

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.



CALENDAR OF EVENTS

<https://www.wellmedcharitablefoundation.org/virtual-center/>

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
<p>FITNESS ORIENTATION</p> <p>Before using the fitness area, you MUST attend one orientation or a refresher course on how to properly use our equipment.</p> <p>Join Richard, our Fitness Advisor.</p> <p>Tuesdays 9:00 am Thursdays 12:00 pm</p>	<p>VISIT OUR VIRTUAL SENIOR CENTER</p> <p>Enjoy guided activities to do from the comfort of your own home!</p> <p>Scan the QR Code using your smartphone camera Tap the notification to open the link.</p> 	<p>01</p> <p>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</p> <p>FIELD TRIP TO BOTANICAL GARDENS Sign up at Front Desk Limited Space Available 10:00 am</p> 	<p>02</p> <p>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</p> <p>CFSP DISTRIBUTION Food Bank for Those Who Qualify 10:00 am - 10:50 am</p>	<p>03</p> <p>CITY HOLIDAY CENTER WILL BE CLOSED</p> 
<p>06</p> <p>ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR 101 (DK) 9:00 am - 10:30 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</p>	<p>07</p> <p>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</p> <p>PROJECT MEND at Front Lobby 11:00 am - 1:00 pm</p> 	<p>08</p> <p>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</p> <p>FIELD TRIP TO WALMART Sign up at Front Desk Limited Space Available 10:00 am</p>	<p>09</p> <p>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</p> <p>PROJECT HOPE DISTRIBUTION Food Bank for Those Who Qualify 10:00 am - 10:50 am</p>	<p>10</p> <p>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</p> <p>FIESTA CRAFT CLASS 12:30 pm - Lunch Room Sign up at Front Desk Limited Space Available</p> 
<p>13</p> <p>ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR 101 (DK) 9:00 am - 10:30 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</p>	<p>14</p> <p>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 CAREGIVER SOS SUPPORT (CR) 1:30 pm</p>	<p>15</p> <p>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</p>	<p>16</p> <p>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</p> <p>NEW MEMBER ORIENTATION 1:00 pm - Room #4</p>	<p>17</p> <p>HEALTH TALKS WITH WELLMED NURSE 10:00 am - Computer Lab</p> <p>MORNING MOVIE (4) 8:45 am BETTER AGE ASSESSMENT WITH RICHARD (CL) 9:00 am DRAWING CLASS (DK) 9:00 am - 11:00 pm</p> <p>APRIL BIRTHDAY PARTY 12:00 pm - 2:00 pm</p> <p>CENTER IS CLOSING AT 2:30PM</p>
<p>MINI FIESTA PARADE 10:00 am</p> <p>20</p> <p>ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR 101 (DK) 9:00 am - 10:30 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</p>	<p>FIESTA LOTERIA 10:00 am</p> <p>21</p> <p>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</p>	<p>FIESTA HAT CONTEST 10:00 am</p> <p>22</p> <p>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</p> <p>TRIP TO HEB PLUS! Sign up at Front Desk Limited Space Available 10:00 am</p>	<p>SHOW US YOUR FIESTA MEDALS 23</p> <p>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</p> <p>FIELD TRIP TO SENIOR FIESTA Sign up at Front Desk Limited Space Available 8:30 am - 1:30 pm</p> <p>MARIACHI PERFORMANCE 9:30 am - Lunch Room</p>	<p>24</p> <p>CENTER WILL BE CLOSED IN OBSERVANCE OF BATTLE OF FLOWERS</p> 
<p>27</p> <p>ART LAB (2) 8:00 am - 11:00 am BEGINNER GUITAR 101 (DK) 9:00 am - 10:30 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</p>	<p>28</p> <p>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</p> <p>CRAFT CLASS WITH SAN ANTONIO PUBLIC LIBRARY Sign up at Front Desk Limited Space Available 12:30 pm</p>	<p>29</p> <p>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</p>	<p>30</p> <p>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</p> <p>NUTRITION CLASS 12:30 pm - Room #4</p> 	<p>Room Key</p> <p>(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</p> <p>Activities Subject to Change Without Notice</p>

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 FITNESS EXPRESS 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	BELLY DANCE ACTIVITY ROOM 3	CHAIR FITNESS ACTIVITY ROOM 3 TAI CHI ACTIVITY ROOM 2	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 FITNESS EXPRESS 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

BELLY DANCE:

Dance focusing on hip and abdominal movements

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

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



FITNESS ORIENTATION
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

Celebrate with us the most colorful season in San Antonio!

FIESTA

FIESTA CRAFT CLASS	Friday, April 10	12:30 pm
APRIL BIRTHDAY PARTY	Friday, April 17	12:00 pm
MINI FIESTA PARADE	Monday, April 20	10:00 am
FIESTA BINGO	Tuesday, April 21	10:00 am
CRAZY HAT CONTEST	Wednesday, April 22	10:00 am
SHOW US YOUR FIESTA MEDALS	Thursday, April 23	10:30 am
MARIACHI PERFORMANCE	Thursday, April 23	9:30 am

REMEMBER
If you feel sick or in physical pain
Please Stay Home



ENJOY FREE LIVE VIRTUAL TOURS



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


DRESS IN YOUR FIESTA BEST!
From Friday, April 17 until Thursday, April 23

WEAR YOUR CENTER T-SHIRT



Every Friday!

