WELLMED CHARITABLE FOUNDATION

CITY OF SAN ANTONIO
DEPARTMENT OF HUMAN SERVICES
TEAMWORK • INTEGRITY • INNOVATION • PROFESSIONALISM

MAY, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **CREATIVE WRITING (2)** 9:30 - 11:30 am - Bonnie Lyons **ENGLISH ESL ADVANCED (4)** 9:30 - 11:45 am - Tony Falcon **KNITTING / CROCHET (1)** 10:00 - 11:30 am **COOKING DEMO (DK)** 10:00 am - SA Food Bank **ADVANCED PAINTING (DK)** 12:30 - 2:30 pm - Gabbe Grodin **BINGO (LR)** 1:00 pm	**2** **KNITTING/CROCHET (1)** 10:00 - 11:30 am **STRESS BUSTING (DK)** 10:00 - 11:30 am - Tina Smith **MOVIE DAY (4)** 10:00 am **INTERMEDIATE PAINTING (DK)** 12:30 - 2:30 pm - Gabbe Grodin **FITNESS ORIENTATION** 9:00 - 10:00 am (Meet in Front Lobby)	**3** **ENGLISH ESL BEGINNERS (DK)** 9:30 - 11:30 am - Georgina Cardenas **CAREGIVER SOS INFORMATION TABLE (L)** 9:30 - 11:00 am - Tina Smith **BASIC PAINTING (DK)** 12:30 - 2:30 pm - Jane Madrigal	**BIG GIVE SA 2017** **4** **ADV. GUITAR PRACTICE (1)** 8:00 - 10:00 am - Robert Cruz **DIABETES SELF-MANAGEMENT 6 WEEKS PROGRAM (DK)** 9:30 am - 12:00 pm - Sandra Hermosa **KNITTING/CROCHET (1)** 10:00 - 11:30 am **FOOD BANK REGISTRATION FOR NEW MEMBERS** 9:00 - 11:00 am **Please bring:** TX ID/DL Proof of Income Proof of Address	**5** **DIABETES INFO TABLE (L)** 10:00 am -12:00 pm - Ron Summons **DRAWING CLASS (DK)** 10:00 am -12:00 pm - Laurel Gibson **MOVIE DAY (4)** 11:30 am **CENTER IS CLOSING AT 2:00 pm**
8 **BINGO (LR)** 9:30 am **CREATIVE WRITING (2)** 9:30 - 11:30 am - Bonnie Lyons **ENGLISH ESL ADVANCED (4)** 9:30 - 11:45 am - Tony Falcon **KNITTING / CROCHET (1)** 10:00 - 11:30 am **CPS ENERGY (L)** 10:00 am - Information Table **BEREAVEMENT (C)** 10:30 am-Optum Palliative & Hospice **BOOK CLUB (4)** 12:00 pm - "A Beautiful Mind" **ADVANCED PAINTING (DK)** 12:30 - 2:30 pm - Gabbe Grodin	**9** **SUNSET FUNERAL HOME (L)** 9:00 - 10:00 Information Table **KNITTING/CROCHET (1)** 10:00 - 11:30 am **STRESS BUSTING (DK)** 10:00 - 11:30 am - Tina Smith **MOVIE DAY (4)** 10:00 am **INTERMEDIATE PAINTING (DK)** 12:30 - 2:30 pm - Gabbe Grodin **FITNESS ORIENTATION** 9:00 - 10:00 am (Meet in Front Lobby)	**10** **BRAIN SAVERS (4)** 9:00 - 10:00 am - Hector Ruiz **ENGLISH ESL BEGINNERS (DK)** 9:30 - 11:30 am - Georgina Cardenas **CAREGIVER SOS SUPPORT GROUP (C)** 10:00 am - Tina Smith **BASIC PAINTING (DK)** 12:30 - 2:30 pm - Jane Madrigal **MOTHERS DAY CELEBRATION** 12:00 - 2:00 pm - Lunch Room **NEW MEMBER ORIENTATION** 1:00 pm (Meet in Front Lobby)	**11** **ADV. GUITAR PRACTICE (1)** 8:00 - 10:00 am - Robert Cruz **DIABETES SELF-MANAGEMENT 6 WEEKS PROGRAM (4)** 9:30 am - 12:00 pm - Sandra Hermosa **KNITTING/CROCHET (1)** 10:00 - 11:30 am **NUTRITION PROGRAM 4 WEEKS PROGRAM (2)** 10:00 am - Violeta Medrano Texas A & M Agrilife Extension **PROJECT HOPE DISTRIBUTION** (Food Bank) 10:30AM - 12:00PM	**12** **BRAIN SAVERS (4)** 9:00 - 10:00 am - Hector Ruiz **DRAWING CLASS (DK)** 10:00 am -12:00 pm - Laurel Gibson **MOVIE DAY (4)** 1:00 pm **SENIOR DAY AT THE PARK** *No Lunch, No Transportation*
