

CLUB TE PAGA
ACTIVITY CALENDAR
APRIL TO JUNE



2025



MCS Club Te Paga is a unique experience whereby we offer programs to take care of your well-being and Complete Health – designed especially for you.

Here you'll find:

- ✓ **Exercise classes** to keep you active and energized: Tai-Chi, Zumba, Aqua Aerobics and Yoga!
- ✓ **Music and dance** that releases your inner rhythm and lets you enjoy unforgettable moments.
- ✓ **Entertainment for all tastes:** Bingo, board games and movies to enjoy with new friends.
- ✓ **Health clinics and workshops** to keep you informed and help you take care of your Complete Health.

Reserve your space for the various activities

To reserve your space and participate, call: **1.877.501.5395** (toll free) or **1.866.627.8182** TTY (Hearing Impaired), **Monday to Friday from 8:00 a.m. to 4:30 p.m.** These activities have limited space, and registration is required to participate.

Join Club Te Paga on Facebook

1 Access Facebook from your cell phone or computer

2 Search for 

3 Click on the JOIN button and...
You're ready to go!

Scan the QR Code with your smartphone camera and download the Club te Paga calendar.





MCS club te paga

Exercise program

Exercise with your friends at Club Te Paga to reach your wellness goals.

Limited spaces

Varied modality

Monday & Wednesday

Plaza del Caribe

First level, medallion in front of the De Los Leones de Ponce store (Pharmamax and Me Salvé aisle)
Ponce - 7:30 a.m.

Monday & Wednesday

Mayagüez Mall Shopping Center

(in front of the JC Penney store)
Mayagüez - 9:00 a.m.

Monday, Wednesday and Friday

Plaza Las Américas

(2nd level near the theaters)
San Juan - 7:30 a.m.

Monday to Friday

Plaza Carolina (Central atrium)
Carolina - 9:00 a.m.

Tuesday and Thursday

Julia de Burgos Park

Phase 5 (Gazebo)
Carolina - 7:00 a.m.

Monday and Tuesday

Roger Mendoza Indoor Court, Engineer Complex

Ángel O. Berrios,
Caguas - 9:30 a.m.

Break in June

Monday, Tuesday and Wednesday

Indoor Court Turabo Garden

Caguas - 9:30 a.m.

Only in June



Aqua aerobics

Tuesday and Thursday

Maracuto Recreational Park Municipal Swimming Pools

Carolina - 8:30 a.m.

Break in June

Wednesday

Roger Mendoza Indoor Court, Engineer Complex

Ángel O. Berrios,
Caguas - 9:30 a.m.

Break in June

Technology workshops

You will learn about the use of your smart phone, be guided through the use of the **Mi MCS** application and learn how to safely navigate the internet.

Requirement: to have a smart phone with internet service.

Space reservation required



Connect with Your Health: Use of electronic devices

April

South Region	Metro Region
Tuesday, April 8	Thursday, April 10
Service Center, Ponce	Service Center, Carolina

South Region
Tuesday, April 15
Sor Isolina Ferré Centers, Guayama

May

Northern Region	Eastern Region
Tuesday, May 6	Thursday, May 8
Service Center, Arecibo	Club Fraternos, Aguas Buenas

Eastern Region
Tuesday, May 13
EDP University, Caguas

June

Metro Region	West Region
Tuesday, June 3	Thursday, June 5
Service Center, Plaza Las Américas	Service Center, Aguadilla

Metro Region
Tuesday, June 10
Service Center, Carolina

The 1,2,3 to use your Telemedicine service (Mi MCS/MCS medilíneaMD)

April

South Region	Metro Region
Tuesday, April 22	Thursday, April 24
Service Center, Ponce	Service Center, Carolina

South Region
Tuesday, April 29
Sor Isolina Ferré Centers, Guayama

May

Northern Region	Eastern Region
Tuesday, May 20	Thursday, May 22
Service Center, Arecibo	Club Fraternos, Aguas Buenas

Eastern Region
Thursday, May 29
EDP University, Caguas

June

Metro Region	West Region
Thursday, June 12	Tuesday, June 17
Service Center, Plaza Las Américas	Service Center, Aguadilla

Metro Region
Tuesday, June 24
Service Center, Carolina

Space reservation required

Wellness workshops

April

Time: 8:00 a.m. - 11:00 a.m.

Get creative and strengthen your social connection

Discover the artist inside you and how through painting you can manage emotions while connecting with other people.



