

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.



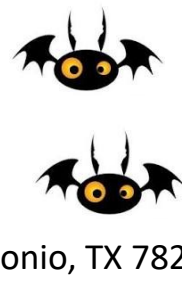
<https://www.wellmedcharitablefoundation.org/virtual-center/>

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



OCTOBER 2026



WELLMED®
CHARITABLE FOUNDATION

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



Monday	Tuesday	Wednesday	Thursday	Friday
IT'S A HALLOWEEN BASH WEAR YOUR BEST COSTUME JOIN US FOR A SCARY TIME! October 30th 12:30p Get down with DJ 151	OCTOBER TRIPS Oct 2 Black International Film festival Oct 5 * Walmart trip Oct 6 * SA Ballet School Oct 9 * Zoo Trip Oct 20 Gardening W/Juan Oct 21 * Bowling	It's Cancer Awareness Month Join us October 12th * 10a In the Dining Room Join us for a presentation "Speak out on Cancer" "Cancer Talk" October 15th 11a In the Dining Room Ringing of the Bells	9:30 Jewelry Class 1 11a English Class We are starting our Membership recertification today. It's just a short one pager. After we will give you a raffle ticket. Some lucky member will win a Turkey and fixing's.	9:30 SA Black International Film Festival \$5.00 2 10a MOVIE 10a Knitters & Crocheters 12n Quilting 12:30p Karaoke 1p Movie 2:30p Early Closure 
8:30a NO Adv Guitar 5 9a Computer class "AI" 9:15 Loteria 9:30a Walmart Shopping Trip 10a NO Beginning Guitar 10a Choir Class 11:30a NO Int Guitar 	9:30 Jewelry Class 6 9:30 Walkers on the go 10a Knitters & Crocheters 10a Lydia's craft class 11a English Class 1p NO Beginners Ukulele 1:30p Field Trip SA Ballet School 2p NO Intermediate Ukulele 	8:30 Advanced Guitar 7 9a Computer class with Joe "Fotor & Editing tools" 9a Jam with Robert Cruz 10a Funeral Alliance Information on cremation 12:30 Bingo  DO YOU HAVE YOUR FINAL PLANS MADE!	9:30 Jewelry Class 8 11a English Class 1p FOOD BANK (For those who qualify) DISTRIBUTION 	9:30a Zoo Trip \$8.00 9 Lunch on your own 10a MOVIE 10a Knitters & Crocheters 12n Quilting 12:30p Celebrate WellMed's 20th Anniversary Party. Get your dance shoes on!! 
8:30a Adv Guitar 12 9a Computer class "AI" 9:30a Celebration of Life Cancer Awareness Join us for "Speak out on Cancer" and "Cancer Chat" 10a Beginning Guitar 10a Choir Class 11:30a Int Guitar  	9:30 Jewelry Class 13 9:30 Walkers with Moe 10a Knitters & Crocheters 10a Dementia discussion With Jennifer 11a English Class 1p Beginners Ukulele 2p Intermediate Ukulele 	8:30a Advanced Guitar 14 9a Computer class with Joe "Fotor & Editing tools" 9a Jam with Robert Cruz 10a Project Mend is coming to the center And brining their tools Don't miss this !!!!!!! 10:30a Nutrition class With Natalie 12:30 Bingo 	9:30 Jewelry Class 15 11a NO English Class 11a Ring of the Bells Cancer Remembrance In the Dining Room 12:15 Name that Tune 	10a MOVIE 16 10a Homeless Services & Strategy 10a Knitters & Crocheters 12n Quilting 12:30p Karaoke 1p Movie  
8:30a Adv Guitar 19 9a Computer class "AI" 9:15 Loteria 10a Beginning Guitar 10a Choir Class 10:30a SA Foodbank Cooking Class 11:30a Int Guitar 	9:30 Jewelry Class 20 9:30a Gardening With Juan 10a Knitters & Crocheters 11a English Class 1p Beginners Ukulele 2p Intermediate Ukulele  WEAR YOUR SPURS GEAR TO SUPPORT!!	8:30a Advanced Guitar 21 9a Jam with Robert Cruz 9a Computer class with Joe "Fotor & Editing tools" 9:30a Bowling Trip \$5.00 12:30 Bingo 	9:30 Jewelry Class 22 10a Detective Rick "Senior Fraud" How do I recognize it and protect myself? 11a English Class 	10a MOVIE 23 10a Knitters and Crocheters 12n Quilting 12:30p Karaoke 1p Movie  
8:30a Adv Guitar 26 9a Computer class "AI" 9:00 Loteria 10a Nutrition class With Natalie 10a Beginning Guitar 10a Choir Class 11:30a Int Guitar  	9:30 Jewelry Class 27 9:30 Walkers on the go 10a Knitters & Crocheters 11a English Class 1p Beginners Ukulele 2p Intermediate Ukulele 	8:30a Advanced Guitar 28 9a Jam with Robert Cruz 9a Computer class with Joe "Fotor & Editing tools" 12:30 Bingo 2p Silver Spirit Dancers Production 	9:30 Jewelry Class 29 10a Why WellMed 10:30a Roof & Home Repair Intakes 11a English Class 	10a MOVIE 30 10a Knitters & Crocheters 12n Quilting 12:30 Halloween Party Don't miss the fun!!!! Costume Contest!!!! 

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	YOGA	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 on stand by *Please turn off your cell phones 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



**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
**After 5 min your space will
be given to the next member
on the wait list.**

**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 CAREGIVER SOS	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.