15 **CREATIVE WRITING (2)** 9:30 - 11:30 am - Bonnie Lyons **ENGLISH ESL ADVANCED (4)** 9:30 - 11:45 am - Tony Falcon **KNITTING / CROCHET (1)** 10:00 - 11:30 am **ADVANCED PAINTING (DK)** 12:30 - 2:30 pm - Gabbe Grodin **BINGO (LR)** 1:00 pm	**16** **KNITTING/CROCHET (1)** 10:00 - 11:30 am **STRESS BUSTING (DK)** 10:00 -11:30 am - Tina Smith **MOVIE DAY (4)** 10:00 am **INTERMEDIATE PAINTING (DK)** 12:30 - 2:30 pm - Gabbe Grodin **FITNESS ORIENTATION** 9:00 - 10:00 am (Meet in Front Lobby)	**17** **HOSPICE MYTHBUSTERS! (2)** 9:00 - 11:00 am - Heart to Heart **BRAIN SAVERS (4)** 9:00 - 10:00 am - Hector Ruiz **ENGLISH ESL BEGINNERS (DK)** 9:30 - 11:30 am - Georgina Cardenas **CAREGIVER SOS INFORMATION TABLE (L)** 9:30 - 11:30 am - Tina Smith **BASIC PAINTING (DK)** 12:30 - 2:30 pm - Jane Madrigal **NAME THAT TUNE! (4)** 1:00 pm - Keith Carr	**18** **ADV. GUITAR PRACTICE (1)** 8:00 - 10:00 am - Robert Cruz **KNITTING/CROCHET (1)** 10:00 - 11:30 am **NUTRITION PROGRAM 4 WEEKS PROGRAM (2)** 10:00 am - Violeta Medrano Texas A & M Agrilife Extension	**19** **BRAIN SAVERS (4)** 9:00 - 10:00 am - Hector Ruiz **DIABETES INFO TABLE (L)** 10:00 am -12:00 pm - Ron Summons **DRAWING CLASS (DK)** 10:00 am - 12:00 pm - Laurel Gibson **MOVIE DAY (4)** 1:00 pm
22 **BINGO (LR)** 9:30 am **CREATIVE WRITING (2)** 9:30 - 11:30 am - Bonnie Lyons **ENGLISH ESL ADVANCED (4)** 9:30 - 11:45 am - Tony Falcon **KNITTING / CROCHET (1)** 10:00 - 11:30 am **BEREAVEMENT (C)** 10:30 am-Optum Palliative & Hospice **ADVANCED PAINTING (DK)** 12:30 - 2:30 pm - Gabbe Grodin **WHAT'S NEW AT A PARK NEAR YOU? (2)** 1:00 pm - Oasis	**23** **KNITTING/CROCHET (1)** 10:00 - 11:30 am **STRESS BUSTING (DK)** 10:00 - 11:30 am - Tina Smith **MAKING CHOICES (C)** 10:00 am - Heartland Hospice **MOVIE DAY (4)** 10:00 am **INTERMEDIATE PAINTING (DK)** 12:30 - 2:30 pm - Gabbe Grodin **FITNESS ORIENTATION** 9:00 - 10:00 am (Meet in Front Lobby)	**24** **BRAIN SAVERS (4)** 9:00 - 10:00 am - Hector Ruiz **ENGLISH ESL BEGINNERS (DK)** 9:30 - 11:30 am - Georgina Cardenas **CAREGIVER SOS SUPPORT GROUP (C)** 10:00 am - Tina Smith **BASIC PAINTING (DK)** 12:30 - 2:30 pm - Jane Madrigal **NEW MEMBER ORIENTATION** 11:00 am (Meet in Front Lobby)	**25** **ADV. GUITAR PRACTICE (1)** 8:00 - 10:00 am - Robert Cruz **KNITTING/CROCHET (1)** 10:00 - 11:30 am **NUTRITION PROGRAM 4 WEEKS PROGRAM (2)** 10:00 am - Violeta Medrano Texas A & M Agrilife Extension **SAWS (L)** 10:00 am - Information Table **CSFP DISTRIBUTION** (Food Bank) 10:30 am - 12:00 pm	**26** **BRAIN SAVERS (4)** 9:00 - 10:00 am - Hector Ruiz **DRAWING CLASS (DK)** 10:00 am -12:00 pm - Laurel **MOVIE DAY (4)** 11:30 am **MAY BIRTHDAY PARTY** 11:30 am - 1:30 pm **CENTER IS CLOSING AT 2:00 pm**
29 **CENTER WILL BE CLOSED IN OBSERVANCE OF MEMORIAL DAY**	**30** **KNITTING/CROCHET (1)** 10:00 - 11:30 am **STRESS BUSTING (DK)** 10:00 - 11:30 am - Tina Smith **MOVIE DAY (4)** 10:00 am **INTERMEDIATE PAINTING (DK)** 12:30 - 2:30 pm - Gabbe Grodin **FITNESS ORIENTATION** 9:00 - 10:00 am (Meet in Front Lobby)	**31** **BRAIN SAVERS (4)** 9:00 - 10:00 am - Hector Ruiz **ENGLISH ESL BEGINNERS (DK)** 9:30 - 11:30 am - Georgina Cardenas **CAREGIVER SOS INFORMATION TABLE (L)** 9:30 - 11:30 am - Tina Smith **BASIC PAINTING (DK)** 12:30 - 2:30 pm - Jane Madrigal **NAME THAT TUNE! (4)** 1:00 pm - Keith Carr	LIKE US ON facebook **facebook.com/ActiveSeniorsWCF** Download a digital copy of the calendar at **wellmedcharitablefoundation.org** For information on City of San Antonio Senior Services, please visit **sanantonio.gov/humanservices/forseniors**	**ROOM KEY** **(1)** Activity Room #1 **(2)** Activity Room #2 **(3)** Activity Room #3 **(4)** Theater Room **(LR)** Lunch Room **(DK)** Demonstration Kitchen **(SA)** Social Area **(C)** Conference Room **(L)** Lobby

Logos: Senior Center calendar created by envisagues