



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
 <p>FITNESS EQUIPMENT ORIENTATION REQUIRED FOR ALL MEMBERS</p> <p>Please, schedule an appt at the front desk. Questions? Call us at 512-383-9626</p>	<p>WellMed Senior Activity Center</p> <p>Daryl Quarles Center Supervisor</p> <p>Melissa Kavanagh Fitness Advisor</p> <p>Rosie Labrado Receptionist</p>	<p>1</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9:30am Therapeutic Stretching</p> <p>10:15am Relaxation Yoga</p> <p>11:15 Lunch</p> <p>12pm Cardio Core</p> <p>1pm Beginner's Line Dancing</p> <p>1:15pm Mahjong, Member Led</p> <p>2:15pm Total Body Workout</p>	<p>2</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9am Strength & Balance (Z, IP)</p> <p>10am Classic Yoga</p> <p>10:30am Crochet</p> <p>11:15am Lunch 12pm Karaoke</p> <p>1pm Line Dancing</p> <p>2pm Chair Exercise, Plus</p>	<p>3</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9:30am Stand UP to Gravity</p> <p>10:30am Pilates</p> <p>11:15am Lunch</p> <p>12pm Cardio Core</p> <p>1pm Tai Chi w/ Louis</p> <p>1pm Beginners Computer Class</p> <p>2pm Table Games</p>
<p>6</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9am Matter of Balance</p> <p>9:30 am Chair Exercise, Plus</p> <p>10:30 Pilates</p> <p>11:15am Lunch</p> <p>12pm Game Time, Member led</p> <p>1pm Power for Parkinson's <i>Pre registration Required</i></p> <p>2:15 pm - Total Body Workout</p>	<p>7</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9am Strength & Balance (Z, IP)</p> <p>10am Classic Yoga</p> <p>11:15am Lunch</p> <p>1pm Tai Chi w/ Linda</p> <p>1pm Spain Travel Class</p> <p>2pm Bingo, Sponsored by WellMed</p>	<p>8</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9:30am Therapeutic Stretching</p> <p>10:15am Relaxation Yoga</p> <p>11:15am Lunch</p> <p>12pm Cardio Core</p> <p>1pm Beginner's Line Dancing</p> <p>1:15pm Mahjong, Member Led</p> <p>2:15pm Total Body Workout</p>	<p>9</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9am Strength & Balance (Z, IP)</p> <p>10am Classic Yoga</p> <p>10:30am Crochet</p> <p>11:15am Lunch</p> <p>1pm Line Dancing</p> <p>2pm Chair Exercise, Plus</p>	<p>10</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9:30am Stand UP to Gravity</p> <p>10:30am Pilates</p> <p>11:15am Lunch</p> <p>12pm Cardio Core</p> <p>1pm Tai Chi w/ Louis</p> <p>1pm Intermediate Computer Class</p> <p>2pm Mother's Day Tea</p>
<p>13</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9am Matter of Balance</p> <p>9:30 am Chair Exercise, Plus</p> <p>10:30 Pilates</p> <p>11:15am Lunch</p> <p>12pm Sing Along</p> <p>1pm Power for Parkinson's <i>Pre registration Required</i></p> <p>2:15 pm - Total Body Workout</p>	<p>14</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9am Strength & Balance (Z, IP)</p> <p>10am Classic Yoga</p> <p>11:15am Lunch</p> <p>1pm Tai Chi w/ Linda</p> <p>2pm Bingo, Sponsored by Ivan Booker, Insurance Agency</p>	<p>15</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9:30am Therapeutic Stretching</p> <p>10:15am Relaxation