitar 		Dr. Faiz Chat and Snack Don't miss this wonderful presentation with Dr. Faiz. Dr. Faiz has been with Wellmed since 1985, with over 40 years of family practice experience. The presentation will be in the Movie Theatre Wednesday Nov 12 at 10:30a. Sign up is limited		Please bring by your Veterans Pictures so we can add them to our Veteran's Board and Slide Presentation. Picture deadline for this years presentation is November 6th end of Day. Thank you for your service 

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 	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.