

# CLUB TE PAGA

## ACTIVITY CALENDAR

### FEBRUARY



**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.



## 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 and Friday

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

#### Monday and Tuesday

**Roger Mendoza Indoor Court, Engineer Complex**  
**Ángel O. Berrios,**  
Caguas - 9:30 a.m.

#### Monday & Wednesday

**Mayagüez Mall Shopping Center**  
(in front of the JC Penney store)  
Mayagüez - 9:00 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.



### Aqua aerobics

#### Tuesday and Thursday

**Maracuto Recreational Park Municipal Swimming Pools**  
Carolina - 8:30 a.m.

#### Wednesday

**Roger Mendoza Indoor Court, Engineer Complex**  
**Ángel O. Berrios,**  
Caguas - 9:30 a.m.



## 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.**

**February**  
Time: 9:00 a.m. - 11:00 a.m.

### Metro region

Tuesday  
4

**Connect to Your Health:**  
Use of Electronic Devices

Service Center, Plaza Las Americas

### Eastern region

Tuesday  
11

**Connect to Your Health:**  
Use of Electronic Devices

Recreational Center Urb. Villa Humacao

### Eastern region

Tuesday  
25

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

Recreational Center Urb. Villa Humacao

### Northern region

Thursday  
6

**Connect to Your Health:**  
Use of Electronic Devices

Service Center, Aguadilla

### Northern region

Thursday  
20

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

Service Center - Aguadilla

### Metro region

Thursday  
27

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

Service Center, Plaza Las Americas



## Technology workshops

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

### Get active from the beginning of the year to achieve your health goals

Learn strategies to keep your health conditions under control and continue living in complete health.



### Metro region

Friday  
14

Romano's Macaroni & Grill,  
Catalinas Mall, Caguas

### Eastern region

Friday  
21

P.F. Chang's, Plaza Las Américas,  
San Juan

### Western region

Wednesday  
26

Hotel Rincón of the Seas,  
Rincón

### Northern region

Friday  
28

Hotel El Buen Café, Hatillo

# FEBRUARY

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 3	Tuesday 4
9:00 a.m. - 9:30 a.m.	Refreshing Hour	MCS Technology Workshop
9:30 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	Bingo
11:00 a.m. - 11:30 a.m.	Yoga	
11:30 a.m. - 12:00 p.m.	Refreshing Hour	Domino
12:00 p.m. - 12:30 p.m.	Bingo	
12:30 p.m. - 1:00 p.m.	Bingo	
	Monday 10	Tuesday 11
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour Guided Meditation
9:30 a.m. - 10:00 a.m.	Bingo	
10:00 a.m. - 10:30 a.m.	Chachacha Class	Talk: Maintain your Cholesterol Levels
10:30 a.m. - 11:00 a.m.	Chachacha Class	
11:00 a.m. - 11:30 a.m.	Refreshing Hour	Refreshing Hour Guided Meditation
11:30 a.m. - 12:00 p.m.	Bingo	
12:00 p.m. - 12:30 p.m.	Bingo	
12:30 p.m. - 1:00 p.m.	Bingo	
	Monday 17	Tuesday 18
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour
9:30 a.m. - 10:00 a.m.	Bingo	
10:00 a.m. - 10:30 a.m.	Yoga	Flamenco Class
10:30 a.m. - 11:00 a.m.	Yoga	
11:00 a.m. - 11:30 a.m.	Refreshing Hour	Bingo
11:30 a.m. - 12:00 p.m.	Bingo	
12:00 p.m. - 12:30 p.m.	Bingo	
12:30 p.m. - 1:00 p.m.	Bingo	
	Monday 24	Tuesday 25
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour Guided Meditation
9:30 a.m. - 10:00 a.m.	Bingo	
10:00 a.m. - 10:30 a.m.	Yoga	Educational intervention: Optimize your Mental Health
10:30 a.m. - 11:00 a.m.	Yoga	
11:00 a.m. - 11:30 a.m.	Refreshing Hour	Tal: Optimize your Metal Health
11:30 a.m. - 12:00 p.m.	Bingo	
12:00 p.m. - 12:30 p.m.	Bingo	
12:30 p.m. - 1:00 p.m.	Bingo	

