



Austin WellMed Charitable Foundation Senior Activity Center

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.

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

4715 So. Lamar, Sunset Valley, Austin, TX 78745
Monday-Friday: 8am-4pm | Tel: 512.383.9626

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p>CENTER CLOSED</p>	<p>2</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9am-9:45am Strength & Balance (Z, IP), Class B</p> <p>10am-10:45am Classic Yoga, Class B</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>12:15-1pm Pilates, Class C</p> <p>1pm-1:45pm Tai Chi w/ Linda, Class B</p> <p>2pm-3pm Bingo,</p>	<p>3</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>8:30am-9:30 Walk in Nature</p> <p>9:30am-10:15am Therapeutic Stretching, Class B</p> <p>10:15am-11am Relaxation Yoga, Class B</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>12pm-12:45pm Cardio Core, Class B</p> <p>1pm-2pm Line Dancing-Beginners</p> <p>2:15pm-3pm Circuit Class, Class B</p>	<p>4</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9am-9:45am Strength & Balance (Z, IP), Class B</p> <p>10am-10:45am Classic Yoga, Class B</p> <p>10am-11am Masters of Memory</p> <p>10:30-11:30am Crochet, Arts Rm</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>1pm-1:45pm Line Dancing, Dining Rm</p>	<p>5</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9:30am -10:15am Stand UP to Gravity, Class B</p> <p>10:30am-11:15am Chair Exercise PLUS, Class B</p> <p>11:15am-11:45 Lunch, Dining Rm</p> <p>12pm-12:45pm Cardio Core, Class B</p> <p>1pm-1:45pm Tai Chi w/ Louis, Class B</p> <p>2pm-3pm Table Games</p>
<p>8</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>8:30-9:30am Walk in Nature</p> <p>10:30-11:15am Chair Exercise, Plus Class B</p> <p>11:15am-11:45am Lunch, Dining Rm</p> <p>12pm - 12:45pm Game Time</p> <p>1pm-2pm Power for Parkinson's Pre registration Required, Class B</p> <p>2:15pm-3pm Circuit Class, Class B</p>	<p>9</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9am-9:45am TBA</p> <p>10am-10:45am-TBA</p> <p>11:15am-11:45am Lunch, Dining Rm</p> <p>12:15pm-1pm Pilates, Class C</p> <p>1pm-1:45pm Tai Chi w/ Linda</p> <p>2pm-3pm Bingo,</p>	<p>10</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>8:30am-9:30am Walk in Nature</p> <p>9:30am-10:15am Therapeutic Stretching, Class B</p> <p>10:15am-11am Relaxation Yoga, Class B</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>12pm-12:45pm Cardio Core, Class</p> <p>1pm-2pm Line Dancing - Beginners, Dining Rm</p> <p>2:15pm-3pm - Circuit Class, Class B</p>	<p>11</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards</p> <p>9am-9:45am Strength & Balance (Z, IP), Class B</p> <p>10am-10:45am Classic Yoga, Class B</p> <p>10am-11am Masters of Memory</p> <p>10:30-11:30am Crochet, Arts Rm</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>12pm-1pm Sing along, Class A</p> <p>1pm-1:45pm Line Dancing, Dining Rm</p>	<p>12</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards</p> <p>9:30am -10:15am TBA, Class B</p> <p>10:30am-11:15am Chair Exercise PLUS, Class B</p> <p>11:15am-11:45am Lunch, Dining Rm</p> <p>12pm-12:45pm Cardio Core, Class B</p> <p>1pm-1:45pm Tai Chi w/ Louis, Class B</p>
