



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
8am Ping Pong, Computer Lab, & Billiards 1 9am Matter of Balance, Sponsored by AACAP 10:30am Chair Exercise, Plus 11:15am Lunch 1pm Game Time, Member Led 1pm Power for Parkinson's <i>Pre registration Required</i> 2:15pm-Total Body Workout	8am Ping Pong, Computer Lab, & Billiards 2 9am Strength & Balance (Z,IP) 10am Classic Yoga 11:15am Lunch 12:15pm Pilates 1pm Tai Chi w/ Linda 2pm Bingo	8am Ping Pong, Computer Lab, & Billiards 3 9:30am Therapeutic Stretching 10:15am Relaxation Yoga 11:15 Lunch 12pm Cardio Core 1pm Beginner's Line Dancing 1:15pm Learn to play "Mahjong" w/ Cathy 2:15pm Total Body Workout	8am Ping Pong, Computer Lab, & Billiards 4 9am Strength & Balance (Z, IP) 10am Classic Yoga 10:30am Crochet 11:15am Lunch 12pm Karaoke 1pm Line Dancing	8am Ping Pong, Computer Lab, & Billiards 5 9:30am Stand UP to Gravity 10:30am Chair Exercise Plus 11:15am Lunch 12pm Cardio Core 1pm Tai Chi w/ Louis 1pm Beginners Computer Class 2pm Table Game, Member led
8am Ping Pong, Computer Lab, & Billiards 8 9am Matter of Balance, Sponsored by AACAP 10:30am Chair Exercise, Plus 11:15am Lunch 12pm Sing Along 1pm Power for Parkinson's <i>Pre registration Required</i> 2:15pm- Total Body Workout	8am Ping Pong, Computer Lab, & Billiards 9 9am Strength & Balance (Z, IP) 10am Classic Yoga 11:15am Lunch 12:15pm Pilates 1pm Tai Chi w/ Linda 2pm Bingo Sponsored by Thomas, VITAS Healthcare	8am Ping Pong, Computer Lab, & Billiards 10 9:30am Therapeutic Stretching 10:15am Relaxation Yoga 11:15 Lunch 12pm Cardio Core 1pm Beginner's Line Dancing w/ Sonja 1:15pm Learn to play "Mahjong" w/ Cathy 2:15pm Total Body Workout	8am Ping Pong, Computer Lab, & Billiards 11 9am Strength & Balance (Z, IP) 10am Classic Yoga 10:30am Crochet 11:15am Lunch 12pm Chair Volleyball, Member led 1pm Line Dancing	8am Ping Pong, Computer Lab, & Billiards 12 9:30am Stand UP to Gravity 10:30am Chair Exercise Plus 11:15am Lunch 12pm Cardio Core 1pm Tai Chi w/ Louis 1pm Intermediate Computer Class 2pm Table Games, Member Led
8am Ping Pong, Computer Lab, & Billiards 15 9am Mater of Balance, Sponsored by AACAP 10:30am Chair Exercise, Plus 11:15am Lunch 1pm Bingo, Sponsored by Mitra Roshan 1pm Power for Parkinson's <i>Pre registration Required</i> 2:15pm Total Body Workout	8am Ping Pong, Computer Lab, & Billiards 16 9am Strength & Balance (Z, IP) 10am Classic Yoga 11:15am Lunch 12:15pm Pilates 1pm Tai Chi w/ Linda 2pm Bingo, Sponsored by Ivan Booker Ins. Agency	8am Ping Pong, Computer Lab, & Billiards 17 9:30am Therapeutic Stretching 10:15am Relaxation Yoga 11:15 Lunch 12pm Cardio Core 12pm Spring Fling - Wear your 70's clothes 2:15pm Total Body Workout	8am Ping Pong, Computer Lab, & Billiards 18 9am Strength & Balance (Z, IP) 10am Classic Yoga 10:30 Crochet 11:15am Lunch 12pm Karaoke 1pm Line Dancing 2pm Travel Chat 2pm Wills & Trust, Snacks provided	8am Ping Pong, Computer Lab, & Billiards 19 9:30am Stand UP to Gravity 10:30am Chair Exercise Plus 11:15am Lunch 12pm Cardio Core 1pm Tai Chi w/ Louis 1pm Beginner's Computer Class 2pm Table Games, Member Led
8am Ping Pong, Computer Lab, & Billiards/Pool 22 9am Matter of Balance, Sponsored by AACAP 10:30am Chair Exercise, Plus 11:15am Lunch 12pm Sing Along 1pm Book Club 1pm Power for Parkinson's <i>Pre registration Required</i> 2:15pm Total Body Workout 2pm Arts N Crafts	8am Ping Pong, Computer Lab, & Billiards 23 9am Strength & Balance (Z, IP) 10am Classic Yoga 11:15am Lunch 12:15pm Pilates 1pm Tai Chi w/ Linda 2pm Bingo, Sponsored by Daniella Thomas,	8am Ping Pong, Computer Lab, & Billiards 24 9:30am Therapeutic Stretching 10:15am Relaxation Yoga 11:15am Lunch 12pm Cardio Core 1pm Beginner's Line Dancing 1:15pm Learn to play "Mahjong" w/ Cathy 2:15pm Total Body Workout	8am Ping Pong, Computer Lab, & Billiards 25 9am Strength & Balance (Z, IP) 10am Classic Yoga 10:30am Crochet 11:15 am Lunch 12pm Volunteer Appreciation 1pm Line Dancing	8am Ping Pong, Computer Lab, & Billiards 26 9:30am Stand UP to Gravity 10:30am Chair Exercise Plus 11:15am Lunch 12pm Cardio Core 1pm Tai Chi w/ Louis 1pm Intermediate Computer Class 2pm Table Games, Member Led
8am Ping Pong, Computer Lab, & Billiards 29 9am Matter of Balance, Sponsored by AACAP 10:30am Chair Exercise, Plus 11:15am Lunch 12pm Birthday Bash 1pm Power for Parkinson's <i>Pre registration Required</i> 2:15pm Total Body Workout	8am Ping Pong, Computer Lab, & Billiards 30 9am Strength & Balance (Z, IP) 10am Classic Yoga 11:15am Lunch 12:15pm Pilates 1pm Tai Chi w/ Linda 2pm Bingo	WellMed Senior Activity Center Daryl Quarles Center Supervisor Melissa Kavanagh Fitness Advisor Rosie Labrado Receptionist	 Like us on Facebook Facebook.com/ctiveSeniorsWCF Visit our Virtual Senior Center at Download a digital copy of the calendar at: wellmedcharitablefoundation.org ALL classes and events held IN-PERSON at the center, unless otherwise noted. Key: (Z) Zoom, (IP) In-person	 FITNESS EQUIPMENT ORIENTATION REQUIRED FOR ALL MEMBERS Please, schedule an appt at the front desk. Questions? Call us at 512-383-9626