



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.



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

CALENDAR OF EVENTS

509 S. Expressway 83, Suite B-1 Harlingen, TX 78550
Monday-Thursday: 8am-4pm • Friday: 8am-3pm | Tel: 956.365.4732



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | | Zumba- 8:30, 10:00, 1:00 Balance-9:00 Qigong-10:00 Digital- 11:00 Cardio-11:00 Full Body-1:00 Volleyball- 2:00 Line Dancing- 2:00 | Stretch- 8:15 Zumba- 8:15, 9:00, 10:00 Senior Strength- 8:15, 9:00, 10:00, 11:00 Digital- 11:00 Digital- 1:00 Volleyball-2:00 Line dancing- 2:00 | Stretch- 8:15 Zumba- 8:30, 10:00, 1:00 Seated Chair-9:00 MOVIE-10:00 Qigong-10:00 Digital- 11:00 Cardio- 11:00 Volleyball- 1:00 |
| Seated Chair-8:15 Zumba- 9:00, 1:00 Senior Strength-9:00, 10:00 HIIT Class- 10:00 DW- 11:00 Full Body-11:00 Volley ball-1:00 Line dancing- 2:00 | Stretch-- 8:15 Zumba- 8:15, 9:00 , 10:00 Senior Strength- 8:15, 9:00, 10:00, 11:00 Bars- 11:00 Digital-1:00 Volleyball-1:00 Line dancing- 2:00 | Zumba- 8:30, 10:00, 1:00 Balance-9:00 Qigong-10:00 Digital- 11:00 Cardio-11:00 Full Body-1:00 Volleyball- 2:00 Line Dancing- 2:00 | Stretch- 8:15 Zumba- 8:15, 9:00, 10:00 Senior Strength- 8:15, 9:00, 10:00, 11:00 Digital- 11:00 Digital- 1:00 Volleyball-2:00 Line dancing- 2:00 | Stretch- 8:15 Zumba- 8:30, 10:00, 1:00 Seated Chair-9:00 MOVIE-10:00 Qigong-10:00 Digital- 11:00 Cardio- 11:00 Volleyball- 1:00 |
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| Holiday!!! Center Closed | Stretch-- 8:15 Zumba- 8:15, 9:00 , 10:00 Senior Strength- 8:15, 9:00, 10:00, 11:00 Bars- 11:00 Digital-1:00 Volleyball-1:00 Line dancing- 2:00 | Zumba- 8:30, 10:00, 1:00 Balance-9:00 Qigong-10:00 Digital- 11:00 Cardio-11:00 Full Body-1:00 Volleyball- 2:00 Line Dancing- 2:00 | Stretch- 8:15 Zumba- 8:15, 9:00, 10:00 Senior Strength- 8:15, 9:00, 10:00, 11:00 Digital- 11:00 Digital- 1:00 Volleyball-2:00 Line dancing- 2:00 | Stretch- 8:15 Zumba- 8:30, 10:00, 1:00 Seated Chair-9:00 MOVIE-10:00 Qigong-10:00 Digital- 11:00 Cardio- 11:00 Volleyball- 1:00 |

*Activities may be subject to change