

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>01</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>02</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>03</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>04</p> <p>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>CSFP DISTRIBUTION Food Bank for Those Who Qualify 10:00 am - 10:50 am</p>	<p>05</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>08</p> <p>WORLD CUP CELEBRATION Balloon Soccer 8:00 am - Front Lobby</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>09</p> <p>WORLD CUP CELEBRATION Soccer Bowling 8:00 am - Front Lobby</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>10</p> <p>WORLD CUP CELEBRATION Soccer Noodle River 9:00 am - Front Lobby</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 THE MOVIES Sign up at Front Desk Limited Space Available 9:00 am - 12:30 pm HEAT PREPARATION BY METRO HEALTH 10:00 am - Room #4</p> <p>WEAR YOUR COLORS Wear the jersey or colors of any national team competing in the FIFA World Cup 2026</p>	<p>11</p> <p>WORLD CUP CELEBRATION Penalty Shootout Challenge 9:00 am - Front Lobby</p> <p>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>12</p> <p>WORLD CUP CELEBRATION World Cup Trivia 8:00 am - Front Lobby</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>CITY NUTRITIONIST MEETING NO LUNCH / NO TRANSPORTATION</p>
<p>15</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>16</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>17</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>18</p> <p>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>SAAM San Antonio African American Community Archive & Museum FIELD TRIP TO SAN ANTONIO AFRICAN AMERICAN COMMUNITY ARCHIVE AND MUSEUM Sign up at Front Desk Limited Space Available 9:30 am</p>	<p>19</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 AFTERNOON MOVIE (4) 1:00 pm</p> <p>CITY HOLIDAY NO LUNCH / NO TRANSPORTATION</p>
<p>22</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>23</p> <p>NO BINGO / NO LOTERIA</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>PRODUCE MARKET Nutrition Presentation 9:30 am - 10:30 am - Lunch Room Market 10:30 am - 12:30 pm - Demo Kitchen</p>	<p>24</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>NEW MEMBER ORIENTATION 1:00 pm - Room #4</p>	<p>25</p> <p>WOWZITUDE VIRTUAL TOUR (4) 10:00 am PEER SUPPORT GROUP (2) 10:00 am GUITAR PRACTICE (1B) 10:00 am</p> <p>TOP SCAMS IN THE AREA PRESENTATION By Deborah Romo - Financial Counselor 10:00 am - Lunch Room</p> <p>NUTRITION CLASS 12:30 pm - Room #4</p>	<p>26</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>JUNE BIRTHDAY PARTY 12:00 pm - 2:00 pm CENTER IS CLOSING AT 2:30 PM</p>
<p>29</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>30</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>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>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>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	FLAMENCO ACTIVITY ROOM 2 MUSCLE MATTERS ACTIVITY ROOM 3		LINE Dance ACTIVITY ROOM 2 CHAIR FITNESS ACTIVITY ROOM 3
10:30 am		TAI CHI ACTIVITY ROOM 2			
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>

WEAR YOUR CENTER T-SHIRT



Every Friday!

REMEMBER
If you feel sick or in physical pain



Please Stay Home

WORLD CUP CELEBRATION



BALLOON SOCCER	MONDAY, JUNE 8	8:00 AM
SOCCER BOWLING	TUESDAY, JUNE 9	8:00 AM
SOCCER NOODLE RIVER	WEDNESDAY, JUNE 10	9:00 AM
PENALTY SHOOTOUT CHALLENGE	THURSDAY, JUNE 11	9:00 AM
WORLD CUP TRIVIA	FRIDAY, JUNE 12	8:00 AM

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

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

WEAR YOUR COLORS WEDNESDAY, JUNE 10

Wear the jersey or colors of any national team competing in the FIFA World Cup 2026

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



QUESTIONS ABOUT MEDICARE?

