

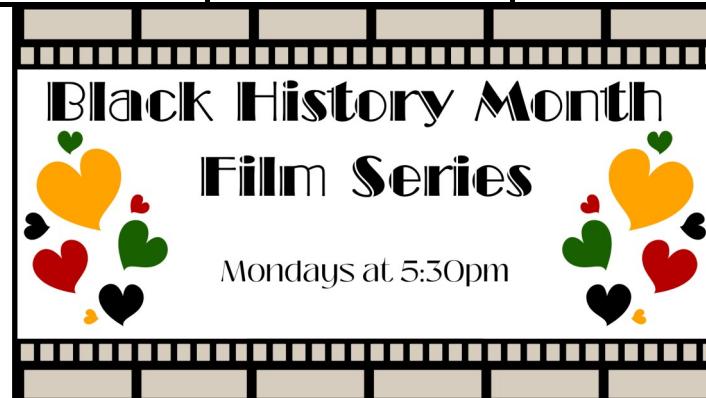


# FEBRUARY

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



(Note: Calendar subject to change without advance notice)

\*See back of the calendar for evening activity information\*



# Evening Schedule

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

**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.