



**HUMAN SERVICES**



**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
<p><u>2</u> 9:15 am—BINGO</p> <p>9:30 am—Walmart Outing</p> <p>10am—11am Willie Bucks Shop</p> <p>1pm—Yoga</p> <p>2pm—Arts &amp; Crafts</p>	<p><u>3</u> 9 am—Painting</p> <p>9:30 am—WellMed Walk</p> <p>9:30 am—Guerra Library Outing</p> <p>12 pm— Pokeno</p>	<p><u>4</u> 9 am— YWCA Dancing</p> <p>10 am—OATS Technology Class</p> <p>12 pm—Loteria</p>	<p><u>5</u> 9 am—YWCA Joint Movement</p> <p>9am—10am CSFP Distribution</p> <p>10 am—Seniors in Play</p> <p>12 pm—Oasis Technology Class</p>	<p><u>6</u> 9 am—BINGO</p> <p>9:30 am—Popshelf Outing</p> <p>10 am—Zumba</p> <p>CENTER CLOSED AT 2 PM FOR STAFF MEETING</p>
<p><u>9</u> 9:15 am—BINGO</p> <p>9:30 am—Hobby Lobby Outing</p> <p>1pm—Yoga</p> <p>2pm—Arts &amp; Crafts</p>	<p><u>10</u> 8:00 am—11 am CaregiverSOS Office Hours</p> <p>9 am—Painting</p> <p>9:30 am—WellMed Walk</p> <p>12 pm— Pokeno</p>	<p><u>11</u> 9 am— YWCA Dancing</p> <p>10 am—OATS Technology Class</p> <p>12 pm—Loteria</p>	<p><u>12</u> 9 am—YWCA Joint Movement</p> <p>10 am—Nutrition Education</p> <p>10 am—Seniors in Play</p> <p>12 pm—Oasis Technology Class</p>	<p><u>13</u> 9 am—BINGO</p> <p>9:30 am—Walmart Outing</p> <p>10 am—Zumba</p> <p>1pm—Chair Volleyball Practice</p>
<p><u>16</u> 9:15 am—BINGO</p> <p>1pm—Yoga</p> <p>2pm—Arts &amp; Crafts</p>	<p><u>17</u> 9 am—Painting</p> <p>9 am—10 am Project Hope Distribution</p> <p>12 pm— Pokeno</p>	<p><u>18</u> 9 am— YWCA Dancing</p> <p>9:30 am—HEB Outing</p> <p>10 am—OATS Technology Class</p> <p>12 pm—Loteria</p>	<p><u>19</u> 9 am—YWCA Joint Movement</p> <p>10 am—New Member Orientation</p> <p>10 am—Seniors in Play</p> <p>12 pm—Oasis Technology Class</p>	<p><u>20</u> 9 am—BINGO</p> <p>10 am—Zumba</p> <p>12:30pm—Movie &amp; Popcorn</p>
<p><u>23</u> 9:15 am—BINGO</p> <p>1pm—Yoga</p> <p>2pm—Arts &amp; Crafts</p>	<p><u>24</u> 9 am—Painting</p> <p>9:30 am—WellMed Walk</p> <p>10 am—Food Bank Applications</p> <p>12 pm— Pokeno</p>	<p><u>25</u> 9 am— YWCA Dancing</p> <p>9:30 am—Daiso Outing</p> <p>10 am—OATS Technology Class</p> <p>12 pm—Loteria</p>	<p><u>26</u> 9 am—YWCA Joint Movement</p> <p>10 am—Nutrition Education</p> <p>10 am—Seniors in Play</p> <p>12 pm—Oasis Technology Class</p>	<p><u>27</u> 9 am—Birthday Celebration</p> <p>10 am—Zumba</p> <p>12 pm—BINGO</p> <p>1pm—Chair Volleyball Practice</p>
<p><u>30</u> 9:15 am—BINGO</p> <p>9:30 am—Walmart Outing</p> <p>1pm—Yoga</p> <p>2pm—Arts &amp; Crafts</p>	<p><u>31</u> <b>Center Closed</b>  César E. Chávez Day</p>			

(Note: Calendar subject to change without advance notice)

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



# Evening Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><u>2</u></p> <p>4:30pm Stretch &amp; Balance</p> <p>5:30pm—Movie &amp; Popcorn</p>	<p><u>3</u></p> <p>4:30 pm—Willie Bucks Shop</p> <p>3pm—Movie (DVD)</p> <p>4:30pm—BINGO</p> <p>5:30pm—7:00 pm Karaoke</p>	<p><u>4</u></p> <p>4:30pm—Strength Resistance</p> <p>5:30pm—Movie (Tubi)</p> <p>5:30pm—Crafts</p>	<p><u>5</u></p> <p>3pm—Movie (DVD)</p> <p>4:30pm—Loteria</p> <p>5:30pm—7:00 pm Karaoke</p>
<p><u>9</u></p> <p>4:30pm Stretch &amp; Balance</p> <p>5:30pm—Movie &amp; Popcorn</p>	<p><u>10</u></p> <p>3pm—Movie (DVD)</p> <p>4:30pm—BINGO</p> <p>5:30pm—7:00 pm Karaoke</p>	<p><u>11</u></p> <p>4:30pm—Strength Resistance</p> <p>5:30pm—Movie (Tubi)</p>	<p><u>12</u></p> <p>3pm—Movie (DVD)</p> <p>4:30pm—Loteria</p> <p>5:30pm—7:00 pm Karaoke</p>
<p><u>16</u></p> <p>4:30pm Stretch &amp; Balance</p> <p>5:30pm—Movie &amp; Popcorn</p>	<p><u>17</u></p> <p>3pm—Movie (DVD)</p> <p>4:30pm—BINGO</p> <p>3:30pm—7:00 pm St. Patrick’s Day Celebration</p>	<p><u>18</u></p> <p>4:30pm—Strength Resistance</p> <p>5:30pm—Movie (Tubi)</p> <p>5:30pm—Crafts</p>	<p><u>19</u></p> <p>3pm—Movie (DVD)</p> <p>4:30pm—Loteria</p> <p>5:30pm—7:00 pm Karaoke</p>
<p><u>23</u></p> <p>4:30pm Stretch &amp; Balance</p> <p>5:30pm—Movie &amp; Popcorn</p>	<p><u>24</u></p> <p>3pm—Movie (DVD)</p> <p>4:30pm—BINGO</p> <p>5:30pm—7:00 pm Karaoke</p>	<p><u>25</u></p> <p>4:30pm—Strength Resistance</p> <p>5:30pm—Table Games</p> <p>5:30pm—Movie (Tubi)</p>	<p><u>26</u></p> <p>3pm—Movie (DVD)</p> <p>4:30pm—Loteria</p> <p>3:30pm—7:00 pm Birthday Celebration</p>
<p><u>30</u></p> <p>4:30pm Stretch &amp; Balance</p> <p>5:30pm—Movie &amp; Popcorn</p>	<p><u>31</u></p> <p><b><u>Center Closed</u></b></p> <p><b>César E. Chávez Day</b></p>		

(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.