



# WellMed Charitable Foundation

## Senior Activity Center at RedBird Square

### MAY 2024

### 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.



## CALENDAR OF EVENTS

<https://www.wellmedcharitablefoundation.org/virtual-center/>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Room Key:</b></p> <p>(1) Activity Room 1 (2) Activity Room 2 (3) Activity Room 3 (M) Movie Room (N) Nutrition Room (IC) Internet Cafe (DK) Demo Kitchen (D) Dance Room</p>	<p>Fitness classes are available virtually.</p> <p>Register for the Caregiver Teleconnection at 1-866-390-6491 or <a href="http://www.caregiverteleconnection.org">www.caregiverteleconnection.org</a></p> <p><b>WATCH VIDEOS CREATED BY WELLMED STAFF!</b> <a href="http://wellmedcharitablefoundation.org/virtualseniorcenter">wellmedcharitablefoundation.org/virtualseniorcenter</a></p>	<p>Silver Sneakers Boom Mind Exercise Class 9:15am-9:50am (1/2)</p> <p>Sewing/Quilting 10am-1pm (3)</p> <p><b>Movie Day 12pm-2pm (M)</b></p> <p>Line Dance 1pm-1:50pm 2pm-2:50pm (1/2)</p> <p>Equipment Orientation 2pm-2:45pm (N)</p>	<p>So Artsy with Nicole 8am-10am (3)</p> <p>Chair Yoga with Gumesinda 8am-9am (D)</p> <p>Zumba with Gumesinda 9:30am-10:30am (D)</p> <p>Tai Chi 12:30pm-1:30pm (D)</p> <p>Line Dance 1pm-1:50pm (1/2)</p> <p>Computer Workshop 1:30pm-3pm (IC)</p> <p>Line Dance 2pm-2:50pm (1/2)</p>	<p>Fitness Friday 9:15am-9:50am (1/2)</p> <p>Crochet 10am-11am (3)</p> <p>Sewing/Quilting 11am-1pm (3)</p> <p>Volleyball 12:30pm-1:30pm (1/2)</p> <p><b>Meal Service: Monday-Friday 11am-12pm</b></p> <p><b>Calendar of activities is subject to change!</b></p>
<p><b>Constipation Education with Nurse Kellie 10am-10:45am (N)</b></p> <p>Tai Chi 12:30pm-1:30pm (D)</p> <p>Chair Yoga with Gumesinda 1:30pm-2:30pm (D)</p> <p>Equipment Orientation 2pm-2:45pm (N)</p> <p>Zumba with Gumesinda 2:30pm-3:30pm (D)</p>	<p>So Artsy with Nicole 8am-10am (3)</p> <p>Silver Sneakers Boom Mind Exercise Class 9:15am (1/2)</p> <p>Computer Basics 12pm-1pm (IC)</p> <p>Volleyball 12:30pm-1:30pm(1/2)</p> <p><b>Virtual Tour-Seville, Spain 1pm (M)</b></p> <p>Cornhole 2pm-3pm (1/2)</p>	<p>Silver Sneakers Boom Mind Exercise Class 9:15am-9:50am (1/2)</p> <p>Sewing/Quilting 10am-1pm (3)</p> <p><b>Birthday Celebration 12pm-1pm (N)</b></p> <p>Line Dance 1pm-1:50pm 2pm-2:50pm (1/2)</p> <p>Equipment Orientation 2pm-2:45pm (N)</p>	<p>So Artsy with Nicole 8am-10am (3)</p> <p>Chair Yoga with Gumesinda 8am-9am (D)</p> <p>Zumba with Gumesinda 9:30am-10:30am (D)</p> <p>Tai Chi 12:30pm-1:30pm (D)</p> <p><b>Mother's Day Celebration 1pm-3pm (N)</b></p>	<p>Fitness Friday 9:15am-9:50am (1/2)</p> <p>Crochet 10am-11am (3)</p> <p>Sewing/Quilting 11am-1pm (3)</p> <p>Volleyball 12:30pm-1:30pm (1/2)</p> <p><b>Arts &amp; Craft with DMA 1pm-2:30pm (DK)</b></p>
