



# Harlingen Senior Activity Center WellMed Charitable Foundation

## 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

509 S. Expressway 83; Ste. B-1 \* Harlingen, TX 78550  
M- TH 8am-4pm • Friday 8am-3pm | Tel: 956-365- 4732

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Harlingen Senior Activity Center Staff</p> <p>Cayetano Ovalle III Center Supervisor</p> <p>Esmeralda Garza Fitness Advisor</p> <p>Maribel Gonzalez Receptionist</p> <p>Letty G- Sanchez Regional Operations Manager-RGV</p>	 Like us on Facebook <a href="https://www.facebook.com/ActiveSeniorsWCF">facebook.com/ActiveSeniorsWCF</a> Download a digital copy of the calendar at <a href="http://wellmedcharitablefoundation.org">wellmedcharitablefoundation.org</a>		<p>Digital Walk-8: 15</p> <p>Stretch:-Esmi -8: 15</p> <p>Zumba -Tere 9:00,10:00,11:00</p> <p>Seated Chair Plus-Esmi- 9:00</p> <p>Movie-10:00</p> <p>Qigong- Digital-10:00</p> <p>Digital Dance Cardio-1:00</p> <p>Volleyball-I :30</p>	1
<p>4</p> <p>Digital Walk-8:15, 11:00</p> <p>Digital Stretch- 8: 15</p> <p>Digital HIIT- 9:00</p> <p>BoomMove Helen- 10:00</p> <p>SR Strength-Joe-9:00, 10:00</p> <p>Digital Seated Exercise-11 :00</p> <p>Zumba -Tere- I :00</p> <p>Line Dancing-2:00</p> <p>Volleyball-I :30, 2:20</p>	<p>5</p> <p>Digital Stretch- 8:15</p> <p>BoomMove-Helen-8:15, 9:00,10:00</p> <p>SR Strength -Joe- 9:00, 10:00 11 :00</p> <p>Cardio Bar W/ Esmi- I I :00</p> <p>Digital Dance-I :00</p> <p>Volleyball-I :30. 2:20</p> <p>Line Dancing-2:00</p>	<p>6</p> <p>Digital Walk- 8: 15</p> <p>Digital Stretch- 8: 15</p> <p>Zumba-Tere -9 :00;10 :00;11:00</p> <p>Balance-Esmi-9:00</p> <p>Qigong -Digital-10:00</p> <p>New Member Orientation-10:30</p> <p>Digital Dance Cardio-1:00</p> <p>Volleyball-I :30, 2:20</p> <p>Line Dancing - 2:00</p>	<p>7</p> <p>ChairYoga-Esmi-8:15</p> <p>NewMemberOrientation-10:30</p> <p>BoomMove-Helen-8:15, 9:00,10:00</p> <p>SRStrength-Joe-9:00,10:00; 11:00</p> <p>Digital Dance Cardio-1:00</p> <p>Volleyball-I:30,2:20</p> <p>LineDancing-2:00</p>	<p>8</p> <p>Digital Walk-8: 15</p> <p>Stretch:-Esmi -8: 15</p> <p>Zumba -Tere 9:00,10:00,11:00</p> <p>Seated Chair Plus-Esmi- 9:00</p> <p>Movie-10:00</p> <p>Qigong- Digital-10:00</p> <p>Digital Dance Cardio-1:00</p> <p>Volleyball-I :30</p>
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<p>25</p>  <p>Center Closed</p>	<p>26</p> <p>Digital Stretch- 8:15</p> <p>BoomMove -Helen-8:15, 9:00,10:00</p> <p>SR Strength -Joe- 9:00, 10:00 11 :00</p> <p>Cardio Bar W/ Esmi- I I :00</p> <p>Digital Dance-I :00</p> <p>Volleyball-I :30. 2:20</p> <p>Line Dancing-2:00</p>	<p>27</p> <p>Digital Walk- 8: 15</p> <p>Digital Stretch- 8: 15</p> <p>Zumba-Tere -9 :00;10 :00;11:00</p> <p>Balance-Esmi-9:00</p> <p>Qigong -Digital-10:00</p> <p>New Member Orientation-10:30</p> <p>Digital Dance Cardio-1:00</p> <p>Volleyball-I :30, 2:20</p> <p>Line Dancing - 2:00</p>	<p>28</p> <p>ChairYoga-Esmi-8:15</p> <p>NewMemberOrientation-10:30</p> <p>BoomMove-Helen-8:15, 9:00,10:00</p> <p>SRStrength-Joe-9:00,10:00; 11:00</p> <p>Center Closing at 1:00pm</p>	<p>29</p> <p>Digital Walk-8: 15</p> <p>Stretch- Esmi -8: 15</p> <p>Zumba -Tere 9:00,10:00,11:00</p> <p>Seated Chair Plus-Esmi- 9:00</p> <p>Movie-10:00</p> <p>Qigong- Digital-10:00</p> <p>Digital Dance Cardio-1:00</p> <p>Volleyball-I :30</p>