Lopez Senior Center

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

WELLMED
CHARITABLE FOUNDATION

GAME SCHEDULE

See the Front Desk for game equipment

Monday	Tuesday	Wednesday	Thursday	Friday
Wii (LR) *7:30—9:00 am* **LOTERIA (LR)** *9:30—10:45 am & 1:00—2:30 pm* **PING PONG (SA)** *10:00 am—3:00 pm* **CHAIR VOLLEYBALL (1)** *12:00—3:45 pm* **BINGO (LR)** *Check calendar of events for more information*	**Wii (LR)** *7:30—9:00 am* **LOTERIA (LR)** *9:30—10:45 am & 1:00—2:30 pm* **PING PONG (SA)** *10:00 am—3:00 pm* **CHAIR VOLLEYBALL (1)** *12:00—3:45 pm* **BUNCO** *1:00—3:30 pm* **MEXICAN TRAIN DOMINOES (L)**	**Wii (LR)** *7:30—9:00 am* **LOTERIA (LR)** *9:30—10:45 am & 1:00—2:30 pm* **PING PONG (SA)** *10:00 am—3:00 pm* **CHAIR VOLLEYBALL (1)** *12:00—3:45 pm*	**Wii (LR)** *7:30 – 9:00 am* **LOTERIA (LR)** *9:30—10:45 am & 1:00—2:30 pm* **PING PONG (SA)** *10:00 am—3:00 pm* **CHAIR VOLLEYBALL (1)** *12:00—3:45 pm* **MEXICAN TRAIN DOMINOES (L)**	**Wii (LR)** *7:30—9:00 am* **LOTERIA (LR)** *9:30—10:45 am & 1:00—2:30 pm* **PING PONG (SA)** *10:00 am—3:00 pm* **CHAIR VOLLEYBALL (1)** *12:00—3:45 pm*

WELLMED
Doctors helping patients for more than 25 years

HEALTH SCREENINGS

Every Tues. and Thurs.
(unless otherwise noted)
Blood Pressure • Blood Sugar
Total Cholesterol



Melissa Reyes, LVN

DIABETES PEER SUPPORT

With Ronald Summons
Available Monday-Friday

DENTAL SCREENINGS

Please sign up with the Center's Nurse for next available Appointment

Our nurse is available Tues. and Thurs. from

8am– 12pm
& 1pm– 4pm



Appointments are limited

LUNCH

To register for lunch, please come in between 9:30 -11:30 AM daily. On **Monday or Tuesday**, please be sure to reserve your meals for the following week on the sign-in computer.

Lunch times are 11:00 AM & 12:00 PM
(Please be aware that there may be days when there is only one serving time.)

CAREGIVER SOS BY WELLMED

Complimentary support program for family caregivers.
Call 866.390.6491
or visit CaregiverSOS.com

caregiver TELECONNECTION

A free, safe, and confidential program that uses the telephone to connect family caregivers with trusted professionals and other caregivers.
Call (210) 871-7767 or toll free 866-390-6491 to participate

COUNSELING SERVICES

CATHOLIC CHARITIES
Providing Help. Creating Hope.

- -PTSD
- -Individual, Couple, and Family Counseling
- -Addictions
- -Abusive Issues
- -Grief and Loss
- -Anxiety, Depression, and Stress Mgmt.

Thursdays 9:00 am– 3:30 pm
With Dana Palmquist



COMPUTER CLASSES



New Classes Coming Soon!!



CPS ENERGY casa verde

Offering information regarding eligibility for CPS's FREE home weatherization program.
Tuesday, June 13 11am-12pm

AFFORDABILITY Program Information

San Antonio Water System
Thursday, June 22
10am– 12pm
Information Table



IMPORTANT NUMBERS TO KNOW

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
One stop for Information, Referral and Assistance for Seniors, People with Disabilities, and Veterans.

City of San Antonio 311
Potholes, stray animals, downed street signs, trash collection or other City requests.

United Way 211
Crisis + Emergency, Disaster Assistance, Food, Health, Housing + Utilities, Jobs + Support, Reentry, Veterans