



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
1 9:15am - BINGO 10:15am - Willie Bucks Shop 1pm - Yoga 2pm - Arts & Crafts	2 9am - Painting 9:30am - WellMed Walk 12pm - Pokeno	3 9am - YWCA Dancing 10am - OATS Technology Class 12pm - Loteria	4 9am - YWCA Joint Movement 9am - 10am CSFP Distribution 10am - Seniors in Play 12pm - Oasis Technology Class	5 9am - Bingo 9:30am - World Heritage Outing 10am - YMCA Zumba 12pm - Movie & Popcorn Center Closes at 2pm
8 9:15am - BINGO 9:30am - Walmart Outing 1pm - Yoga 2pm - Arts & Crafts	9 8am - 11am Caregiver SOS Office Hours 9am - Painting 9:30am - WellMed Walk 12pm - Pokeno	10 9am - YWCA Dancing 10am - OATS Technology Class 12pm - Loteria Project Cool Sign-Up 8:30am - 10am	11 9am - YWCA Joint Movement 10am - Nutrition Education 10am - Seniors in Play 12pm - Oasis Technology Class	12 9am - Bingo 10am - YMCA Zumba 12pm - Chair Volleyball HEAL Training: No Hot Meal No Transportation
15 9:15am - BINGO 9:30am - SAS General Store 1pm - Yoga 2pm - Arts & Crafts	16 9am - Painting 9:30am - WellMed Walk 12pm - Pokeno	17 9am - YWCA Dancing 9:30am - Movie Outing 10am - OATS Technology Class 12pm - Loteria	18 9am - YWCA Joint Movement 10am - Seniors in Play 12pm - Oasis Technology Class	Center Closed for Juneteenth
22 9:15am - BINGO 10am - Medicare Solutions 1pm - Yoga 2pm - Arts & Crafts	23 9am - Painting 9am - 10am Project Hope Distribution 12pm - Pokeno	24 9am - YWCA Dancing 9:30am - Crossroads Mall Outing 10am - OATS Technology Class 12pm - Loteria	25 9am - YWCA Joint Movement 10am - Nutrition Education 10am - Seniors in Play 12pm - Oasis Technology Class	26 9am - Birthday Celebration 9am - Trivia 10am - YMCA Zumba 12pm - Bingo
29 9:15am - BINGO 9:30am - Shops @ Dove Creek 1pm - Yoga	30 9am - Arts & Crafts 9:30am - WellMed Walk 12pm - Pokeno			

(Note: Calendar subject to change without advance notice)

See back of the calendar for evening activity information



Evening Schedule

Monday	Tuesday	Wednesday	Thursday
1 4:30 pm Stretch & Balance 5:30 pm Movie & Popcorn	2 4:30 pm - 7 pm Willie Bucks Shop 4:30 pm - BINGO 5:30 pm - 7:00 pm Karaoke	3 4:30 pm Strength Resistance 5:30 - Book Club	4 4:30 pm - Loteria 5:30 pm - 7:00 pm Karaoke
8 4:30 pm Stretch & Balance 5:30 pm Movie & Popcorn	9 4:30 pm - BINGO 5:30 pm - 7:00 pm Karaoke	10 4:30 pm Strength Resistance 5:30 - Crafts	11 4:30 pm - Loteria 5:30 pm - 7:00 pm Karaoke
15 4:30 pm Stretch & Balance 5:30 pm Movie & Popcorn	16 4:30 pm - BINGO 5:30 pm - 7:00 pm Karaoke	17 4:30 pm Strength Resistance 5:30 - Crafts	18 4:30 pm - Loteria 5:30 pm - 7:00 pm Karaoke
22 4:30 pm Stretch & Balance 5:30 pm Movie & Popcorn	23 4:30 pm - BINGO 5:30 pm - 7:00 pm Karaoke	24 4:30 pm Strength Resistance 5:30 - Crafts	25 3:30 pm - 7pm Birthday Celebration 4:30 pm - Loteria
29 4:30 pm Stretch & Balance 5:30 pm Movie & Popcorn	30 4:30 pm - BINGO 5:30 pm - 7:00 pm Karaoke		

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Reminders

Come by to see the Caregiver SOS Specialist for FREE Caregiver Support
 2nd Tuesday of every month
 8:00am - 1:00pm

Coaching * Support Groups * Stress Busting * Education

866-390-6491
 Lkeown@wellmed.net

LUNCH

Monday - Friday
 11:00 am - 12:00 pm

Meals are served on a first come basis.

- No outside food or drinks from 11am to 12 pm.
- No food or drinks in Computer or Game rooms.
- If you are ill, please stay home.
- NO MEALS are to be taken out of the center (except frozen meals).

Gym Rules

Please wear appropriate footwear.
NO OPEN TOED SHOES OR HEELS

Wipe down machine after use.
 Please let a staff member know if you need more wipes.

WellMed Nurse

- Tuesdays, Wednesdays, & Thursdays
 8am - 3:30pm*
- Walking Group every Tuesday (except 3rd Tuesday of the month)

*Subject to change

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.