<p>15</p>  <p>CENTER CLOSED</p>	<p>16</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9am-9:45am Strength & Balance (Z, IP), Class B</p> <p>10am-10:45am Classic Yoga, Class B</p> <p>11:15am-11:45am Lunch, Dining Rm</p> <p>12:15pm-1pm Pilates, Class C</p> <p>1pm-1:45pm Tai Chi w/ Linda</p> <p>2pm-3pm Bingo</p>	<p>17</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>8:30am-9:30am Walk in Nature</p> <p>9:30am-10:15am Therapeutic Stretching, Class B</p> <p>10:15am-11am Relaxation Yoga, Class B</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>1pm-2pm-Line Dancing-Beginners, Dining Rm</p> <p>2:15pm-3pm - Circuit Class, Class B</p>	<p>18</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9am-9:45am Strength & Balance (Z, IP), Class B</p> <p>10am-10:45am Classic Yoga, Class B</p> <p>10am-11am Masters of Memory</p> <p>10:30-11:30am Crochet, Arts Rm</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>12pm-1pm Chair Volleyball, Class C</p> <p>1pm-1:45pm Line Dancing, Dining</p> <p>2pm-3pm Travel Chat, Class A</p>	<p>19</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9:30am -10:15am Stand UP to Gravity, Class B</p> <p>10:30am-11:15am Chair Exercise PLUS, Class B</p> <p>11:15am-11:45am Lunch, Dining Rm</p> <p>12pm-12:45pm Cardio Core, Class B</p> <p>1pm-1:45pm Tai Chi w/ Louis, Class B</p> <p>2pm-3pm Birthday Celebration!</p>
<p>22</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>8:30am-9:30am Walk in Nature</p> <p>10:30-11:15am Chair Exercise, Plus Class B</p> <p>11:15am-11:45am Lunch, Dining</p> <p>12pm - 12:45pm Game Time or Chair Volleyball</p> <p>1pm-2pm - Book Club</p> <p>1pm-2pm Power for Parkinson's Pre-registration Required, Class B</p> <p>2:15pm-3pm Circuit Class, Class B</p>	<p>23</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9am-9:45am Strength & Balance (Z, IP), Class B</p> <p>10am-10:45am Classic Yoga, Class B</p> <p>11:15am-11:45am Lunch, Dining Rm</p> <p>12:15pm-1pm Pilates, Class C</p> <p>1pm-1:45pm Tai Chi w/ Linda</p> <p>2pm-3pm Bingo</p>	<p>24</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>8:30-9:30AM Walk in Nature</p> <p>9:30am-10:15am Therapeutic Stretching, Class B</p> <p>10:15am-11am Relaxation Yoga, Class B</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>12pm-12:45pm Cardio Core, Class B</p> <p>1pm-2pm-Line Dancing, Beginners, Dining Rm</p> <p>2:15pm-3pm Circuit Class, Class B</p>	<p>25</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards</p> <p>9am-9:45am Strength & Balance (Z, IP), Class B</p> <p>10am-10:45am Classic Yoga, Class B</p> <p>10am-11am Masters of Memory</p> <p>10:30-11:30am Crochet, Arts Rm</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>12pm-1pm Sing Along, Class A</p> <p>1pm-1:45pm Line Dancing, Dining Rm</p>	<p>26</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9:30am -10:15am Stand UP to Gravity, Class B</p> <p>10:30am-11:15am Chair Exercise PLUS, Class B</p> <p>11:15am-11:45am Lunch, Dining Rm</p> <p>12pm-12:45pm Cardio Core, Class B</p> <p>1pm-1:45pm Tai Chi - Class B</p> <p>2pm-3pm Table Games</p>
<p>29</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards/ Pool, Social Area</p> <p>8:30am-9:30am Walk in Nature</p> <p>10:30-11:15am Chair Exercise, Plus Class B</p> <p>11:15am-11:45am Lunch, Dining Rm</p> <p>12pm -12:45pm Game Time or Chair Volleyball</p> <p>1pm-2pm Arts N Crafts</p> <p>1pm-2pm Power for Parkinson's Pre-registration Required Class B</p> <p>2:15pm-3pm Circuit Class, Class B</p>	<p>30</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>9am-9:45am Strength & Balance (Z, IP), Class B</p> <p>10am-10:45am Classic Yoga, Class B</p> <p>11:15am-11:45am Lunch, Dining Rm</p> <p>12:15pm-1pm Pilates, Class C</p> <p>1pm-1:45pm Tai Chi w/ Linda</p> <p>2pm-3pm Bingo</p>	<p>31</p> <p>8am-4pm Ping Pong, Computer Lab, & Billiards, Social Area</p> <p>8:30-9:30am Walk in Nature</p> <p>9:30am-10:15am Therapeutic Stretching, Class B</p> <p>10:15am-11am Relaxation Yoga, Class B</p> <p>11:15-11:45am Lunch, Dining Rm</p> <p>12pm-12:45pm Cardio Core, Class B</p> <p>1pm-2pm-Line Dancing, Beginners, Dining Rm</p> <p>2:15pm-3pm Circuit Class, Class B</p>	<p>WellMed Senior Activity Center</p> <p>Daryl Quarles Center Supervisor</p> <p>Melissa Kavanagh Fitness Advisor</p> <p>Rosie Labrado Receptionist</p>	