Northern Region

Wednesday



Parador El Buen Café, Hatillo

Northern Region

Thursday



Salón Imperial, Toa Alta
(Senda Antigua church grounds)

Eastern Region

Wednesday



Club Fraternos,
Aguas Buenas

Eastern Region

Wednesday



La Casona Activity Salon,
Río Grande

Space reservation required

May

Time: 8:00 a.m. - 11:00 a.m.

Cultivate your well-being to keep your bones healthy

Learn strategies to keep your bones healthy. Also, learn how to garden in small spaces to have fresh produce that supports your health.



Eastern Region

Friday



Villa Humacao Community Center, Humacao

Metro Region

Wednesday



Jardines de Caparra Community Center, Bayamón

Northern Region

Friday



Parador El Buen Café, Hatillo

Metro Region

Wednesday



Villa Carolina Reception Center, Carolina

June
Time: 8:00 a.m. - 11:00 a.m.

Space
reservation
required

Wellness Camp: Active and Healthy After 60

Participate in our summer camp where you can participate in educational activities, recreational activities, exercise sessions, you can also meet and socialize with other people like you, while learning healthy practices for your well-being.



Eastern Region

Tuesday
3

Villa Humacao Community
Center, Humacao

Eastern Region

Wednesday
4

Villa Humacao Community
Center, Humacao

Metro Region

Tuesday
17

Villa Cooperativa Community
Center, Carolina

Metro Region

Wednesday
18

Villa Cooperativa Community
Center, Carolina

To participate in the activities or workshops you must reserve your space by calling **Monday through Friday at 1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**
Limited spaces.

	Monday 31	Tuesday 1
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour
9:30 a.m. - 10:00 a.m.	Bingo	Bingo
10:00 a.m. - 10:30 a.m.		
10:30 a.m. - 11:00 a.m.	Chair Yoga	Wellness Talk: "Keep Your Bones Healthy"
11:00 a.m. - 11:30 a.m.		
11:30 a.m. - 12:00 p.m.	Chair Yoga	Wellness Talk: "Keep Your Bones Healthy"
12:00 p.m. - 12:30 p.m.	Refreshing Hour	Refreshing Hour
12:30 p.m. - 1:00 p.m.	Bingo	Bingo
	Monday 7	Tuesday 8
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour
9:30 a.m. - 10:00 a.m.	Bingo	Guided Meditation Class
10:00 a.m. - 10:30 a.m.		
10:30 a.m. - 11:00 a.m.	Chair Yoga	Wellness Talk: "Adhering to my medication treatment"
11:00 a.m. - 11:30 a.m.		
11:30 a.m. - 12:00 p.m.	Chair Yoga	Wellness Talk: "Adhering to my medication treatment"
12:00 p.m. - 12:30 p.m.	Refreshing Hour	Refreshing Hour
12:30 p.m. - 1:00 p.m.	Bingo	Guided Meditation Class
	Monday 14	Tuesday 15
9:00 a.m. - 9:30 a.m.		Refreshing Hour
9:30 a.m. - 10:00 a.m.	Guided Meditation Class	Bingo
10:00 a.m. - 10:30 a.m.		
10:30 a.m. - 11:00 a.m.	MCS Cinema "Justice of the Heart"	Wellness Talk: "Gastrointestinal Diseases"
11:00 a.m. - 11:30 a.m.		Wellness Talk: "Gastrointestinal Diseases"
11:30 a.m. - 12:00 p.m.		Refreshing Hour
12:00 p.m. - 12:30 p.m.	Talk: "Peace and security in myself", by social worker Abbiliz Borrero	Bingo
12:30 p.m. - 1:00 p.m.		
	Monday 21	Tuesday 22
9:00 a.m. - 9:30 a.m.	Talk: How to face fears about retirement? by social worker Abbiliz Borrero	Guided Meditation Class
9:30 a.m. - 10:00 a.m.		
10:00 a.m. - 10:30 a.m.	Bomb Class	Wellness Talk: "Live active: The power of exercise in your routine"
10:30 a.m. - 11:00 a.m.		
11:00 a.m. - 11:30 a.m.	Refreshing Hour	Wellness Talk: "Live active: The power of exercise in your routine"
11:30 a.m. - 12:00 p.m.		
12:00 p.m. - 12:30 p.m.	Mega Bingo	Guided Meditation Class
12:30 p.m. - 1:00 p.m.		
	Monday 28	Tuesday 29
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour
9:30 a.m. - 10:00 a.m.	Bingo	Guided Meditation Class
10:00 a.m. - 10:30 a.m.		
10:30 a.m. - 11:00 a.m.	Chair Yoga	Wellness Talk: "Cultivating happiness"
11:00 a.m. - 11:30 a.m.		
11:30 a.m. - 12:00 p.m.	Chair Yoga	Wellness Talk: "Cultivating happiness"
12:00 p.m. - 12:30 p.m.	Refreshing Hour	Refreshing Hour
12:30 p.m. - 1:00 p.m.	Bingo	Guided Meditation Class

