CITY OF SAN ANTONIO — TEXAS

HUMAN SERVICES

November 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
2 9:15a Bingo 10:15-11a La Tiendita 10a Arts & Crafts 12-12:45p Chair Volleyball 1p YOGA 3:30p Arts & Crafts 3:30-5p La Tiendita 4:30p Stretch & Balance 4:30p Movie & Popcorn	3 9a Painting 9a-11a Project Mend 9:30a WellMed Walk 10a Game Hour 12p POKENO 3:30p Arts & Craft 4p BINGO 5-6p Karaoke	4 9a YWCA Dancing 9a Texas Diaper Bank 9:30a Texas Air Museum (cost $4) 10a Arts & Crafts 10a OATS Technology Class 12p LOTERIA 4:30p Strength Resistance 5:30p Arts & Crafts	5 8:30-9:30a CSFP DISTRIBUTION 9a YWCA Joint Movement 10a Seniors in Play 2p OASIS Technology Class 3:30p Arts & Craft 4p LOTERIA 5-6p Karaoke	6 9a BINGO 10a - YMCA Zumba 12p MOVIE 12p Chair Volleyball **Center Closes at 2pm for Staff Meeting**
9 9:15a Bingo 10a Trivia w/Stephen 10a Arts & Crafts 12-12:45p Chair Volleyball 1p YOGA 3:30p Arts & Crafts 4:30p Stretch & Balance 4:30p Movie & Popcorn	10 8-1p Caregiver Support 9a Painting 9:30a WellMed Walk 10a Veterans Presentation 12p POKENO 3:30p Arts & Craft 4p BINGO 5p-6p Karaoke	**11** WE ARE CLOSED Happy Veterans Day Frozen Meal Distributed Tuesday, Nov. 10	12 9a YWCA Joint Movement 10a Nutrition Education 10a Seniors in Play 12p OASIS Technology Class 3:30p Arts & Craft 4p LOTERIA 5-6p Karaoke	13 9a BINGO 10a Veteran Outreach Presentation 10a Healthy Eating Passed Midlife with Food Bank 10a YMCA Zumba 12p MOVIE 1p Karaoke
16 9:15a BINGO 9:30-12p Vibrant Works 10a Arts & Crafts 12-12:45p Chair Volleyball 1p Yoga 3:30 Arts & Craft 4:30p Stretch & Balance 4:30p Movie & Popcorn	17 9a-10a PROJECT HOPE DISTRIBUTION 9a Painting 12p POKENO 3:30p Game Hour 4p BINGO 5-6p Karaoke	18 9a YWCA Dancing 9:30a Shopping Texas Thirft City 10a Arts & Crafts 10a OATS TechnologyClass 12p LOTERIA 1:15 MOVIE 4:30p Strength Resistance 5:30p Arts & Crafts	19 9a YWCA Joint Movement 10a Nutrition Education 10aSeniors in Play 12p OASIS Technology Class 3:30p Game Hour 4p LOTERIA 5-6p Karaoke	20 9a Bingo 9a-12p AACOG Medicare 10a Fitness Orientation 10a YMCA Zumba 12p Chair Volleyball 1p Karaoke
23 9:15a BINGO 10a Arts & Crafts 10a Medicare Solutions 12-12:45p Chair Volleyball 1p Yoga 3:30 Arts & Crafts 4:30 Chair Volley Ball 4:30p Movie & Popcorn	24 9a Painting 9:30a WellMed Walk 9:30 New Member Orientation 10a Men's Awareness Presentation w/Rosemary 12p POKENO 3:30p Art & Crafts 4p BINGO 5p-6p Karaoke	25 9a YWCA Dancing 10a Arts & Crafts 10a OATS Technology Class 12p LOTERIA 1:30p Game Hour 4:30 Chair Volley Ball 5:30p Arts & Crafts	HAPPY THANKSGIVING CENTER CLOSED NOV.. 26 & 27 Tuesday, November 24, and Wednesday, November 25	
30 9:15a BINGO 10a Arts & Crafts 12-12:45p Chair Volleyball 1p Yoga 3:30p Arts & Crafts 4:30 pm Stretch & Balance 4:30p Movie & Popcorn	**CALENDAR AND INSTRUCTORS SUBJECT TO CHANGE WITHOUT ADVANCE NOTICE**			

Food Bank Programs are distributed while supplies last

COMMODITIES

CSFP (Cheese Box)
Next Distribution: November 5, 8:30 - 9:30a

HOPE Program
Next Distribution: November 17, 9:00 - 10:00a

Please Note: We are not accepting new applications for CSFP program at this time.

Stay Healthy This Flu Season



Get Vaccinate!

WellMed

Mondays & Thursdas,
10a -11:30a & 1:30p-3p
Tuesdays 1:30p - 3p

(Note: Calendar subject to change without advance notice)

REMINDERS

COMPUTER CLASSES

Thursdays, 12p - OASIS Technology with Hani
Nov. 5-Nov. 12 - Google Maps/Calendar
Nov. 19 - Apple Watch

Wednesdays, 10p - OATS Technology with Veronica
Nov. 4 - Cloud Storage
Nov. 18 - Facebook

EXERCISE CLASS

Mondays, 1p - YOGA with Teresa
Mondays, 4:30p - Stretch & Balance withVictoria
Wednesday, 9a Dancing with Yvonne
Wednesdays, 4:30p - Strength Resistance with Stephanie
Thursdays, 9a - Joint Movement with Jorge
Fridays, 10a - ZUMBA with Dayanara

FINANCIAL SECURITY PROGRAM

Deborah Romo
Financial Counselor, 210.206.5381
Family Support Worker
Ray Garza, 210.206.5985

LUNCH

Monday - Friday, 11:00 am - 12:00 pm
Meals are served on a first come basis

- **NO outside food or drinks from 11a to 12 p**
- **NO food or drinks in Computer or Game rooms.**
- **NO MEALS are to be taken out of the center (except frozen meals).**

Frozen Meal Distribution

Tuesday, November 10,
Tuesday, November 24, and
Wednesday, November 25

CAREGIVER SOS

WellMed

Specialist for
FREE Caregiver Support

2nd Tuesday of every month

- **Coaching**
- **Support Groups**
- **Stress Busting**
- **Education**

866-390-6491
Lkeown@wellmed.net

General Rules

- No seats are allowed to be saved
- No financial transactions allowed at the center
- There is no storage available at the center
- If you are ill, please stay home

Gym Rules

- Please wear appropriate footwear.
- No open-toed shoes or heels.
- Wipe down machines after use.

If we're running low on wipes, please let the staff know or have a question? Just ask our staff!

WellMed | Optum

Health Screenings

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

Medicare Solutions

Laura Salinas Moss
Monday, November 23, 10a - 11a

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.