



HUMAN
SERVICES

October 2026

Willie Cortez Senior Center
5512 W. Military
San Antonio, TX 78242
210-207-5294

Monday - Thursday 7am - 7pm
Friday 7am - 4pm

Monday	Tuesday	Wednesday	Thursday	Friday
CALENDAR AND INSTRUCTORS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE			<u>1</u> 9a YWCA Joint Movement 8:30a - 9:30a CSFP Distribution 10a Seniors in Play 12p Oasis Technology Class 3:30p Game Hour 4:30p LOTERIA 5:30p-7p Karaoke	<u>2</u> 8a La Tiendita 9a BINGO 9:30a World Heritage Center Mexican Folk ART 10a - YMCA Zumba 12p Chair Volleyball Center Closes at 2pm for Staff Meeting
<u>5</u> 9:15a Bingo 10a Trivia 10a Arts & Crafts 12p Chair Volleyball 1p YOGA 3:30p Arts & Crafts 4:30p Stretch & Balance 5:30p Movie & Popcorn	<u>6</u> WEAR PINK 9a Painting 9:30a WellMed Walk 10a Breast Cancer Awareness Presentation-Nurse 12p POKENO 3:30p Clay Ghost Craft 4:30p BINGO 5:30p-6:30p Karaoke	<u>7</u> 9a YWCA Dancing 10a Arts & Crafts 10a OATS Technology Class 12p LOTERIA 4:30 p Strength Resistance 5:30p Bracelet Crafts	<u>8</u> 9a YWCA Joint Movement 9:30a Hobby Lobby Outing 10a Nutrition Education 10a Seniors in Play 2p OASIS Technology Class 3:30p Craft Bracelets 4:30p LOTERIA 5:30p-6:30p Karaoke	<u>9</u> 9a Bingo 10a YMCA Zumba 12p MOVIE 1p Karaoke
<u>12</u> 9:15a BINGO 10a TRIVIA 10a Arts & Crafts 12p Chair Volleyball 1p Yoga 3:30p Arts & Crafts 4:30p Stretch & Balance 5:30p Movie & Popcorn	<u>13</u> 9a Painting 9a-10a PROJECT HOPE DISTRIBUTION 9:30a WellMed Walk 12p POKENO 3:30p Game Hour 4:30p BINGO 5:30p-6:30p Karaoke	<u>14</u> 9a YWCA Dancing 10a Arts & Crafts 10a OATS Technology Class 12p LOTERIA 4:30p Strength Resistance 5:30p Halloween Crafts	<u>15</u> 9a YWCA Joint Movement 9:30a Somos Americanos Exhibition 10aSeniors in Play 12p OASIS Technology Class 3:30p Game Hour 4:30p LOTERIA 5:30p-6:30p Karaoke	<u>16</u> 9a Bingo 10a YMCA Zumba 12p Chair Volleyball 1p Karaoke
<u>19</u> 9:15a BINGO 10a TRIVIA 10a FBI Fraud Presentation 12p Chair Volleyball 1p Yoga 3:30p Arts & Crafts 4:30p Stretch & Balance 5:30p Movie & Popcorn	<u>20</u> WEAR PURPLE 9a Painting 9:30a WellMed Walk 10a Domestic Violence Presentation 12p POKENO 3:30p Clay Craft 4:30p BINGO 5:30p-6:30p Karaoke	<u>21</u> 9a YWCA Dancing 9:30a Ollie's Outing 10a Arts & Crafts 10a OATS Technology Class 12p LOTERIA 4:30p Strength Resistance 5:30p Crafts	<u>22</u> 9a YWCA Joint Movement 10a Seniors in Play 10a Nutrition Education 12p OASIS Technology Class 3:30p Game Hour 4:30p LOTERIA 5:30p-6:30p Karaoke	<u>23</u> 9a Bingo 10a YMCA Zumba 10a Texas Diaper Bank 12p Karaoke
<u>26</u> SPOOKY SHIRT DAY 9:15a BINGO 10a TRIVIA 10a Arts & Crafts 12p Chair Volleyball 1p Yoga 3:30p Arts & Crafts 4:30p Stretch & Balance 5:30p Movie & Popcorn	<u>27</u> SPOOKY SOCK DAY 8a-1p CAREGIVER SOS 9a Painting 9:30a WellMed Walk 12p POKENO 3:30p Halloween Craft 4:30p BINGO	<u>28</u> CRAZY HAT DAY 9a YWCA Dancing 9:30a Goodwill Outing 10a Arts & Crafts 10a OATS Technology Class 12p LOTERIA 4:30p Strength Resistance 5:30p Crafts	<u>29</u> THROWBACK THURS. (60S,70S, AND 80S) 9a YWCA Joint Movement 10a Nutrition Education 10aSeniors in Play 10a OASIS Technology Class 3:30p Game Hour 4:30p Loteria	<u>30</u> 9a Birthday Celebration 9:30A COSTUME CONTEST 10a YMCA Zumba 12pm - Bingo 1p Karaoke

TOGETHER WE FIGHT



BREAST Cancer AWARENESS

National Breast Cancer Awareness

WEAR PINK OCTOBER 6



National Domestic Violence

AWARENESS MONTH
WEAR PURPLE
OCTOBER 20

(Note: Calendar subject to change without advance notice)

REMINDERS

CAREGIVER SOS



Specialist for FREE Caregiver Support

4th Tuesday of every month
8:00am - 1:00pm

- ★ Coaching
- ★ Stress Busting
- ★ Support Groups
- ★ Education

866-390-6491
Lkeown@wellmed.net

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.

Fight the Flu




Get Vaccinate!

**Tuesdays and Fridays
10a - 11:30a & 1:30p - 3p**

**Thursdays
1p - 3p**

Get your flu shot and stay healthy all season long!

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).



WELLMED®



Health Screenings

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

*Subject to change



Medicare Solutions

Laura Salinas Moss

Friday, October 9 10am - 11am

Tuesday, October 27 10am - 11am



With our extended hours in full affect, we ask all of our members staying for activities between 4pm - 7pm to please select the "PM Check in" and the PM activity buttons starting at 4pm.