Wednesday 2	Thursday 3	Friday 4
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Tai Chi /Chi Kung	Crafts	Confección de Prendas
Tai Chi /Chi Kung	Crafts	Confección de Prendas
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Wednesday 9	Thursday 10	Friday 11
Refreshing Hour		Bingo
Bingo	MCS Cinema "When the Heart Breaks"	
		Memory Games
Nail painting		
	Rhythmic Aerobics Class	
Nail painting		Memory Games
Refreshing Hour	Refreshing Hour	
Bingo	Bingo	Bingo
Wednesday 16	Thursday 17	Friday 18
Refreshing Hour		
Bingo		
Crafts		
Crafts	Closed. Holy Thursday	Closed. Good Friday
Refreshing Hour		
Bingo		
Wednesday 23	Thursday 24	Friday 25
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Tai Chi /Chi Kung	Nail painting	Garment Making
Tai Chi /Chi Kung	Nail painting	Garment Making
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Wednesday 30	Thursday 1	Friday 2
Birthday Celebration of the Month		Refreshing Hour
	MCS CINEMA "An exceptional gift"	Domino game
Karaoke		Flamenco class
	Rhythmic Aerobics Class	Flamenco class
		Refreshing Hour
	Refreshing Hour	
Mega Bingo	Bingo	Domino game



MCS Service Centers

AGUADILLA

Tuesday, April 1	Tuesday, April 8	Tuesday, April 15	Tuesday, April 22	Tuesday, April 29
<p>Wellness Talk 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Crafts Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Manufacture of garments and accessories 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p> <p>Manufacture of garments and accessories 1:00 p.m. a 2:00 p.m.</p>	<p>Yoga 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Art Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p> <p>Art Workshop 1:00 p.m. a 2:00 p.m.</p>

ARECIBO

Wednesday, April 2	Friday, April 4	Wednesday, April 9	Friday, April 11
<p>Tai Chi 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Art Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Yoga 10:00 a.m. a 11:00 a.m.</p> <p>Wellness talk: "Reasons to be happy" 11:00 a.m. a 12:00 p.m.</p>	<p>Tony's Vellonera 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>
Wednesday, April 16	Wednesday, April 23	Friday, April 25	Wednesday, April 30
<p>Tai Chi 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Manufacture of garments and accessories 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Art Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Bachata class 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>

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MCS Service Centers

BAYAMÓN

Wednesday, April 2	Monday, April 7	Wednesday, April 9	Monday, April 14	Wednesday, April 16
Refreshing Hour 9:30 a.m. a 10:00 a.m. Art Workshop 10:00 a.m. a 11:00 a.m. Wellness Talk: “Emotional Intelligence” 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Belly Dance Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Crafts Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Tai Chi 10:00 a.m. a 11:00 a.m. Wellness Talk: “Fraud in Health Services” 11:00 a.m. a 12:00 p.m.
Monday, April 21	Wednesday, April 23	Monday, April 28	Wednesday, April 30	
Refreshing Hour 9:30 a.m. a 10:00 a.m. Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Tony’s Vellonera 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Salsa Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Garment making and accessories 10:00 a.m. a 11:00 a.m. Birthday Celebration of the Month 11:00 a.m. a 12:00 p.m.	

CAROLINA

Tuesday, April 1	Thursday, April 3	Tuesday, April 8	Tuesday, April 15
Refreshing Hour 9:30 a.m. a 10:00 a.m. Art Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Salsa Class 10:00 a.m. a 11:00 a.m. Wellness Talk: “The power of Gratitude” 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Tony’s Vellonera 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.
Thursday, April 17	Tuesday, April 22	Tuesday, April 29	
Refreshing Hour 9:30 a.m. a 10:00 a.m. Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Art Workshop 10:00 a.m. a 11:00 a.m. Wellness Talk: “Fraud in health services” 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Garment making and accessories 10:00 a.m. a 11:00 a.m. Birthday Celebration of the Month 11:00 a.m. a 12:00 p.m.	

