



WellMed Charitable Foundation

Senior Activity Center at RedBird Square

APRIL 2026

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.



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

CALENDAR OF EVENTS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Room Key:</p> <p>(1) Activity Room 1 (2) Activity Room 2 (3) Activity Room 3 (N) Nutrition Room (IC) Internet Cafe (DK) Demo Kitchen (D) Dance Room (M) Movie Room</p>	<p>Fitness orientation is required prior to using the workout equipment</p> <p>*calendar of activities is subject to change</p> <p>*lunch is served 11am-12pm based on availability</p>	<p>*Silver Sneakers Exercise Class 9:15am-9:50am (1/2)</p> <p>*Sewing/Quilting 10am-1pm (3)</p> <p>*Computer Class 12pm-1pm (IC)</p> <p>*Movie Day 12pm-2pm (M)</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 9:30am-10:30am (D)</p> <p>*Computer Basics 10am-11am (IC)</p> <p>*Zumba with Gumesinda 10:30am-11:30am (D)</p> <p>*Tai Chi 12:30pm-1:30pm (D)</p> <p>*Crochet 1pm-2pm (DK)</p> <p>*Line Dance 1pm-1:50pm 2pm-2:50pm (1/2)</p>	<p>*Fitness Friday 9:15am-9:50am (1/2)</p> <p>*Sewing/Quilting 10am-1pm (3)</p> <p>*Volleyball 12:30pm-1:30pm (1/2)</p>
<p>* Texercise 9:30am-10:30am (1/2)</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>*Computer Basics 10am-11am (IC)</p> <p>*Crochet 10am-11am (DK)</p> <p>*Tai Chi 12:30pm-1:30pm (D)</p> <p>*Volleyball 12:30pm-1:30pm (1/2)</p> <p>*Cornhole 2pm-3pm (1/2)</p>	<p>*Silver Sneakers Exercise Class 9:15am-9:50am (1/2)</p> <p>*Sewing/Quilting 10am-1pm (3)</p> <p>*Senior Resources 10am (N)</p> <p>*Birthday Celebration 12pm-1pm (N)</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 9:30am-10:30am (D)</p> <p>*Code Compliance 9:30am-11:30am (N)</p> <p>*Computer Basics 10am-11am (IC)</p> <p>*Zumba with Gumesinda 10:30am-11:30am (D)</p> <p>*Tai Chi 12:30pm-1:30pm (D)</p> <p>*Crochet 1pm-2pm (DK)</p> <p>*Line Dance 1pm-1:50pm 2pm-2:50pm (1/2)</p>	<p>*Fitness Friday 9:15am-9:50am (1/2)</p> <p>*Sewing/Quilting 10am-1pm (3)</p> <p>*Volleyball 12:30pm-1:30pm (1/2)</p> <p>*Arts & Craft with Dallas Museum of Art 1:30pm-2:30pm (DK)</p>
<p>* Doc Talk 8:30am-9:15am (N)</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>*Computer Basics 10am-11am (IC)</p> <p>*Crochet 10am-11am (DK)</p> <p>*Tai Chi 12:30pm-1:30pm (D)</p> <p>*Volleyball 12:30pm-1:30pm (1/2)</p> <p>*Cornhole 2pm-3pm (1/2)</p>	<p>*Silers Exercise Class 9:15am-9:50am (1/2)</p> <p>*Sewing/Quilting 10am-1pm (3)</p> <p>*Movie Day 12pm-2pm (M)</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 9:30am-10:30am (D)</p> <p>*Computer Basics 10am-11am (IC)</p> <p>*Zumba with Gumesinda 10:30am-11:30am (D)</p> <p>*Tai Chi 12:30pm-1:30pm (D)</p> <p>*Crochet 1pm-2pm (DK)</p> <p>*Line Dance 1pm-1:50pm 2pm-2:50pm (1/2)</p>	<p>*Fitness Friday 9:15am-9:50am (1/2)</p> <p>*Sewing/Quilting 10am-1pm (3)</p> <p>*Volleyball 12:30pm-1:30pm (1/2)</p> <p>*Bingo 1:30pm-2:30pm (N)</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>*Computer Basics 10am-11am (IC)</p> <p>*Crochet 10am-11am (DK)</p> <p>*Tai Chi 12:30pm-1:30pm (D)</p> <p>*Volleyball 12:30pm-1:30pm (1/2)</p> <p>*Cornhole 2pm-3pm (1/2)</p>	<p>*Silers 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>*Equipment Orientation 2pm-2:45pm (N)</p>	<p>*So Artsy with Nicole 8am-10am (3)</p> <p>*Chair Yoga with Gumesinda 9:30am-10:30am (D)</p> <p>*Computer Basics 10am-11am (IC)</p> <p>*Pool Tournament 10am</p> <p>*Zumba with Gumesinda 10:30am-11:30am (D)</p> <p>*Tai Chi 12:30pm-1:30pm (D)</p> <p>*Crochet 1pm-2pm (DK)</p> <p>*Line Dance 1pm-1:50pm 2pm-2:50pm (1/2)</p>	<p>*Fitness Friday 9:15am-9:50am (1/2)</p> <p>*Sewing/Quilting 10am-1pm (3)</p> <p>*Volleyball 12:30pm-1:30pm (1/2)</p>
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