

WellMed Charitable Foundation

Senior Activity Center at RedBird Square

About the WellMed Charitable Foundation

The WellMed Charitable Foundation, established in 2006 by Dr. George M. Rapier III is the philanthropic partner of WellMed Medical Management, Inc. As a non-profit 501 (c)3 organization, the Foundation supports older adults and their caregivers through opportunities to help them stay physically, mentally and socially active.

With the goal of healthy living, the Foundation oversees the daily operation of a series of nationally-recognized senior activity centers in Texas and Florida. Some are funded through valuable public/private partnerships. The senior activity centers are open to the public and provide services to people age 60 or older at no cost. This center is in partnership with The City of Dallas Park & Recreation Senior Program Division. The center provides health and wellness programs, enrichment activities, special events, socialization opportunities, competitive sports, and special interest programs.

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

3107 W. Camp Wisdom Road, Suite 175 Dallas, TX 75237
Monday-Friday 8am-4pm | Tel: 972.942.7728

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Room Key:</div> <div>(D) Dance Studio</div> <div>(1) Activity Room 1</div> <div>(2)Activity Room 2</div> <div>(3) Activity Room 3</div> <div>(M) Movie Studio</div> <div>(IC) Internet Cafe</div> <div>(N)Nutrition Room</div> <div>(DK) Demo Kitchen</div>	<div>Meal Service:</div> <div>Monday-Friday</div> <div>11am-12pm</div> <div>Calendar of activities</div> <div>is subject to change!</div>	<div>Fitness classes are available virtually.</div> <div>Register for the Caregiver Teleconnection at</div> <div>1-866-390-6491 or</div> <div>www.caregiverteleconnection.org</div> <div>WATCH VIDEOS CREATED BY WELLMED STAFF!</div> <div>wellmedcharitablefoundation.org/virtualseniorcenter</div>	<div>WOMEN'S HISTORY MONTH</div>	<div>Fitness Friday</div> <div>9:15am-9:50am (1/2)</div> <div>Crochet 10am-11am (3)</div> <div>Sewing/Quilting 11am-1pm (3)</div> <div>Volleyball 12:30pm-1:30pm (1/2)</div>
<div>Tai Chi 10am-11am (D)</div> <div>Chair Yoga with Gumesinda 1:30pm-2:30pm (D)</div> <div>Equipment Orientation 2pm-2:45pm (N)</div> <div>Zumba with Gumesinda 2:30pm-3:30pm (D)</div>	<div>So Artsy with Nicole 8am-10am(3)</div> <div>Exercise Your Brain9:15am-9:50am (1/2)</div> <div>Computer Basics 12pm-1pm (IC)</div> <div>Chair Volleyball 12:30pm-1:30pm(1/2)</div> <div>Nutrition Workshop with NTFB 1pm-2pm (DK)</div> <div>Cornhole 2pm-3pm (1/2)</div>	<div>Silver Sneakers Boom Mind Exercise Class 9:15am-9:50am (1/2)</div> <div>Sewing/Quilting 10am-1pm (3)</div> <div>Movie Day 12pm-2pm (M)</div> <div>Equipment Orientation 2pm-2:45pm (N)</div>	<div>So Artsy with Nicole 8am-10am (3)</div> <div>Chair Yoga with Gumesinda 8am-9am (D)</div> <div>Zumba with Gumesinda 9:30am-10:30am (D)</div> <div>Tai Chi 12:30pm-1:30pm (D)</div> <div>Computer Workshop 1:30pm-3pm (IC)</div>	<div>Fitness Friday 9:15am-9:50am (1/2)</div> <div>Crochet 10am-11am (3)</div> <div>Sewing/Quilting 11am-1pm (3)</div> <div>Volleyball 12:30pm-1:30pm (1/2)</div> <div>Arts & Craft with DMA 1pm-2:30pm (DK)</div>
<div>Eating Healthy after 50 with Nurse Kellie 10am-10:45am (N)</div> <div>Tai Chi 10am-11am (D)</div> <div>Chair Yoga with Gumesinda 1:30pm-2:30pm (D)</div> <div>Equipment Orientation 2pm-2:45pm (N)</div> <div>Zumba with Gumesinda 2:30pm-3:30pm (D)</div>	<div>Exercise Your Brain 9:15am-9:50am (1/2)</div> <div>Computer Basics 12pm-1pm (IC)</div> <div>Chair Volleyball 12:30pm-1:30pm (1/2)</div> <div>Nutrition Workshop with NTFB 1pm-2pm (DK)</div> <div>Cornhole 2pm-3pm (1/2)</div>	<div>Silver Sneakers Boom Mind Exercise Class 9:15am-9:50am (1/2)</div> <div>Sewing/Quilting 10am-1pm (3)</div> <div>Birthday Celebration 12:30pm-1:30pm (N)</div> <div>Equipment Orientation 2pm-2:45pm (N)</div>	<div>So Artsy with Nicole 8am-10am (3)</div> <div>Chair Yoga with Gumesinda 8am-9am (D)</div> <div>Code Compliance 9am (N)</div> <div>Zumba with Gumesinda 9:30am-10:30am (D)</div> <div>Tai Chi 12:30pm-1:30pm (D)</div> <div>Computer Workshop 1:30pm-3pm (IC)</div>	<div>Fitness Friday 9:15am-9:50am (1/2)</div> <div>Crochet 10am-11am (3)</div> <div>Sewing/Quilting 11am-1pm (3)</div> <div>Volleyball 12:30pm-1:30pm (1/2)</div> <div>Bingo with Carolyn 2pm-3pm (N)</div>
<div>Tai Chi 10am-11am (D)</div> <div>Chair Yoga with Gumesinda 1:30pm-2:30pm (D)</div> <div>Equipment Orientation 2pm-2:45pm (N)</div> <div>Zumba with Gumesinda 2:30pm-3:30pm (D)</div>	<div>Exercise Your Brain 9:15am-9:50am (1/2)</div> <div>Art Showcase 10am -12pm (3)</div> <div>Computer Basics 12pm-1pm (IC)</div> <div>Chair Volleyball 12:30pm-1:30pm(1/2)</div> <div>Nutrition Workshop with NTFB 1pm-2pm (DK)</div> <div>Cornhole 2pm-3pm (1/2)</div>	<div>Silver Sneakers Boom Mind Exercise Class 9:15am-9:50am (1/2)</div> <div>Sewing/Quilting 10am-1pm (3)</div> <div>Movie Day 12pm-2pm (M)</div> <div>Equipment Orientation 2pm-2:45pm with Jeff (N)</div>	<div>So Artsy with Nicole 8am-10am (3)</div> <div>Chair Yoga with Gumesinda 8am-9am (D)</div> <div>Zumba with Gumesinda 9:30am-10:30am (D)</div> <div>Tai Chi 12:30pm-1:30pm (D)</div> <div>Computer Workshop 1:30pm-3pm (IC)</div>	<div>Fitness Friday 9:15am-9:50am (1/2)</div> <div>Crochet 10am-11am (3)</div> <div>Sewing/Quilting 11am-1pm (3)</div> <div>Volleyball 12:30pm-1:30pm (1/2)</div>
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