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MCS Service Centers

MAYAGÜEZ

Tuesday, April 1	Thursday, April 3	Friday, April 4	Tuesday, April 8
<p>Bachata Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Wellness Talk: “The puzzle of life” 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Movement Routines with Neuroplasticity 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Adapted Self Defense Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>
Thursday, April 10	Friday, April 11	Tuesday, April 15	Thursday, April 17
<p>Salsa Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Crafts Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Flamenco Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Wellness Talk: “Fraud in Health Services” 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>
Tuesday, April 22	Thursday, April 24	Friday, April 25	Tuesday, April 29
<p>Balance Training 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Cine 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Crafts Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Cognitive Games in Motion Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>

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MCS Service Centers

NEW MEMBERS

Arecibo	Aguadilla	Bayamón
Wednesday, April 16	Tuesday, April 22	Wednesday, April 23
Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.

Carolina	Mayagüez	Plaza Las Américas
Thursday, April 24	Tuesday, April 29	Wednesday, April 30
Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.

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MAYAGÜEZ MALL				
We are located in front of JC Penny				
Wednesday, April 2	Monday, April 7	Wednesday, April 9	Monday, April 14	Wednesday, April 16
Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.
Monday, April 21	Wednesday, April 23	Monday, April 28	Wednesday, April 30	
Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	

PLAZA DEL CARIBE PONCE				
We are located on the first level, in front of Victoria's Secret				
Wednesday, April 2	Wednesday, April 9	Wednesday, April 16	Wednesday, April 23	Wednesday, April 30
Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Bachata Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Art Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.

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MCS WELLNESS CHALLENGE 2025

#MCSWellnessChallenge

Make your health a priority and achieve your maximum well-being.

We invite you to set a wellness goal for this year, whether it's establishing healthy habits, creating an exercise routine, or preparing for a walk or run.

- 1** Stay focused on reaching your goal.
- 2** Upload a video or post on Facebook and/or Instagram with the hashtag #MCSWellnessChallenge and tagging @MCSPuertoRico.
- 3** Increase your chances of winning by sharing your post with friends and family, to get more likes and shares.



As part of the **MCS Wellness Challenge 2025** contest you could have the opportunity to meet our influencers, among other prizes.

Scan for more details about the MCS Wellness Challenge 2025



To participate in the activities or workshops you must reserve your space by calling **Monday through Friday at 1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**
Limited spaces.

	Monday 5	Tuesday 6
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour
9:30 a.m. - 10:00 a.m.	Bingo	Bingo
10:00 a.m. - 10:30 a.m.	Chair yoga	Wellness Talk: "Take care of your kidneys"
10:30 a.m. - 11:00 a.m.		
11:00 a.m. - 11:30 a.m.	Chair yoga	Wellness Talk: "Take care of your kidneys"
11:30 a.m. - 12:00 p.m.		
12:00 p.m. - 12:30 p.m.	Refreshing Hour	Refreshing Hour
12:30 p.m. - 1:00 p.m.	Bingo	Bingo
	Monday 12	Tuesday 13
9:00 a.m. - 9:30 a.m.	Yoga en silla	Refreshing Hour
9:30 a.m. - 10:00 a.m.		Guided Meditation Class
10:00 a.m. - 10:30 a.m.	Talk: "Connecting with yourself" by Social Worker Abbiliz Borrero	Wellness Talk: "Urinary incontinence"
10:30 a.m. - 11:00 a.m.		
11:00 a.m. - 11:30 a.m.	Refreshing Hour	Wellness Talk: "Urinary incontinence"
11:30 a.m. - 12:00 p.m.	Mega Bingo	Refreshing Hour
12:00 p.m. - 12:30 p.m.		Guided Meditation Class
12:30 p.m. - 1:00 p.m.		
	Monday 19	Tuesday 20
9:00 a.m. - 9:30 a.m.	Guided Meditation Class	Refreshing Hour
9:30 a.m. - 10:00 a.m.		Healthy Recipe
10:00 a.m. - 10:30 a.m.	Refreshing Hour	Wellness Talk: "Protect yourself from heat"
10:30 a.m. - 11:00 a.m.	Health Rhythms	Wellness Talk: "Protect yourself from heat"
11:00 a.m. - 11:30 a.m.		
11:30 a.m. - 12:00 p.m.	Domino Tournament	Refreshing Hour
12:00 p.m. - 12:30 p.m.		Healthy Recipe
12:30 p.m. - 1:00 p.m.		
	Monday 26	Tuesday 27
9:00 a.m. - 9:30 a.m.	Closed. Holiday	Refreshing Hour
9:30 a.m. - 10:00 a.m.		Bingo
10:00 a.m. - 10:30 a.m.		Wellness Talk: "Prevention of abuse of elderly people"
10:30 a.m. - 11:00 a.m.		Wellness Talk: "Prevention of abuse of elderly people"
11:00 a.m. - 11:30 a.m.		Refreshing Hour
11:30 a.m. - 12:00 p.m.		Bingo
12:00 p.m. - 12:30 p.m.		
12:30 p.m. - 1:00 p.m.		