Yoga</p> <p>11:15 Lunch</p> <p>12pm Cardio Core</p> <p>1pm Beginner's Line Dancing w/ Sonja</p> <p>1:15pm Mahjong, Member Led</p> <p>2:15pm Total Body Workout</p>	<p>16</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9am Strength & Balance (Z, IP)</p> <p>10am Classic Yoga</p> <p>10:30am Crochet</p> <p>11:15am Lunch</p> <p>12pm Karoke</p> <p>1pm Line Dancing</p> <p>2pm Travel Chat</p> <p>2pm Chair Exercise Plus</p>	<p>17</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9:30am Stand UP to Gravity</p> <p>10:30am Pilates</p> <p>11:15am Lunch</p> <p>12pm Cardio Core</p> <p>1pm Tai Chi w/ Louis</p> <p>1pm Beginner's Computer Class</p> <p>2pm Table Games, Member led</p>
<p>20</p> <p>8am Ping Pong, Computer Lab, Billiards, Game Time</p> <p>9:30am Chair Exercise, Plus</p> <p>10:30 am Pilates</p> <p>11:15am Lunch</p> <p>12pm Game Time, Member led</p> <p>1pm Power for Parkinson's <i>Pre registration Required</i></p> <p>1pm Arts N Crafts</p> <p>2:15pm - Total Body Workout</p>	<p>21</p> <p>8am Ping Pong, Computer Lab, Game Time & Billiards</p> <p>9am Strength & Balance (Z, IP)</p> <p>10am Classic Yoga</p> <p>11:15am Lunch</p> <p>1pm Tai Chi w/ Linda</p> <p>2pm Bingo, Sponsored by Danielle Thomas, Insurance Agency</p>	<p>22</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9:30am Therapeutic Stretching</p> <p>10:15am Relaxation Yoga</p> <p>11:15 Lunch</p> <p>12pm Cardio Core</p> <p>1pm Mahjong, Member led</p> <p>1pm Birthday Bash</p> <p>2:15pm Total Body Workout</p>	<p>23</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9am Strength & Balance (Z, IP)</p> <p>10am Classic Yoga</p> <p>10:30 Crochet</p> <p>11:15 Lunch</p> <p>1pm Line Dancing</p> <p>2pm Patient Appreciation</p> <p>2pm Chair Exercise, Plus</p>	<p>24</p> <p>8am Ping Pong, Computer Lab, Game Time, & Billiards</p> <p>9:30am Stand UP to Gravity</p> <p>10:30am Pilates</p> <p>11:15am Lunch</p> <p>12pm Cardio Core</p> <p>1pm Tai Chi w/ Louis</p> <p>1pm Intermediate Computer Class</p> <p>2pm Table Games, Member led</p>
<p>27</p>  <p>Center Closed for Memorial Day</p>	<p>28</p> <p>8am Ping Pong, Computer Lab, Billiards, & Game Time</p> <p>9am Strength & Balance (Z, IP)</p> <p>10am Classic Yoga</p> <p>11:15am Lunch</p> <p>1pm Tai Chi w/ Linda</p> <p>2pm Bingo, Sponsored by VITAS, Tomas Montano</p>	<p>29</p> <p>8am Ping Pong, Computer Lab, Billiards, Game Time</p> <p>9:30am Therapeutic Stretching</p> <p>10:15am Relaxation Yoga</p> <p>11:15am Lunch</p> <p>12pm Cardio Core</p> <p>1pm Beginner's Line Dancing</p> <p>1:15pm Mahjong, Member led</p> <p>2:15pm Total Body Workout</p>	<p>30</p> <p>8am Ping Pong, Computer Lab, & Billiards</p> <p>9am Strength & Balance (Z, IP)</p> <p>10am Classic Yoga</p> <p>10:30am Crochet</p> <p>11:15 am Lunch</p> <p>1pm Line Dancing</p> <p>2pm Chair Exercise, Plus</p>	<p>31</p> <p>8am Ping Pong, Computer Lab, & Billiards</p> <p>9:30am Stand UP to Gravity</p> <p>10:30am Pilates</p> <p>11:15am Lunch</p> <p>12pm Cardio Core</p> <p>1pm Tai Chi w/ Louis</p> <p>2pm Table Games, Member led</p>