WCF Senior Community Center (Austin)

WELCOME TO OUR CENTER. ACTIVITIES INCLUDE:

- Arts and Crafts
- 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.

706 W Ben White Blvd, Suite 125 A • Austin, TX 78704 • 512.383.9626

WCF SENIOR COMMUNITY CENTER – AUSTIN

ACTIVITY CALENDAR

About the WellMed Charitable Foundation

The WellMed Charitable Foundation is a non-profit 501(C) 3 organization that supports seniors and their caregivers. Celebrating our 10th anniversary, the Foundation was established by Dr. George Rapier III in 2006 as the philanthropic partner of the WellMed Medical Group. Our goal is to help seniors stay physically, mentally and socially active.

The WellMed Charitable Foundation oversees the daily operation of seven nationally recognized senior activity centers in San Antonio, Austin and the Rio Grande Valley. Our senior centers provide complimentary services to anyone age 60 or older. These services include workout equipment, fitness classes, games, activities and more. Take a look at our calendar to find out what we offer.

WELLMED® CHARITABLE FOUNDATION

WELLMED CHARITABLE FOUNDATION

MAY 2019

Older American Month:

Connect, Create, Contribute

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Community Partners at Center: *Area Agency on Aging (AAA): 3rd Wed of each month, 8a-4p *Coming of Age (COA): Tue & Thurs, 9a-12p	Equipment Available (unless otherwise noted): *Mon-Fri, 8a - 4p: Bikes, Treadmills, Ping Pong tables, Weights/Bands * Mon &Thurs,10a: Wii Bowling	1 9:30a Stand UP to Gravity - Special Guest Instructor 11:30a Senior Fitness 12:30p Zumba Gold 1:30p Move & Shout (Parkinson's) 3p Chair Exercise	2 8:30a Bingo 10a Wii Bowling 10:30a Chair Exer 11:30a Qigong 12:30p Line Dance 1:30p Crochet 1:45p Dance w/ Parkinson's 3p Senior Strength	3 9:30a ABC: Abs, Balance & Cardio 10:30a Sr Strength 11:30a WellMed Wellness: Know your Kidneys NO 2p ABC: Abs, Balance & Cardio 3p Stand UP to Gravity- Special Guest Instructor
6 9:30a ABC: Abs, Balance & Cardio w/ Ting 10a Wii Bowling 12p Therapeutic Stretching 1p Relaxation Yoga NO 2p ABC: Abs, Balance & Cardio WCF Derby Begins 	7 NO 9:30a Equip Orientation 9:30a Be Well/Live Well Healthy Aging 10:30a Chair Exercise 11a Basic Computer 12:30p Tai Chi NO 2p Senior Strength	8 9:30a Stand UP to Gravity 10:30a Scottish Country Dance 11:30a Senior Fitness 12:30pZumba Gold 1:30p Move & Shout (Parkinson's) 3p Chair Exercise	9 8:30a Bingo 9:30a Walking with WM at Townlake 10a Wii Bowling 10:30a Chair Exer 11:30aPresentation Outsmarting the Scammers 11:30a Qigong 12:30p Line Dance 1:30p Crochet 1:45p Dance w/ Parkinson's NO 3p Sr Strength	10 9:30a ABC: Abs, Balance & Cardio 10:30a Sr Strength 10:30a Friday Flick: SECRETARIAT 2p ABC: Abs, Balance & Cardio
13 9a e-Hill Computer Project-New series 9:30a ABC: Abs, Balance & Cardio 10a Wii Bowling 12p Arts & Crafts: Stepping Stones 12p Therapeutic Stretching 1p Relaxation Yoga 2p ABC: Abs, Balance & Cardio	14 NO 9:30a Equip Orientation 10a Diabetes Basics at Clinic 10:30a Chair Exercise 11a Basic Computer 11:30a Joy of Dance 12:30p Tai Chi NO 2p Senior Strength	15 8a-4p AAA 9a e-Hill Computer Project-New Series 9:30a Stand UP to Gravity 10:30a Birthday Bash/WellMed 7th Anniversary 11:30a Sr Fitness 12:30pZumba Gold 1:30p Move & Shout (Parkinson's) 3p Chair Exercise	16 8:30a Bingo 9:30a EQUIP ORIENTATION (make up session) 10a Wii Bowling 10:30a Chair Exer 11:30a Qigong 12:30p Line Dance 1:30p Crochet 1:45p Dance w/ Parkinson's 3p Senior Strength	17 9:30a ABC: Abs, Balance & Cardio 10:30aPresentation Daily Habits for Protecting Low Back 10:30a Sr Strength 2p ABC: Abs, Balance & Cardio **Deadline for Coloring Contest & Derby Race**
20 9a e-Hill Computer Project-New Series 9:30a ABC: Abs, Balance & Cardio 10a Wii Bowling 11a Senior Center Orientation 12p Therapeutic Stretch 1p Relaxation Yoga 2p ABC: Abs, Balance & Cardio	21 9:30a Equipment Orientation 10:30a Chair Exercise 11a Basic Computer 12:30p Tai Chi 2p Senior Strength	22 9a e-Hill Computer Project-New Series 9:30a Stand UP to Gravity 10:30a Scottish Country Dance 11:30a Sr Fitness 12:30pZumba Gold 1:30pMove&Shout (Parkinson's) 3p Chair Exercise	23 8:30a Bingo 9:30a Walking with WM at Townlake 10a Healthy Eating at Clinic 10a Wii Bowling 10:30a Chair Exer 11:30a Cholesterol at Clinic 11:30a Qigong 12:30p Line Dance 1:30p Crochet 1:45pDWParkinson 3p Senior Strength	24 9:30a ABC: Abs, Balance & Cardio 10:30a Senior Strength 2p ABC: Abs, Balance & Cardio
27 CLOSED in observance of MEMORIAL DAY	28 9:30a Equipment Orientation 10:30a Chair Exercise NO 11a Basic Computer 11:30a Wellness MEDITATION with Nimisha 12:30p Tai Chi 2p Senior Strength	29 9a e-Hill Computer Project-New Series 9:30a Stand UP to Gravity 10:30a Therapeutic Stretch (makeup class) 11:30a Sr Fitness 12:30pZumba Gold 1:30pMove&Shout (Parkinson's) 3p Chair Exercise	30 NO 8:30a Bingo 9:30a Presentation Making a healthy change w/ Randy Hsi 10a Wii Bowling 10:30a Chair Exercise 11:30a Qigong 12:30p Line Dance 1:30p Crochet 1:45p Dance w/ Parkinson's 3p Senior Strength	31 9:30a ABC: Abs, Balance & Cardio 10:30a Senior Strength 11:30a HAPPY HOUR - Celebrate Older American Month with Tony Orlando and Dawn! 2p ABC: Abs, Balance & Cardio