Wednesday 7	Thursday 8	Friday 9
Refreshing Hour	Refreshing Hour	Talk: "We recognize your effort, dedication and courage"
Bingo	Bingo	
Tai Chi /Chi Kung	Nail painting	Mother's Day Celebration
Tai Chi /Chi Kung	Nail painting	Bohemia
Refreshing Hour	Refreshing Hour	Bingo
Bingo	Bingo	
Wednesday 14	Thursday 15	Friday 16
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Tai Chi /Chi Kung	Salsa Class	Garment Making
Tai Chi /Chi Kung	Salsa Class	Garment Making
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Wednesday 21	Thursday 22	Friday 23
Refreshing Hour	CINE MCS "An Act of Hope"	Refreshing Hour
Bingo		Bingo
Crafts	Rhythmic Aerobics Class	Garment Making
Crafts		Garment Making
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Wednesday 28	Thursday 29	Friday 30
Refreshing Hour	Zumba Class	Birthday Celebration of the month
Bingo	Nail painting	Karaoke
Tai Chi /Chi Kung	Nail painting	Mega Bingo
Tai Chi /Chi Kung	Refreshing Hour	
Refreshing Hour	Refreshing Hour	
Bingo	Bingo	



MCS Service Centers

AGUADILLA

Tuesday, May 6	Tuesday, May 13	Tuesday, May 20	Tuesday, May 27
<p>Wellness Talk 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Art Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p> <p>Art Workshop 1:00 p.m. - 2:00 p.m.</p>	<p>Crafts Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Garment making and accessories 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p> <p>Garment making and accessories 1:00 p.m. - 2:00 p.m.</p>

ARECIBO

Friday, May 2	Wednesday, May 7	Friday, May 9	Wednesday, May 14
<p>Clay Art Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Yoga 10:00 a.m. a 11:00 a.m.</p> <p>Wellness Talk: “How motherhood transforms throughout life” 11:00 a.m. a 12:00 p.m.</p>	<p>Virtual Chinchorro 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Crafts Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>
Friday, May 16	Wednesday, May 21	Friday, May 23	Wednesday, May 28
<p>Tai Chi 10:00 a.m. a 11:00 a.m.</p> <p>Wellness Talk: “Emotion Management” 11:00 a.m. a 12:00 p.m.</p>	<p>Flamenco Class 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Tai Chi 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Garment making and accessories 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>

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MCS Service Centers

BAYAMÓN

Monday, May 5	Wednesday, May 7	Monday, May 12	Wednesday, May 14
Refreshing Hour 9:30 a.m. a 10:00 a.m. Virtual Chinchorro 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Crafts Workshop 10:00 a.m. a 11:00 a.m. Wellness Talk: "Emotion Management" 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Flamenco Class 10:00 a.m. a 11:00 a.m. Wellness Talk: "How to maintain healthy relationships with your children and grandchildren" 11:00 a.m. a 12:00 p.m.
Monday, May 19	Wednesday, May 21	Wednesday, May 28	
Refreshing Hour 9:30 a.m. a 10:00 a.m. Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Garment making and accessories 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Art Workshop 10:00 a.m. a 11:00 a.m. Birthday Celebration of the month 11:00 a.m. a 12:00 p.m.	

CAROLINA

Thursday, May 1	Tuesday, May 6	Thursday, May 8	Tuesday, May 13	Thursday, May 15
Refreshing Hour 9:30 a.m. a 10:00 a.m. Flamenco Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Crafts Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Virtual Chinchorro 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.
Tuesday, May 20	Thursday, May 22	Tuesday, May 27	Thursday, May 29	
Refreshing Hour 9:30 a.m. a 10:00 a.m. Wellness Talk: "Active mother and grandmother: The importance of maintaining vitality and energy" 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Garment making and accessories 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Wellness Talk: "Emotion Management" 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Art Workshop 10:00 a.m. a 11:00 a.m. Birthday Celebration of the month 11:00 a.m. a 12:00 p.m.	

