



HUMAN
SERVICES



JULY



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
		<u>1</u> 9am - YWCA Dancing 10am - OATS Technology Class 12pm - Loteria	<u>2</u> 9am - YWCA Joint Movement 8:30am - 9:30am CSFP Distribution 10am - Seniors in Play 12pm - Oasis Technology Class	<u>3</u> Center Closed for Independence Day
<u>6</u> 9:15am - BINGO 10:15am - Willie Bucks Shop 1pm - Yoga 2pm - Arts & Crafts	<u>7</u> 8am - 11am Caregiver SOS Office Hours 9am - Painting 9:30am - WellMed Walk 12pm - Pokeno	<u>8</u> 9am - YWCA Dancing 9:30am - Movie Outing 10am - OATS Technology Class 12pm - Loteria	<u>9</u> 9am - YWCA Joint Movement 10am - Nutrition Education 12pm - Oasis Technology Class	<u>10</u> 9am - Bingo 9:30am - Walmart Outing 10am - YMCA Zumba 12pm - Movie & Popcorn
<u>13</u> 9:15am - BINGO 1pm - Yoga 2pm - Arts & Crafts	<u>14</u> 9am - Painting 9:30am - WellMed Walk 12pm - Pokeno	<u>15</u> 9am - YWCA Dancing 9:30am - Zoo Outing 10am - OATS Technology Class 12pm - Loteria	<u>16</u> 9am - YWCA Joint Movement 10am - Nutrition Education 10am - Seniors in Play 12pm - Oasis Technology Class	<u>17</u> 9am - Bingo 10am - YMCA Zumba 12pm - Chair Volleyball
<u>20</u> 9:15am - BINGO 9:30am - HEB Outing 1pm - Yoga 2pm - Arts & Crafts	<u>21</u> 9am - Painting 9am - 10am Project Hope Distribution 12pm - Pokeno	<u>22</u> 9am - YWCA Dancing 10am - OATS Technology Class 12pm - Loteria	<u>23</u> 9am - YWCA Joint Movement 10am - Seniors in Play *Showcase* 12pm - Oasis Technology Class	<u>24</u> 9am - Bingo 9:30am - Hobby Lobby Outing 10am - YMCA Zumba 12pm - Movie & Popcorn
<u>27</u> 9:15am - BINGO 1pm - Yoga 2pm - Arts & Crafts	<u>28</u> 9am - Painting 9:30am - WellMed Walk 10am - SAFB Nutrition Class 12pm - Pokeno	<u>29</u> 9am - YWCA Dancing 9:30am - McNay Art Museum Outing 10am - OATS Technology Class 12pm - Loteria	<u>30</u> 9am - YWCA Joint Movement 10am - Medicare Solutions 10am - Seniors in Play 12pm - Oasis Technology Class	<u>31</u> 9am - Birthday Celebration 9am - Trivia 10am - YMCA Zumba 12pm - Bingo

(Note: Calendar subject to change without advance notice)

See back of the calendar for evening activity information



Evening Schedule

Monday	Tuesday	Wednesday	Thursday
		<u>1</u> 4:30 pm Strength Resistance 5:30 - Crafts	<u>2</u> 4:30 pm - Loteria 5:30 pm - 7:00 pm Karaoke
<u>6</u> 4:30 pm Stretch & Balance 5:30 pm Movie & Popcorn	<u>7</u> 4:30 pm - 7 pm Willie Bucks Shop 4:30 pm - BINGO 5:30 pm - 7:00 pm Karaoke	<u>8</u> 4:30 pm Strength Resistance 5:30 - Crafts	<u>9</u> 4:30 pm - Loteria 5:30 pm - 7:00 pm Karaoke
<u>13</u> 4:30 pm Stretch & Balance 5:30 pm Movie & Popcorn	<u>14</u> 4:30 pm - BINGO 5:30 pm - 7:00 pm Karaoke	<u>15</u> 4:30 pm Strength Resistance 5:30 - Crafts	<u>16</u> 4:30 pm - Loteria 5:30 pm - 7:00 pm Karaoke
<u>20</u> 4:30 pm Stretch & Balance 5:30 pm Movie & Popcorn	<u>21</u> 4:30 pm - BINGO 5:30 pm - 7:00 pm Karaoke	<u>22</u> 4:30 pm Strength Resistance 5:30 - Crafts	<u>23</u> 4:30 pm - Loteria 5:30 pm - 7:00 pm Karaoke
<u>27</u> 4:30 pm Stretch & Balance 5:30 pm Movie & Popcorn	<u>28</u> 4:30 pm - BINGO 5:30 pm - 7:00 pm Karaoke	<u>29</u> 4:30 pm Strength Resistance 5:30 - Crafts	<u>30</u> 3:30 pm - 7pm Birthday Celebration 4:30 pm - Loteria

(Note: Calendar subject to change without advance notice)

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 say 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

- Mondays, Tuesdays, & 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.