Visit the Medicare Information Center

Located Inside WellMed Clinic



JUNE FIELD TRIPS

June 3 10:00 am	June 17 10:00 am	June 18 9:30 am
Walmart	HEB-Plus	African American Museum

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 June 2026 Evening Hours



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Seniors In Play (LR) 4:00 - 5:30pm Family Feud (4) 4:45 - 5:45pm Mindfulness Monday (2) 5:00 - 6:00pm Zumba (3) 5:30 - 6:15pm Cornhole (2) 6:30 - 7:30pm	2 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 Line Dance (3) 6:30 - 7:15pm	3 Group Game Night (SA) 4:30 - 6:30pm Noodle Volleyball (1) 5:00 - 6:00pm Strength & Balance (LR) 6:15 - 7:00pm Walk a Mile Wednesday 7:00pm	4 Hobby & Craft Corner (SA) 5:00 - 7:00pm Pickleball (LR) 4:00 - 7:00pm OATS (CL) 5:00 - 6:00pm Line Dance (3) 5:15 - 6:15pm Circuit (3) 6:15 - 7:00pm
8 Seniors In Play Showcase (LR) 4:00 - 5:30pm  Family Feud (4) 4:45 - 5:45pm Mindfulness Monday (2) 5:00 - 6:00pm Zumba (3) 5:30 - 6:15pm Cornhole (2) 6:30 - 7:30pm	9 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 Line Dance (3) 6:30 - 7:15pm	10 Group Game Night (SA) 4:30 - 6:30pm Karaoke (2) 4:30 - 6:30pm Noodle Volleyball (1) 5:00 - 6:00pm Strength & Balance (LR) 6:15 - 7:00pm Walk a Mile Wednesday 7:00pm	11 Hobby & Craft Corner (SA) 5:00 - 7:00pm Pickleball (LR) 4:00 - 7:00pm OATS (CL) 5:00 - 6:00pm Line Dance (3) 5:15 - 6:15pm Circuit (3) 6:15 - 7:00pm
15 Seniors In Play (LR) 4:00 - 5:30pm Mindfulness Monday (2) 5:00 - 6:00pm Zumba (3) 5:30 - 6:15pm Cornhole (2) 6:30 - 7:30pm	16 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 Line Dance (3) 6:30 - 7:15pm	17 Group Game Night (SA) 4:30 - 6:30pm Noodle Volleyball (1) 5:00 - 6:00pm Strength & Balance (LR) 6:15 - 7:00pm Walk a Mile Wednesday 7:00pm	18 Hobby & Craft Corner (SA) 5:00 - 7:00pm Pickleball (LR) 4:00 - 7:00pm OATS (CL) 5:00 - 6:00pm Line Dance (3) 5:15 - 6:15pm Circuit (3) 6:15 - 7:00pm
22 Seniors In Play (LR) 4:00 - 5:30pm Mindfulness Monday (2) 5:00 - 6:00pm Zumba (3) 5:30 - 6:15pm Cornhole (2) 6:30 - 7:30pm Pops for Pop! Serving popsicles in honor of Father's Day 	23 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 Line Dance (3) 6:30 - 7:15pm	24 Group Game Night (SA) 4:30 - 6:30pm Karaoke (2) 4:30 - 6:30pm Noodle Volleyball (1) 5:00 - 6:00pm Strength & Balance (LR) 6:15 - 7:00pm Noodle Volleyball (1) 6:30 - 7:30pm	25 Hobby & Craft Corner (SA) 5:00 - 7:00pm Pickleball (LR) 4:00 - 7:00pm OATS (CL) 5:00 - 6:00pm Line Dance (3) 5:15 - 6:15pm Circuit (3) 6:15 - 7:00pm
29 Seniors In Play (LR) 4:00 - 5:30pm Mindfulness Monday (2) 5:00 - 6:00pm Open Mic (3) 5:30 - 7:00pm Zumba (3) 5:30 - 6:15pm Cornhole (2) 6:30 - 7:30pm	30 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 Line Dance (3) 6:30 - 7:15pm	<u>Room Key</u> 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	