To participate in the activities or workshops you must reserve your space by calling Monday through Friday at **1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**

MAY



MCS Service Centers

MAYAGÜEZ			
<p>Thursday, May 1</p> <p>Wellness talk: “How to maintain healthy relationships with your children and grandchildren” 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Friday, May 2</p> <p>Exercises with Elastic Bands 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Tuesday, May 6</p> <p>Dance Therapy 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Thursday, May 8</p> <p>Wellness talk: “Emotion management” 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>
<p>Friday, May 9</p> <p>Salsa Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Tuesday, May 13</p> <p>Balance Training 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Thursday, May 15</p> <p>Cinema 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Friday, May 16</p> <p>Crafts Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>
<p>Tuesday, May 20</p> <p>Movement Routines with Neuroplasticity 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Thursday, May 22</p> <p>Bachata Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Friday, May 23</p> <p>Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Tuesday, May 27</p> <p>Cognitive Games in Motion Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>
<p>Thursday, May 29</p> <p>Flamenco Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>			

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MCS Service Centers

NEW MEMBERS

Arecibo	Aguadilla	Bayamón
Wednesday, May 14	Tuesday, May 20	Wednesday, May 21
Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.

Carolina	Plaza Las Américas	Mayagüez
Thursday, May 22	Wednesday, May 28	Thursday, May 29
Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.

To participate in the activities or workshops you must reserve your space by calling Monday through Friday at **1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**

MAY

MCS club te paga

Limited space



MAYAGÜEZ MALL			
We are located in front of JC Penny			
Monday, May 5	Wednesday, May 7	Monday, May 12	Wednesday, May 14
<p>Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>
Monday, May 19	Wednesday, May 21		Wednesday, May 28
<p>Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>		<p>Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>

To participate in the activities or workshops you must reserve your space by calling Monday through Friday at **1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**



PLAZA DEL CARIBE PONCE

We are located on the first level, in front of Victoria's Secret

Wednesday, May 7	Wednesday, May 14	Wednesday, May 21	Wednesday, May 28
<p>Art Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Tai Chi 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Yoga 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Salsa Class 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>

To participate in the activities or workshops you must reserve your space by calling Monday through Friday at **1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**

To participate in the activities or workshops you must reserve your space by calling **Monday through Friday at 1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**
Limited spaces.

	Monday 2	Tuesday 3
9:00 a.m. - 9:10 a.m.	Refreshing Hour	Technology Workshop
9:10 a.m. - 10:00 a.m.	Bingo	
10:00 a.m. - 10:30 a.m.	Yoga	
10:30 a.m. - 11:00 a.m.	Yoga	
11:00 a.m. - 11:30 a.m.	Yoga	
11:30 a.m. - 12:00 p.m.	Refreshing Hour	
12:00 p.m. - 12:10 p.m.	Refreshing Hour	
12:10 p.m. - 1:00 p.m.	Bingo	

	Monday 9	Tuesday 10
9:00 a.m. - 9:15 a.m.	Zumba Class	Refreshing Hour
9:15 a.m. - 10:00 a.m.		Bingo
10:00 a.m. - 10:30 a.m.	Cinema: "Listen to your heart"	Educational Talk: Strategies to prevent falls
10:30 a.m. - 11:00 a.m.		Educational Talk: Strategies to prevent falls
11:00 a.m. - 11:30 a.m.		Refreshing Hour
11:30 a.m. - 12:00 p.m.		Bingo
12:00 p.m. - 12:30 p.m.	Bingo	Bingo
12:30 p.m. - 1:00 p.m.		

	Monday 16	Tuesday 17
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour
9:30 a.m. - 10:00 a.m.	Bingo	Bingo
10:00 a.m. - 10:30 a.m.	Yoga	Educational Talk: Advance Directives
10:30 a.m. - 11:00 a.m.	Yoga	Educational Talk: Advance Directives
11:00 a.m. - 11:30 a.m.	Refreshing Hour	Refreshing Hour
11:30 a.m. - 12:00 p.m.	Bingo	Bingo
12:00 p.m. - 12:30 p.m.		
12:30 p.m. - 1:00 p.m.		

	Monday 23	Tuesday 24
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour
9:30 a.m. - 10:00 a.m.	Bingo	Bingo
10:00 a.m. - 10:30 a.m.	Salsa Class	Educational Talk: Resilience Category 5
10:30 a.m. - 11:00 a.m.		Educational Talk: Resilience Category 5
11:00 a.m. - 11:30 a.m.	Refreshing Hour	Refreshing Hour
11:30 a.m. - 12:00 p.m.	Bingo	Bingo
12:00 p.m. - 12:30 p.m.		
12:30 p.m. - 1:00 p.m.		

