

About the WellMed Charitable Foundation

The WellMed Charitable Foundation, established in 2006 by Dr. George M. Raper 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.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Stretch W/ Joey- 8:00 SR Strength W/Lily 9:00, 10:00 Chair Volleyball 9-11 Digital Walk- 11:00 Tai Chi W/ Gilda- 12:00 Creative Time- 12-1:45 Stretch & BalanceW/ Joey 2:00 Cardio Kickboxing- 2:45	Digital Walk- 8:10 Chair Yoga W/ Lily 9:00, 10:00 Digital Zumba- 11:00 Chair Volleyball 12:00-1:45 New Member Orientation 1:00 Full Body W/ Joey 2:00	Stretch W/ Joey 8:00 SR Strength W/Lily 9:00, 10:00 Line Dancing- 11:00 Chair Volleyball- 9-11 Brain Fitness- 12-1:45 HIIT W/ Joey- 2:00
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* Activities may be subject to change, depending on the needs of the center

= Orientation
 = Suite C

Address- 26 S Coria Suite A
Phone #- (956)546-3889