



Cross Roads 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

1301 E Fern Ave., Ste. C1 McAllen, TX 78501
Monday-Thursday: 8am-4pm • Friday: 8am-3pm | Tel: 956.630.6667



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Walking Video 8:30 Pool Table 8:20 Chair Fitness (J) 9:00 Chair Fitness (K) 9:00 Chair Workout (J) 9:45 Dance Fitness (F) 10:00 Functional Class (K) 10:20 Aerobics (F) 11:00 Chair Strength (K) 11:00 Chair Fitness (J) 1:00 Strength & Balance (K) 1:30 Dance Fitness (F) 2:30 Chair Toning (F)	8:00 Walking Video 8:30 Pool Table 9:00 Chair Fitness (J) 9:00 Chair Fitness (K) 9:45 Dance Fitness (F) 9:50 Beginner Yoga 10:20 Aerobics (F) 10:00 Safety Orientation 11:00 Chair Fitness (J) 11:00 Chair power hour (K) 12:00 Chair Volleyball 1:00 Chair Volleyball 1:30 Chair Toning (K)	8:00 Walking Video 8:30 Pool table 9:00 Chair Fitness (J) 9:00 Chair Workout (F) 9:45 Balance & Walk (K) 9:45 Dance Fitness (F) 10:20 Aerobics (F) 11:00 Chair Strength (F) 11:00 Chair Fitness (J) 12:00 Chair Volleyball 1:00 Chair Volleyball 1:30 Dance Fitness (F) 2:30 Chair Toning (F)	8:00 Walking Video 8:30 Pool table 9:00 Chair Fitness (J) 9:00 Chair power hour (K) 9:45 Dance Fitness (F) 9:50 Advance Yoga 10:20 Aerobics (F) 11:00 Chair Fitness (J) 11:00 Chair power hour(K) 12:00 Chair Volleyball 1:00 Chair Volleyball 1:30 Chair Toning (K) 2:30 Safety Orientation	8:00 Walking Video 8:30 Pool table 8:20 Texercise (J) 9:00 Aerobics (K) 9:00 Chair Workout (J) 9:50 Pilates 9:45 Dance Fitness(F) 10:20 Aerobics (F) 11:00 Chair Strength (K) 11:00 Chair Workout (F) 1:00 Strength&Balance(K) 1:30 Dance Fitness (F) 2:30 Chair Toning(F)
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CENTER CLOSED FOR MEMORIAL DAY	8:00 Walking Video 8:30 Pool Table 9:00 Chair Fitness (J) 9:00 Chair Fitness(F) 9:45 Dance Fitness (F) 9:50 Beginner Yoga 10:20 Aerobics (F) 10:00 Safety Orientation 11:00 Chair Fitness (J) 11:00 Chair power hour (F) 12:00 Chair Volleyball 1:00 Chair Volleyball 1:30 Chair Toning (F)	8:00 Walking Video 8:30 Pool table 9:00 Chair Fitness (J) 9:00 Chair Workout (F) 9:45 Dance Fitness (F) 10:20 Aerobics (F) 11:00 Chair Strength (F) 11:00 Chair Fitness (J) 12:00 Chair Volleyball 1:00 Chair Volleyball 1:30 Dance Fitness (F) 2:30 Chair Toning (F)	8:00 Walking Video 8:30 Pool table 9:00 Chair Fitness (J) 9:00 Chair power hour (K) 9:45 Dance Fitness (F) 9:50 Advanced Yoga 10:20 Aerobics (F) 11:00 Chair Fitness (J) 11:00 Chair power hour (K) 12:00 Chair Volleyball CENTER CLOSED @ 1:30 PM	8:00 Walking Video 8:30 Pool table 8:20 Texercise (J) 9:00 Aerobics (K) 9:00 Chair Workout (J) 9:45 Dance Fitness(F) 9:50 Pilates 10:20 Aerobics (F) 11:00 Chair Strength (K) 11:00 Chair Workout (F) 1:00 Strength & Balance (K) 1:30 Dance Fitness(F) 2:30 Chair Toning (F)

FITNESS CLASS SCHEDULE

You must sign in person at 8:00am, most class will open 10 mintues before
 All class are first come, first serve. You may not sign in for another person under any circumstances.

