

## 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/>

# Doris Griffin Senior One Stop Activity 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



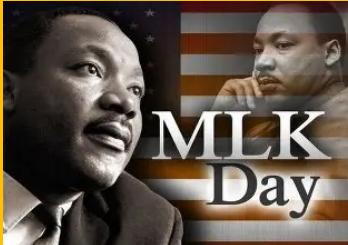
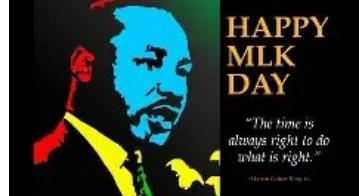
# Doris Griffin Center

## JANUARY 2026



**WELLMED**  
CHARITABLE FOUNDATION

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Join us for our MLK DAY CELEBRATION JUNE 16 * 10A</b></p> 	<p><b>New Year's Resolutions</b></p> <ol style="list-style-type: none"> <li>1. Make new friends</li> <li>2. Exercise</li> <li>3. Take Computer Class</li> <li>4. Reduce Stress</li> <li>5. Save Money</li> <li>6. Eat Healthy</li> <li>7. Volunteer</li> <li>8. Learn to paint</li> <li>9. Learn to play Guitar</li> <li>10. Lose weight</li> </ol> <p>All begins at the Doris Griffin Center</p>	<p>Always want to learn to play an instrument or learn to sing? How about testing your Art Skills? You're in luck! Try one of these classes.</p> <p>Guitar, Ukulele, Choir, Or painting!</p>	 <p>WE ARE CLOSED, WE WILL RE-OPEN JAN 2</p>	<p><b>10a MOVIE</b> <b>10a Knitters &amp; Crocheters</b> <b>12n Quilting</b> 12:30p Karaoke <b>2:30p Early Closure</b></p> 
<p><b>8:30a Adv Guitar</b> <b>9a Computer class With Joe "Getting to know iPad"</b> 9:15a Lotería <b>10a Beginning Guitar</b> <b>10a Choir Class</b> <b>11:30a Int Guitar</b></p> 	<p><b>9:30 Jewelry Class</b> 9:30 Walkers on the Go <b>10a Knitters &amp; Crocheters</b> <b>10a Frankie with Oats</b> <b>Google Maps</b> <b>11a Conversational English Class</b></p> 	<p><b>8:30 Advanced Guitar</b> <b>9a Computer class With Joe "File Explorer"</b> <b>9a Jam with Robert Cruz</b> <b>11:30 League of Women Voters</b> 12:30 Bingo</p> 	<p><b>9:30 Jewelry Class</b> 9:30 S.A. Library in The Dining Room <b>11a Conversational English</b> <b>1p FOOD BANK (For those who qualify)</b> <b>DISTRIBUTION</b></p> 	<p><b>9a World Heritage Center Trip</b> <b>10a MOVIE</b> <b>10a Knitters &amp; Crocheters</b> <b>12n Quilting</b> 12:15 Birthday and 11th Anniversary Cup Cakes 12:30p Karaoke <b>1p Movie</b></p> 
<p><b>8:30a Adv Guitar</b> <b>9a Computer class With Joe "Getting to know iPad"</b> 9:15a Lotería <b>10a Beginning Guitar</b> <b>10a Choir Class</b> <b>11:30a Int Guitar</b></p> 	<p><b>9:30 Jewelry Class</b> 9:30 Walkers on the Go <b>10a Frankie with Oats</b> <b>Iphone</b> <b>10a Knitters &amp; Crocheters</b> <b>11a Conversational English Class</b></p> 	<p><b>8:30a Advanced Guitar</b> <b>9a Computer class With Joe "File Explorer"</b> <b>10:30 DOC TALK WITH DR. FAIZ</b> 12:30 Bingo</p> 	<p><b>8:45a Let's Go to Walker Ranch to play Bingo Trip</b> <b>9:30 Jewelry Class</b> <b>11a Conversational English</b></p> 	<p><b>10a MOVIE</b> <b>10a Knitters &amp; Crocheters</b> <b>10am MLK Celebration</b> <b>12n Quilting</b> 12:30p Karaoke <b>1p Movie</b></p> 
<p><b>8:30a Adv Guitar</b> <b>9a Computer class With Joe "Getting to know iPad"</b> 9:15a Lotería <b>10a Beginning Guitar</b> <b>10a Choir Class</b> <b>11:30a Int Guitar</b> No transportation No Lunch</p> 	<p><b>9:30 Jewelry Class</b> 9:30 Walkers on the Go <b>10a Knitters &amp; Crochet</b> <b>10a Frankie with Oats</b> <b>Intro to X</b> <b>9:30a Nutrition class with Natalie</b> <b>11a Conversational English Class</b> <b>1p Beginners Ukulele</b> <b>2p Intermediate Ukulele</b></p> 	<p><b>8:30a Advanced Guitar</b> <b>9a Jam with Robert Cruz</b> <b>9a Computer class With Joe "File Explorer"</b> <b>10a Mandatory Volunteer Meeting</b> 12:30 Bingo</p> 	<p><b>9:30a Jewelry Class</b> 9:30a Dixie Flag Tour Closed toe shoes and Sign up required <b>11a Conversational English</b></p> 	<p><b>10a MOVIE</b> <b>10a Knitters &amp; Crocheters</b> <b>10:45 Babe's Burgers</b> <b>12n Quilting</b> 12:30p Karaoke <b>1p Movie</b></p> 
<p><b>8:30a Adv Guitar</b> <b>9a Computer class With Joe "Getting to know iPad"</b> 9:15a Lotería <b>10a Beginning Guitar</b> <b>10a Choir Class</b> <b>11:30a Int Guitar</b></p> 	<p><b>9:30 Jewelry Class</b> 9:30 Walkers on the Go <b>10a Knitters &amp; Crochet</b> <b>10a Frankie with Oats</b> <b>Intro to Tik Tok</b> <b>10a Crafts with Lydia</b> <b>11a Conversational English</b> <b>1p Beginners Ukulele</b> <b>2p Intermediate Ukulele</b></p> 	<p><b>8:30a Advanced Guitar</b> <b>9a Jam with Robert Cruz</b> <b>9a Computer class With Joe "File Explorer"</b> <b>9:30a Nutrition Class With Natalie Sprouts trip</b> <b>10a Book Club</b> 12:30 Bingo</p> 	<p><b>9:30 Jewelry Class</b> 9:30a Gardening Class with Juan Field trip and Picnic <b>10a Frankie with Oats Computer</b> <b>11a Conversational English</b></p> 	<p><b>10a MOVIE</b> <b>10a Knitters &amp; Crocheters</b> <b>12n Quilting</b> 12:30p Karaoke <b>1p Movie</b></p> 

# 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 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



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? <b>SERVICES INCLUDE:</b> Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes Please see Jennifer Brackett For more information 210-254-1489  <b>CAREGIVER SOS</b>	S.A.P.D Non-Emergency: (210) 207-7273 <b>Emergency: 911</b>  <b>Texas Abuse Hotline 1-800-252-5400</b>  When you suspect abuse, neglect, or financial exploitation.  <b>Alamo Service Connection</b> (210) 477-3275 / 1-866-231-4922  Referral and assistance for seniors, people with disabilities, and veterans.