

Doris Griffin Senior One-Stop Center

WELCOME TO OUR CENTER. ACTIVITIES INCLUDE:

- Arts and Crafts
- Healthy Lunches
- Caregiver Services
- Board Games
- Bingo
- Movie Day
- Exercise Classes
- Computer Lab
- Cardio Exercise Equipment
- Health Education Classes
- Community and Resource Assistance

Please ask the front desk for more information and for game equipment.

Event schedules are subject to change.

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

wellmedcharitablefoundation.com



DORIS GRIFFIN SENIOR ONE-STOP CENTER ACTIVITY CALENDAR

The WellMed Charitable Foundation (WCF) and the City of San Antonio (COSA) have partnered to operate the Doris Griffin Senior Center. This comprehensive center advances the City's focus of supporting San Antonio's multigenerational senior community in leading an active, independent and engaged life. The WCF is the philanthropic partner of WellMed Medical Management. WellMed is a health care company serving patients, mostly Medicare eligible seniors, in Texas and Florida. The WCF supports seniors and their caregivers in our community with a special emphasis on wellness, prevention, and living with chronic illness.

The WCF and COSA, which together co-manage this Senior Center, offer noon meals, transportation (for residents who reside within 5 miles of the Center), social services and an array of classes including art, crafts, computer, and dancing. There is also a variety of workout options, exercise equipment and a fitness advisor. The main focus is for members to take advantage of the many complimentary amenities designed to meet your social, emotional and physical health needs.





| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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