Wednesday 4	Thursday 5	Friday 6
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Tai Chi /Chi Kung	Zumba Class	Garment Making
Tai Chi /Chi Kung	Zumba Class	Garment Making
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo

Wednesday 11	Thursday 12	Friday 13
Refreshing Hour	Technology Workshop	Talk: In honor of parents by the Social Worker Abbiliz Borrero
Bingo		Father's Day Celebration
Nail painting Cinema		Parents' Bohemia
Nail painting		Bingo
Refreshing Hour	Refreshing Hour	
Bingo	Bingo	

Wednesday 18	Thursday 19	Friday 20
Refreshing Hour	Refreshing Hour	Domino
Bingo	Bingo	Garment Making
Tai Chi /Chi Kung	Zumba Class	Garment Making
Tai Chi /Chi Kung	Zumba Class	Domino
Refreshing Hour	Refreshing Hour	
Bingo	Bingo	

Wednesday 25	Thursday 26	Friday 27	Monday 30
Refreshing Hour	Refreshing Hour	Birthday Celebration of the Month	Talk: "How to stimulate the memory of an older adult?", by Social Worker Abbyliz Borrero
Bingo	Bingo		Guided Meditation Class
Crafts	Nail painting Cinema	Bohemia	Healthy Recipe
Crafts	Nail painting	Mega Bingo	Bingo
Refreshing Hour	Refreshing Hour		
Bingo	Bingo		



MCS Service Centers

AGUADILLA

Tuesday, June 3	Tuesday, June 10	Tuesday, June 17	Tuesday, June 24
<p>Tai Chi 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Bohemia in Celebration of Parents 10:00 a.m. a 11:00 a.m.</p> <p>Wellness Talk 11:00 a.m. a 12:00 p.m.</p>	<p>Art Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p> <p>Art Workshop 1:00 p.m. a 2:00 p.m.</p>	<p>Garment making and accessories 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p> <p>Garment making and accessories 1:00 p.m. a 2:00 p.m.</p>

ARECIBO

Wednesday, June 4	Friday, June 6	Wednesday, June 11	Friday, June 13
<p>Tai Chi 10:00 a.m. a 11:00 a.m.</p> <p>Domino 11:00 a.m. a 12:00 p.m.</p>	<p>Salsa and Guajira Class 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Breathing exercises 10:00 a.m. a 11:00 a.m.</p> <p>Bohemia in celebration of the Fathers 11:00 a.m. a 12:00 p.m.</p>	<p>Carpentry Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Domino 11:00 a.m. a 12:00 p.m.</p>
Wednesday, June 18	Friday, June 20	Wednesday, June 25	Friday, June 27
<p>Exercises to strengthen memory 10:00 a.m. a 11:00 a.m.</p> <p>Domino 11:00 a.m. a 12:00 p.m.</p>	<p>Garment making and accessories 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Yoga 10:00 a.m. a 11:00 a.m.</p> <p>Wellness Talk: "The art of resilience" 11:00 a.m. a 12:00 p.m.</p>	<p>Art Workshop 10:00 a.m. a 11:00 a.m.</p> <p>Domino 11:00 a.m. a 12:00 p.m.</p>

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MCS Service Centers

BAYAMÓN

Monday, June 2	Wednesday, June 4	Monday, June 9	Wednesday, June 11	Monday, June 16
Refreshing Hour 9:30 a.m. a 10:00 a.m. Tai Chi 10:00 a.m. a 11:00 a.m. Domino 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Salsa Class and Guajira 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Breathing exercises 10:00 a.m. a 11:00 a.m. Bohemia in celebration of the Fathers 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Carpentry Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Exercises to strengthen memory 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.
Wednesday, June 18	Monday, June 23	Wednesday, June 25	Monday, June 30	
Refreshing Hour 9:30 a.m. a 10:00 a.m. Wellness Talk: "Living with purpose" 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Yoga 10:00 a.m. a 11:00 a.m. Domino 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Garment making and accessories 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Art Workshop 10:00 a.m. a 11:00 a.m. Birthday Celebration of the Month 11:00 a.m. a 12:00 p.m.	

CAROLINA

Tuesday, June 3	Thursday, June 5	Thursday, June 12	Tuesday, June 17	Thursday, June 26
Refreshing Hour 9:30 a.m. a 10:00 a.m. Tai Chi 10:00 a.m. a 11:00 a.m. Domino 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Salsa Class and Guajira 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Breathing exercises 10:00 a.m. a 11:00 a.m. Bohemia in celebration of the Fathers 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Exercises to strengthen memory 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Garment making and accessories 10:00 a.m. a 11:00 a.m. Birthday Celebration of the Month 11:00 a.m. a 12:00 p.m.