Start	Monday	Tuesday	Wednesday	Thursday	Friday
8:20 am	Chair Fitness				Texercise
9:00 am	Chair Fitness (2)	Chair Fitness (2)	Chair Fitness(2)	Chair Fitness(2)	Chair Fitness(2)
9:45 am	Dance Fitness	Dance Fitness	Dance Fitness	Dance Fitness	Dance Fitness
9:50 am	10:00 Functional	Beginner Yoga		Advance Yoga	Pilates
10:20 am	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics
11:00 am	Chair Fitness (2)	Chair Fitness (2)	Chair Fitness (2)	Chair Fitness (2)	Chair Fitness (2)
1:00 pm	Strength & Balance				Strength & Balance
1:30 Pm	Dance Fitness		Dance Fitness		Dance Fitness
2:30 pm	Chair Toning		Chair Toning		Chair Toning

DOMINOES TOURNAMENT
05/06/26 @ 9:00 am

GAME SCHEDULE

MOVIE DAY
05/22/26 @11:45
BEE KEEPER

Monday	Tuesday	Wednesday	Thursday	Friday
DOMINOES 8AM-12 PM BILLIARDS/BILLAR 8AM-12PM	CHAIR VOLLEYBALL 12PM-2PM DOMINOES 8AM-12PM BILLIARDS/BILLAR 8AM-12PM	DOMINOES -8AM-12P CHAIR VOLLEYBALL 12PM-2PM BILLIARDS/BILLAR 8AM-12PM	DOMINOES -8AM-12P CHAIR VOLLEYBALL 12PM-2PM BILLIARDS/BILLAR 8AM-12 PM	DOMINOES -8AM-12P BILLIARDS/BILLAR 8AM-12PM

ANNOUNCEMENTS



\$5!05,&* / *5!&1!&*
@ 12:00 PM in Craft Room

HAPPY Mother's DAY

Friday, May 1-wear pink
 Thur, May 7-Pearls Day
 May 11-15-Diva Day
 May 26-29-Wear red, white&blue

Cross Roads is proud to offer A variety of fitness classes. We want to remind you that you can sign up for 2 classes beginning at 8:00am.

Fitness Courtesies
 After 5 min your space will be given to the next member if your not in seat.
 Do not leave class early
 Cool downs are important
 Please use lockers to store your Items instead of bringing to class

Please use the complimentary lockers to store your personal items instead of bringing them to Fitness classes

EVERY WEDNESDAY
WEAR YOUR CENTER T-SHIRT

Happy Mother's Day

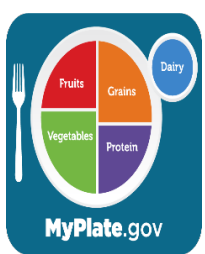


MOTHER'S DAY DANCE
FRIDAY, MAY, 08, 2026 FROM 1PM-3PM
MOTHER'S DAY OUTFITS WELCOMED

It is best to bring your Senior Center Scanning Card to get into your classes. The only exceptions are for new members. If lost or damaged report to the front desk. Only one replace per member



Please place all drinking bottles in Black Cart near the exercise classes.



Meal Plate	Lunch	Caregiver SOS	Important Numbers to Know
 	<p>Lunch Check In Opens at 11:00 am</p> <p>All Meals Are Served On a First Come, First Serve</p> <p>Lunch Time is at 11:00 & 11:30 am</p>	<p>Are you providing care to a family member or loved one? SERVICES INCLUDE: Support Services Caregiver Support Groups Teleconnection Info Sessions Stress Busting Classes Please see Veronica Maillard For more information 956-662-6384</p> 	<p>M.P.D Non-Emergency: (956)681-2000 Emergency: 911</p> <p>Texas Abuse Hotline 1-800-252-5400</p> <p>When you suspect abuse, neglect, or financial exploitation.</p> <p>Texas Department of Human Services (877) 541-7905 / 211</p> <p>Assistance for seniors, people with disabilities, and veterans.</p>