WELLMED® CHARITABLE FOUNDATION

CITY OF SAN ANTONIO TEXAS — HUMAN SERVICES

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

November 2026

Doris Griffin Senior One Stop Center

6157 NW Loop 410, Ste.120 San Antonio, TX 78238 210-780-7444

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30a Adv Guitar 9a Computer Class With Joe "AI" 9:15 Loteria 10a Beginning Guitar 10a Choir Class 10:30 Ranger Guided Tour of Mission San Jose * (Lunch on your own) 11:30a Int Guitar	3 9:30 Jewelry Class 9:30 Walkers on the go with Brandy 10a Knitters & Crocheters 11a Conversational English 1p San Antonio FoodBank Cooking Class 1p Beginners Ukulele 2p Intermediate Ukulele	4 8:30a Advanced Guitar 9a Jam with Robert Cruz 9a Computer Class with Joe "Beginners Class" 12:30 Bingo 	5 9:30a Jewelry Class 11a Conversational English class 12n Flamenco Class is Back!!! 	6 9:30 HEB Trip 10A MOVIE 10A Knitters & Crocheters 12n Quilters 12:30 Karaoke 1p MOVIE **2:30p Early Closure**
9 8:30a Adv Guitar 9a Computer Class With Joe "AI" 9:15 Loteria 10a Beginning Guitar 10a Choir Class 11:30a Int Guitar 	10 9:30 Jewelry Class 9:30 Walkers on the go with Moe 10a Knitters & Crocheters 11a Conversational English 1p Beginners Ukulele 2p Intermediate Ukulele 	11 8:30a Advanced Guitar 9a Jam with Robert Cruz 9a Computer Class with Joe "Beginners Class" 12:30 Bingo **No Meal or Transporttion** 	12 9:30a Jewelry Class 10a Texas South Hearing FREE TESTING 11a Conversational English class 12n Flamenco Class is Back!!! 1P FoodBank (For those who qualify Distribution	13 9:30 ARC Thrift Store Trip 10a MOVIE 10a Knitters & Crocheters 12n Quilters 12:30 Karaoke 1p MOVIE 
16 8:30a Adv Guitar 9a Computer Class With Joe "AI" 9:15 Loteria 10a Beginning Guitar 10a Choir Class 10a San Antonio FoodBank Cooking Class 11:30a Int Guitar 	17 9:30 Jewelry Class 9:30 Walkers on the go with Brandy 10a Knitters & Crocheters 11a Conversational English 1p Beginners Ukulele 1:30p San Antonio Ballet Trip 2p Intermediate Ukulele	18 8:30a Advanced Guitar 9a Jam with Robert Cruz 9a Computer Class with Joe "Beginners Class" 10a Natalie's Nutrition Class 12:30 Bingo 	19 9:30a Jewelry Class 10a Metro Health Violence Prevention 11a Conversational English class 12n Flamenco Class is Back!!! 12:15 Name that tune	20 10A MOVIE 10A Knitters & Crocheters 12n Quilters **12:30 THANKSGIVING LUNCHEON & DANCE** **Sign-up required** **Sign up at the Front Desk** 
23 8:30a Adv Guitar 9a Computer Class With Joe "AI" 9:15 Loteria 10a Natalie's Nutrition Class w/ Nat & Moe 10a Beginning Guitar 10a Choir Class 11:30a Int Guitar CHOIR	24 9:30 Jewelry Class 9:30 Walkers on the go with Brandy 10a Knitters & Crocheters 11a Conversational English 1p Beginners Ukulele 2p Intermediate Ukulele	25 8:30a Advanced Guitar 9a Jam with Robert Cruz 9a Computer Class with Joe "Beginners Class" 12:30 Bingo 		
30 8:30a Adv Guitar 9a Computer Class With Joe "AI" 9:15 Loteria 9:30 Juan's Gardening Field Trip (Lunch on your own) 10a Beginning Guitar 10a Choir Class 11:30a Int Guitar	**JOIN US TO HONOR THOSE WHO SERVED** **IF YOUR PICTURE IS NOT POSTED PLEASE DROP A COPY OFF TO US BY NOVEMBER 9TH**		Is it time for a equipment refresher? Make it part of your New Years Resolution!	

WELLMED® CHARITABLE FOUNDATION

CITY OF SAN ANTONIO HUMAN SERVICES

Doris Griffin Senior Center

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	YOGA	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 space will be given to the next on the Waitlist * Turn your phone off during class

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

WELLMED® CHARITABLE FOUNDATION

CITY OF SAN ANTONIO HUMAN SERVICES

GAME SCHEDULE

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

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

Please use lockers to store your Items instead of bringing to class

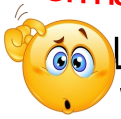
Please use the complimentary lockers to store your personal items instead of bringing them to Fitness classes

EVERY WEDNESDAY

WEAR YOUR CENTER T-SHIRT

DO YOU HAVE QUESTIONS ABOUT MEDICARE?

Visit the Medicare Information Center



Located Next to WellMed Clinic

FITNESS ORIENTATION

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



WE WILL BE CLOSED THURSDAY & FRIDAY

Health Screenings	Lunch	Caregiver SOS	Important Numbers to Know
Tues, Wed, & Thurs (unless otherwise noted) Blood Pressure Blood Sugar Weight BMI Flu Shots* *when available WELLMED®	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.