

Harlingen Senior Activity Center

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.

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.



CALENDAR OF EVENTS





April 2024

		L	1995 483 273 ~	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
eated Chair-8:15	Stretch 8:15	Zumba- 8:30, 10:00,	Stretch- 8:15	Stretch- 8:15
umba- 9:00, 1:00 enior Strength-9:00, 0:00	Zumba- 8:15, 9:00 , 10:00	1:00 Balance-9:00	Zumba- 8:15, 9:00, 10:00	Zumba- 8:30, 10:00, 1:00
IIIT Class- 10:00	Senior Strength- 8:15,	Qigong-10:00	Senior Strength- 8:15, 9:00, 10:00, 11:00	Seated Chair-9:00
W- 11:00	9:00, 10:00, 11:00 Bars- 11:00	Digital- 11:00 Cardio-11:00	Digital- 11:00 Digital- 1:00	MOVIE-10:00 Qigong-10:00
Full Body-11:00	Digital-1:00	Full Body-1:00	Digital- 1.00	
Volley ball-1:00 Line dancing- 2:00	Volleyball-1:00	Volleyball- 2:00	Volleyball-2:00	Digital- 11:00 Cardio- 11:00
	Line dancing- 2:00	Line Dancing- 2:00	Line dancing- 2:00	Volleyball- 1:00
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