<p>Tai Chi 12:30pm-1:30pm (D)</p> <p>Chair Yoga with Gumesinda 1:30pm-2:30pm (D)</p> <p>Equipment Orientation 2pm-2:45pm (N)</p> <p>Zumba with Gumesinda 2:30pm-3:30pm (D)</p>	<p>So Artsy with Nicole 8am-10am (3)</p> <p>Exercise your Brain 9:15am-9:50am (1/2)</p> <p><b>Office of Community Care Senior Resources 12pm-1pm</b></p> <p>Computer Basics 12pm-1pm (IC)</p> <p>Volleyball 12:30pm-1:30pm (1/2)</p> <p>Cornhole 2pm-3pm (1/2)</p>	<p>Silver Sneakers Boom Mind Exercise Class 9:15am-9:50am (1/2)</p> <p>Sewing/Quilting 10am-1pm (3)</p> <p>Line Dance 1pm-1:50pm 2pm-2:50pm (1/2)</p> <p><b>Movie Day 12pm-2pm (M)</b></p> <p>Equipment Orientation 2pm-2:45pm (N)</p>	<p>So Artsy with Nicole 8am-10am (3)</p> <p>Chair Yoga with Gumesinda 8am-9am (D)</p> <p>Zumba with Gumesinda 9:30am-10:30am (D)</p> <p><b>Pool Tournament 10am</b></p> <p>Tai Chi 12:30pm-1:30pm (D)</p> <p>Line Dance 1pm-1:50pm (1/2)</p> <p>Computer Workshop 1:30pm-3pm (IC)</p> <p>Line Dance 2pm-2:50pm (1/2)</p>	<p>Fitness Friday 9:15am-9:50am (1/2)</p> <p>Crochet 10am-11am (3)</p> <p>Sewing/Quilting 11am-1pm (3)</p> <p>Volleyball 12:30pm-1:30pm (1/2)</p> <p><b>Bingo with Jermaine 2pm-3pm (N)</b></p>
<p>Tai Chi 12:30pm-1:30pm (D)</p> <p>Chair Yoga with Gumesinda 1:30pm-2:30pm (D)</p> <p>Equipment Orientation 2pm-2:45pm (N)</p> <p>Zumba with Gumesinda 2:30pm-3:30pm (D)</p>	<p>So Artsy with Nicole 8am-10am (3)</p> <p>Exercise Your Brain 9:15am-9:50am (1/2)</p> <p><b>Medicare Special Enrollment Discussion 9:30am-10:30am (N)</b></p> <p>Computer Basics 12pm-1pm (IC)</p> <p>Volleyball 12:30pm-1:30pm(1/2)</p> <p>Cornhole 2pm-3pm (1/2)</p>	<p><b>Older Americans Month Celebration 10am-1pm</b></p> <p>Line Dance 1pm-1:50pm 2pm-2:50pm (1/2)</p>	<p>So Artsy with Nicole 8am-10am (3)</p> <p>Chair Yoga with Gumesinda 8am-9am (D)</p> <p>Zumba with Gumesinda 9:30am-10:30am (D)</p> <p><b>Cooking with the Doc. 10:30am (N)</b></p> <p>Tai Chi 12:30pm-1:30pm (D)</p> <p>Line Dance 1pm-1:50pm (1/2)</p> <p>Computer Workshop 1:30pm-3pm (IC)</p> <p>Line Dance 2pm-2:50pm (1/2)</p>	<p>Fitness Friday 9:15am-9:50am (1/2)</p> <p>Crochet 10am-11am (3)</p> <p>Sewing/Quilting 11am-1pm (3)</p> <p>Volleyball 12:30pm-1:30pm (1/2)</p>
<p><b>CENTER CLOSED</b></p>	<p>So Artsy with Nicole 8am-10am (3)</p> <p>Exercise Your Brain 9:15am-9:50am (1/2)</p> <p>Computer Basics 12pm-1pm (IC)</p> <p>Volleyball 12:30pm-1:30pm(1/2)</p> <p>Cornhole 2pm-3pm (1/2)</p>	<p>Silver Sneakers Boom Mind Exercise Class 9:15am-9:50am (1/2)</p> <p>Sewing/Quilting 10am-1pm (3)</p> <p><b>Movie Day 12pm-2pm (M)</b></p> <p>Line Dance 1pm-1:50pm 2pm-2:50pm (1/2)</p> <p>Equipment Orientation 2pm-2:45pm (N)</p>	<p>So Artsy with Nicole 8am-10am (3)</p> <p>Chair Yoga with Gumesinda 8am-9am (D)</p> <p>Zumba with Gumesinda 9:30am-10:30am (D)</p> <p>Tai Chi 12:30pm-1:30pm (D)</p> <p>Line Dance 1pm-1:50pm (1/2)</p> <p>Computer Workshop 1:30pm-3pm (IC)</p> <p>Line Dance 2pm-2:50pm (1/2)</p>	<p>Fitness Friday 9:15am-9:50am (1/2)</p> <p>Crochet 10am-11am (3)</p> <p>Sewing/Quilting 11am-1pm (3)</p> <p>Volleyball 12:30pm-1:30pm (1/2)</p>