QUESTIONS ABOUT MEDICARE?
Visit the Medicare Information Center
Located Inside WellMed Clinic



APRIL FIELD TRIPS

April 1 10:00 am	April 8 10:00 am	April 22 10:00 am	April 23 8:30 am
Botanical Gardens	Walmart	HEB-Plus	Senior Fiesta

Sign up at Front Desk. Limited Space Available

GAME SCHEDULE

See the Front Desk for game equipment

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG CHAIR VOLLEYBALL DOMINOES BILLIARDS	PING PONG CHAIR VOLLEYBALL DOMINOES BILLIARDS	PING PONG CHAIR VOLLEYBALL DOMINOES BILLIARDS	PING PONG CHAIR VOLLEYBALL DOMINOES BILLIARDS	PING PONG CHAIR VOLLEYBALL DOMINOES BILLIARDS



HUMAN SERVICES

The Alicia Trevino Lopez Senior One Stop Center April 2026 Evening Hours



8353 Culebra Rd., San Antonio, TX 78251
(210) 558-0178
Monday—Thursday, 4:00pm—8:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Room Key Activity Rooms: #1, #2, #3 Theatre Room (#4) (LR) Lunch Room (SA) Social Area (DK) Demo Kitchen (C) Conference Room (CL) Computer Lab (L) Lobby **Early sign in required for some activities	1 Karaoke (2) 4:30-6:30pm Egg Race (SA) 5:00pm-5:30pm Line Dancing (LR) 5:30-6:15pm Circuit (3) 6:30-7:30pm Walk a Mile Wednesday 7:00pm	2 Pickleball (LR) 4:00-7:00pm OATS (CL) 5:00-6:00pm Zumba (3) 5:15-6:15pm Noodle Volleyball (1) 6:30-7:30pm
6 Seniors In Play (LR) 4:00-5:30pm Family Feud (4) 4:45pm - 5:45pm Mindfulness Monday (2) 5:00pm-6:00pm Line Dancing (LR) 5:45-6:45pm Cornhole (2) 6:30-7:30pm	7 Pickleball (LR) 4:00-7:00pm Beginner Guitar Practice (DK) 4:00-5:00pm Music Sessions (1) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm	8 Learn to Play: Trash (SA) 5:00pm-6:00pm Line Dancing (LR) 5:30-6:15pm Circuit (3) 6:30-7:30pm Walk a Mile Wednesday 7:00pm	9 Pickleball (LR) 4:00-7:00pm OATS (CL) 5:00-6:00pm Zumba (3) 5:15-6:15pm Noodle Volleyball (1) 6:30-7:30pm
13 Seniors In Play (LR) 4:00-5:30pm Fiesta Flowers (L) 5:00pm-6:00pm Mindfulness Monday (2) 5:00pm-6:00pm Line Dancing (LR) 5:45-6:45pm Cornhole (2) 6:30-7:30pm	14 Pickleball (LR) 4:00-7:00pm Beginner Guitar Practice (DK) 4:00-5:00pm Music Sessions (1) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm	15 Karaoke (2) 4:30-6:30pm Cascarone Relay Race (SA) 5:00pm-5:30pm Line Dancing (LR) 5:30-6:15pm Circuit (3) 6:30-7:30pm Walk a Mile Wednesday 7:00pm	16 Pickleball (LR) 4:00-7:00pm OATS (CL) 5:00-6:00pm Zumba (3) 5:15-6:15pm Noodle Volleyball (1) 6:30-7:30pm Field Trip: McNay Museum 4:00pm-7:00pm
20 Seniors In Play (LR) 4:00-5:30pm Family Feud (4) 4:45-5:45pm Mindfulness Monday (2) 5:00pm-6:00pm Line Dancing (LR) 5:45-6:45pm Cornhole (2) 6:30-7:30pm	21 Pickleball (LR) 4:00-7:00pm Beginner Guitar Practice (DK) 4:00-5:00pm Music Sessions (1) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm	22 Fiesta Loteria (LR) 5:00pm-6:00pm Line Dancing (LR) 5:30-6:15pm Circuit (3) 6:30-7:30pm	23 Pickleball (LR) 4:00-7:00pm OATS (CL) 5:00-6:00pm Zumba (3) 5:15-6:15pm Noodle Volleyball (1) 6:30-7:30pm Cumbia and Conchas (SA) 5:00pm-7:00pm
27 Seniors In Play (LR) 4:00-5:30pm Open Mic (LR) 5:30pm-7:00pm Line Dancing (LR) 5:45-6:45pm Cornhole (2) 6:30-7:30pm	28 Pickleball (LR) 4:00-7:00pm Beginner Guitar Practice (DK) 4:00-5:00pm Music Sessions (1) 4:00-5:00pm Chair Yoga (3) 5:00-6:00pm Zumba (3) 6:30-7:15pm	29 Karaoke (2) 4:30-6:30pm Let's Play: Pool (SA) 5:00pm-6:00pm Line Dancing (LR) 5:30-6:15pm Circuit (3) 6:30-7:30pm	30 Pickleball (LR) 4:00-7:00pm OATS (CL) 5:00-6:00pm Zumba (3) 5:15-6:15pm Noodle Volleyball (1) 6:30-7:30pm