

Doris Griffin

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 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/>

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

JULY 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
JULY TOURNAMENTS WED 22ND 9A POOL THURS 23RD 9A PING PONG MON 27TH 9A RUMMIKUB TUES 28TH 9A CHAIR VOLLEYBALL	TRIPS July 2—Daiso Shopping July 6 Texas AgriLife July 11—Walmart July 15—Thrift Shopping July 16—Heb Shopping July 23 –Bowling and lunch on your own July Movies & Popcorn July 30—Gardening trip with Juan 	8:30 Advanced Guitar 1 9a Jam with Robert Cruz 9a Mammogram Sign up For Mammogram Bus 10:30a Choir Performance 12:30 Bingo 	9:30 Jewelry Class 2 10a Daiso Shopping Trip 11a English Class  Have a safe and fun 4th of July weekend	
8:30a Adv Guitar 6 9a Computer class With Joe “Gemini AI” 9:15 Lotería 10a NO Choir Class 10a Beginning Guitar 10a Field Trip Tex AgriLife Rock Painting 11:30a Int Guitar 	9:30 Jewelry Class 7 9:30 Walkers with Moe 10a Knitters & Crocheters 10a Oats Computer Class 10a Find your inner child Through Art 11a English Class 1p Beginners Ukulele 2p Intermediate Ukulele 	8:30 Advanced Guitar 8 9a Computer class With Joe “Gmail” 9a Jam with Robert Cruz 10a FREE A/C CLEANING SIGN UP 12:30 Bingo 	9:30 Jewelry Class 9 11a English Class 9 1p FOOD BANK (For those who qualify) DISTRIBUTION 	9:30a Walmart Trip 11 10a MOVIE 10a Knitters & Crocheters 12n Quilting 12:30p Karaoke 1p Movie 2:30p Early Closure 
8:30a Adv Guitar 13 9a Computer class With Joe “Gemini AI” 9:15 Lotería 9:30a Natalie’s Nutrition class 10a Beginning Guitar 10a NO Choir Class 11:30a Int Guitar 	9:30 Jewelry Class 14 9:30 Walkers on the Go W/ Brandy 10a Find your inner child Through Art 10a Oats Computer class 10a Knitters & Crocheters 11a English Class 1p Beginners Ukulele 2p Intermediate Ukulele 	8:30a Advanced Guitar 15 9a Computer class With Joe “Gmail” 9a Jam with Robert Cruz 10a Thrift shopping 12:30 Bingo 	9:30 Jewelry Class 16 9:30 HEB Shopping Trip 11a English Class 12:15 Name that Tune 	10a MOVIE 17 10a Knitters & Crocheters 12n Quilting 12:15 Birthday Cupcakes 12:30p Karaoke 1p Movie 
8:30a Adv Guitar 20 9a Computer class With Joe “Gemini AI” 9:15 Lotería 10a Beginning Guitar 10a NO Choir Class 10a Office of US Representative Joaquin Castro 10a Metro Health Heat Health Presentation 11:30a Int Guitar 	9:30 Jewelry Class 21 9:30 Walkers on the Go with Moe 10a Knitters & Crochet 10a Find your inner child Through Art 10a Oats Computer Class 11a English Class 1p Beginners Ukulele 2p Intermediate Ukulele 	8:30a Advanced Guitar 22 9a Jam with Robert Cruz 9a Center Pool Tourney 9a Computer class With Joe “Gmail” 12:30 Bingo 	9:30 Jewelry Class 23 9a Center Ping Pong Tourney 9:30a Bowling Trip (lunch on your own) 10a Cops and Pastries 11a English Class 	10a MOVIE 24 10a Knitters and Crocheters 9:30a Nutrition Class With Natalie 12n Quilting 12:30p Karaoke 1p Movie 
8:30a Adv Guitar 27 9a Rummikub Tourny 9a Computer class With Joe “Gemini AI” 9:15 Lotería 10a Beginning Guitar 10a NO Choir Class 11:30a Int Guitar 	9:30 Jewelry Class 28 9:30 Walkers on Go 10a CPR Training-Oasis 10a Find your inner Child through Art 10a Knitters & Crochet 10a Oats Computer Class 11a English Class 1p Beginners Ukulele 2p Intermediate Ukulele 	8:30a Advanced Guitar 29 9a Jam with Robert Cruz 9a Computer class With Joe “Gmail” 9:30a Movie, popcorn and soda \$6.00 10a Dementia Series with Jennifer (4) 10a AACOG Services 12:30 Bingo 	9:30 Jewelry Class 30 10a Gardening with Juan Field Trip (Lunch on your own) 11a English Class 	10a MOVIE 31 10a Knitters and Crocheters 12n Quilting 12:30p Karaoke 1p Movie 

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	TAI CHI	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 be given to the next person if waiting.

Badges will not be given after 5 min. of being late.

Turn your phone off during class.

6157 NW Loop 410 Ste. 120 San Antonio, TX 78238 210.780.7444

ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE

GAME SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
PING PONG	PING PONG	PING PONG	PING PONG	PING PONG
CHAIR VOLLEYBALL	DOMINOES / RUMIKUB	CHAIR VOLLEYBALL	DOMINOES / RUMIKUB	DOMINOES / RUMIKUB
DOMINOES / RUMIKUB	BILLIARDS	BILLIARDS	BILLIARDS	BILLIARDS

ANNOUNCEMENTS

WALKERS
on the Go!
Every Tuesday
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

Please be on time.

**You cannot enter class after
5 minutes!**

**Badges are to be worn in
class**

**Do not leave class early
Cool downs are important**

No saving spaces

**Please use the
complimentary
lockers to store
your personal
items instead
of bringing
them to
Fitness classes**

Remember
If you feel sick or in
physical pain
**Please
Stay
Home**

**EVERY
WEDNESDAY**
**WEAR YOUR
CENTER T-SHIRT**

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.

**Fitness
Orientation**
Before using the fitness
area. You must attend a
orientation with Moe,
our fitness advisor.
Please see/call the front
desk for info.

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