

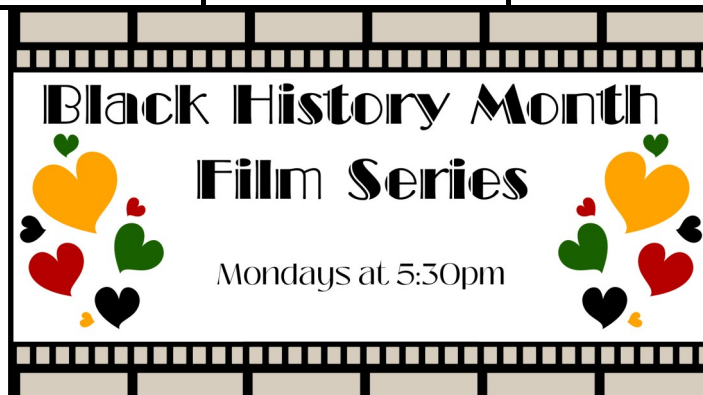


FEBRUARY

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>2</u> 9:15 am—BINGO 10am—11am Willie Bucks Shop 1pm—Yoga 2pm—Arts & Crafts	<u>3</u> 9 am—Painting 9:30 am—WellMed Walk 12 pm— Pokeno	<u>4</u> 9 am— YWCA Dancing 10 am—OATS Technology Class 12 pm—Loteria	<u>5</u> 9 am—YWCA Joint Movement 9am—10am CSFP Distribution 10 am—Seniors in Play 12 pm—Oasis Technology Class	<u>6</u> 9 am—BINGO 9:30 am—Walmart Outing 10 am—Zumba CENTER CLOSED AT 2 PM FOR STAFF MEETING
<u>9</u> 9:15 am—BINGO 1pm—Yoga 2pm—Arts & Crafts	<u>10</u> 8:00 am—11 am CaregiverSOS Office Hours 9 am—Painting 9:30 am—WellMed Walk 10 am— Cafecito con Seniors in Play 12 pm— Pokeno	<u>11</u> 9 am— YWCA Dancing 9:30 am—Walmart Outing 10 am—OATS Technology Class 12 pm—Loteria	<u>12</u> 9 am—YWCA Joint Movement 10 am—Seniors in Play 10am—Nutrition Education 10:45 am—Hearing Tests 12 pm—Oasis Technology Class	<u>13</u> 9 am—Valentine’s & Birthday Celebration 10 am—Zumba 12 pm—BINGO 1pm—Chair Volleyball Practice
<u>16</u> 9:15 am—BINGO 12:30 pm Mandatory Volunteer Meeting 1pm—Yoga 2pm—Arts & Crafts	<u>17</u> 9 am—Painting 9 am—10 am Project Hope Distribution 10 am—Mardi Gras Celebration 12 pm— Pokeno	<u>18</u> 9 am— YWCA Dancing 10 am—OATS Technology Class 12 pm—Loteria	<u>19</u> 9 am—YWCA Joint Movement 10 am—New Member Orientation 10 am—Seniors in Play 12 pm—Oasis Technology Class	<u>20</u> 9 am—BINGO 9:30 am—HEB Outing 10 am—Zumba 12:30pm—Movie & Popcorn
<u>23</u> 9:15 am—BINGO 9:30 am—Walmart Outing 1pm—Yoga 2pm—Arts & Crafts	<u>24</u> 9 am—Painting 9:30 am—WellMed Walk 10am—Nutrition Education 12 pm— Pokeno	<u>25</u> 9 am— YWCA Dancing 9:30 am—Dollar Store Outing 10 am—OATS Technology Class 12 pm—Loteria	<u>26</u> 9 am—YWCA Joint Movement 10 am—New Member Orientation 10 am—Seniors in Play 12 pm—Oasis Technology Class	<u>27</u> *NO HOT MEAL* *NO TRANSPORTATION* 9 am—BINGO 10 am—Zumba 1pm—Chair Volleyball Practice



(Note: Calendar subject to change without advance notice)
See back of the calendar for evening activity information



Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<u>2</u> 4:30pm Stretch & Balance 5:30pm—Movie & Popcorn Rodeo Dress-Up	<u>3</u> 4:30 pm—Willie Bucks Shop 3pm—Movie (DVD) 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>4</u> 4:30pm—Strength Resistance 5:30pm—Movie (Tubi) 5:30pm—Crafts	<u>5</u> 3pm—Movie (DVD) 4:30pm—Loteria 5:30pm—7:00 pm
<u>9</u> 4:30pm Stretch & Balance 5:30pm—Movie & Popcorn	<u>10</u> 3pm—Movie (DVD) 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>11</u> 4:30pm—Strength Resistance 5:30pm—Movie (Tubi) 5:30pm—Valentine’s Celebration	<u>12</u> 3pm—Movie (DVD) 4:30pm—Loteria 5:30pm—7:00 pm
<u>16</u> 4:30pm Stretch & Balance 5:30pm—Movie & Popcorn	<u>17</u> 3pm—Movie (DVD) 4:30pm—BINGO 5:30pm—7:00 pm Mardi Gras Celebration	<u>18</u> 4:30pm—Strength Resistance 5:30pm—Movie (Tubi) 5:30pm—Crafts	<u>19</u> 3pm—Movie (DVD) 4:30pm—Loteria 5:30pm—7:00 pm
<u>23</u> 4:30pm Stretch & Balance 5:30pm—Movie & Popcorn	<u>24</u> 3pm—Movie (DVD) 4:30pm—BINGO 5:30pm—7:00 pm Karaoke	<u>25</u> 4:30pm—Strength Resistance 5:30pm—Table Games 5:30pm—Movie (Tubi)	<u>26</u> 3pm—Movie (DVD) 4:30pm—Loteria 5:30pm—7:00 pm Birthday Celebration

(Note: Calendar subject to change without advance notice)

Reminders

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.



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

WellMed Nurse

-Tuesdays, Wednesdays, & Thursdays | 8am—3:30pm*
-Walking Group every Tuesday (except 3rd Tuesday of the month)

*Subject to change  WELLMED

LUNCH
Monday—Friday
11:00 AM - 12:00 PM
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.