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MCS Service Centers

MAYAGÜEZ

Tuesday, June 3	Thursday, June 5	Friday, June 6	Tuesday, June 10
Adapted self-defense class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Bohemia in celebration of the Fathers 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Dance Therapy 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Balance Training 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.
Thursday, June 12	Friday, June 13	Tuesday, June 17	Friday, June 20
Wellness Talk: "The importance of gratitude" 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Crafts Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Movement Routines with Neuroplasticity 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Salsa Class 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.
Tuesday, June 24	Thursday, June 26	Friday, June 27	
Cognitive Games in Motion Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Cine 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Crafts Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	

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MCS Service Centers

NEW MEMBERS

Aguadilla	Bayamón	Carolina
Tuesday, June 17	Wednesday, June 18	Tuesday, June 24
Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.

Plaza Las Américas	Mayagüez
Thursday, June 26	Friday, June 27
Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.	Entertainment activity 2:00 p.m. a 3:00 p.m. Benefits Guidance 3:00 p.m. a 4:00 p.m.

To participate in the activities or workshops you must reserve your space by calling Monday through Friday at **1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**



MAYAGÜEZ MALL				
We are located in front of JC Penny				
Monday, June 2	Wednesday, June 4	Monday, June 9	Wednesday, June 11	Monday, June 16
Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.
Wednesday, June 18	Monday, June 23	Wednesday, June 25	Monday, June 30	
Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	

PLAZA DEL CARIBE PONCE			
We are located on the first level, in front of Victoria's Secret			
Wednesday, June 4	Wednesday, June 11	Wednesday, June 18	Wednesday, June 25
Bohemia in celebration of parents 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.	Art Workshop 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.

To participate in the activities or workshops you must reserve your space by calling Monday through Friday at **1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**



Caregivers

Participate in educational talks focused on the needs of the caregiver and relaxation tools to improve your quality of life.

Aguadilla	Bayamón	Carolina
<p>Tuesday, June 10 2:00 p.m. a 4:00 p.m.</p>	<p>Wednesday, June 11 2:00 p.m. a 4:00 p.m.</p>	<p>Tuesday, June 17 2:00 p.m. a 4:00 p.m.</p>

Plaza Las Américas	Mayagüez
<p>Wednesday, June 25 2:00 p.m. a 4:00 p.m.</p>	<p>Thursday, June 26 2:00 p.m. a 4:00 p.m.</p>

To participate in the activities or workshops you must reserve your space by calling Monday through Friday at **1.877.501.5395** during the hours **8:00 a.m. to 4:30 p.m.**

VISIT OUR CUSTOMER SERVICE CENTERS



Aguadilla:

Aguadilla Mall, Carr. 2 km. 126.5 Local 3

Arecibo:

Galería Pacífico, carr.10Km. 85.7Bo. Tanamá

Bayamón:

Edificio San Miguel Plaza
Calle Las Rosas #2, Esq. Santa Cruz

Caguas:

Calle marginal Carr. 1 Km. 33.3
Sector Bairoa

Carolina:

Escorial Officer Building 1, Parque Escorial
1400 Ave. Sur Suite 100, Bo. San Antón

Fajardo:

Local 1 Ralph's Food Warehouse
Carr. 3, Esq. Calle Igualdad, Km. 45.5

Guayama:

Condominio Commerce Plaza #1
Carr. 3, Int, Carr. 54, Local 101-D

Manatí:

Centro Plaza, Carr. 2, Local 6

Mayagüez:

975 Ave. Eugenio María de Hostos,
Mayagüez, PR 00680

Ponce:

MCS Building
601 Ave. Tito Castro, Suite 105

San Juan:

MCS Plaza, 1er piso
Suite 105, 255 Ave. Ponce de León
Plaza Las Américas, segundo nivel

1.877.501.5395

(toll free)

1.866.627.8182

TTY (Hearing impaired)

Monday through Sunday from 8:00 a.m. to 8:00 p.m. from October 1 to March 31. Our hours from April 1 to September 30 are Monday through Friday from 8:00 a.m. to 8:00 p.m. and Saturday from 8:00 a.m. to 4:30 p.m.

Paid endorsement. MCS Classicare is an HMO plan subscribed by MCS Advantage, Inc. H5577_19090325_C

IMPORTANT NOTE: To be part of the exercise program, complete a liability release and medical certificate provided by the instructor. We encourage you to follow the hygiene practices recommended by the health authorities such as the use of hand sanitizer and keeping distance. Likewise, we recommend the use of masks in sports facilities and shopping centers. Exercise sessions are not offered on holidays celebrated by the Government of Puerto Rico in sports facilities. For special needs accommodations at meetings, call 1.866.627.8183 (Toll Free) or 1.866.627.8182 (TTY). October 1 - March 31: Monday through Sunday, 8:00 a.m. to 8:00 p.m. April 1 - September 30: Monday through Friday, 8:00 a.m. to 8:00 p.m. and Saturday, 8:00 a.m. to 4:30 p.m.