Wednesday 5	Thursday 6	Friday 7
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Tai Chi	Zumba Class	Garment manufacturing & accessories
Tai Chi	Zumba Class	Garment manufacturing & accessories
Refreshing Hour	Refreshing Hour	Refreshing Hour
Bingo	Bingo	Bingo
Wednesday 12	Thursday 13	Friday 14
Refreshing Hour Bingo	Refreshing Hour Bingo	Friendship Trivia
Crafts	Nail painting	Celebrating with the King and Queen of Valentine's Day
Crafts	Nail painting	Bohemia of love
Refreshing Hour Bingo	Refreshing Hour Bingo	Mega Bingo
Wednesday 19	Thursday 20	Friday 21
Refreshing Hour Bingo	Refreshing Hour	Refreshing Hour Bingo
Refreshing Hour	Bingo	Garment manufacturing & accessories
Tai Chi	Zumba Class	Garment manufacturing & accessories
Tai Chi	Zumba Class	Garment manufacturing & accessories
Refreshing Hour	Refreshing Hour	Refreshing Hour Bingo
Refreshing Hour Bingo	Bingo	Refreshing Hour Bingo
Wednesday 26	Thursday 27	Friday 28
Bingo	MCS Technology Workshop	Refreshing Hour
Refreshing Hour		Trivia: Guess, Guesser
Zumba Class		Birthday of the Month Celebration
Zumba Class	Memory Games	Music of yesterday
Refreshing Hour		Mega Bingo
Bingo	Refreshing Hour & Bingo	Mega Bingo



**MCS Service Centers**

**AGUADILLA**

Tuesday, February 4	Tuesday, February 11	Tuesday, February 18	Tuesday, February 25
<b>Bohemia Month of Lovers</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Handicrafts Workshop</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Welcome activity for new members: entertainment, chat and games</b> 9:00 a.m. a 10:00 a.m. <b>Art Workshop</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m. <b>Art Workshop</b> 1:00 p.m. a 2:00 p.m.	<b>Garment manufacturing and accessories</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m. <b>Garment manufacturing and accessories</b> 1:00 p.m. a 2:00 p.m.

**ARECIBO**

Wednesday, February 5	Friday, February 7	Wednesday, February 12	Friday, February 14
<b>Tai Chi</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Yoga</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Clay Art Workshop</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Garment manufacturing and accessories</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.
Wednesday, February 19	Friday, February 21	Wednesday, February 26	Friday, February 28
<b>Salsa Class</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Welcome activity for new members: entertainment, chat and games</b> 10:00 a.m. a 11:00 a.m. <b>Bohemia Month of Lovers</b> 11:00 a.m. a 12:00 p.m.	<b>Flamenco Class</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Chinchorreo virtual</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.

**BAYAMÓN**

Monday, February 3	Wednesday, February 5	Monday, February 10	Wednesday, February 12
<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Tai Chi</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Yoga</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Clay Art Workshop</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Garment manufacturing and accessories</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.

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**MCS Service Centers**

**BAYAMÓN**

Wednesday, February 19	Monday, February 24	Wednesday, February 26
<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Welcome activity for new members: entertainment, chat and games</b> 10:00 a.m. a 11:00 a.m. <b>Bohemia Month of Lovers</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Tai Chi</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Bellydance Class</b> 10:00 a.m. a 11:00 a.m. <b>Birthday celebration</b> 11:00 a.m. a 12:00 p.m.

**CAROLINA**

Tuesday, February 4	Thursday, February 6	Tuesday, February 11	Thursday, February 13
<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Yoga</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Tai Chi</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Clay Art Workshop</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Art Workshop</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.
Tuesday, February 18	Thursday, February 20	Tuesday, February 25	Thursday, February 27
<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Garment manufacturing and accessories</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Welcome activity for new members: entertainment, chat and games</b> 10:00 a.m. a 11:00 a.m. <b>Bohemia Month of Lovers</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Bellydance Class</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Refreshing Hour</b> 9:30 a.m. a 10:00 a.m. <b>Chinchorreo virtual</b> 10:00 a.m. a 11:00 a.m. <b>Birthday celebration</b> 11:00 a.m. a 12:00 p.m.

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**Wellness, bohemian, games and other initiatives.**

<b>MAYAGÜEZ MALL - We are located in front of JC Penny</b>			
Monday, February 3	Wednesday, February 5	Monday, February 10	Wednesday, February 12
<b>Tai Chi</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Yoga</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Bohemia Month of Lovers</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Salsa Class</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.
Wednesday, February 19	Monday, February 24	Wednesday, February 26	
<b>Yoga</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Tai Chi</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Flamenco Class</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	

<b>PLAZA DEL CARIBE PONCE</b>			
<b>We are located on the first level, in front of Victoria's Secret</b>			
Wednesday, February 5	Wednesday, February 12	Wednesday, February 19	Wednesday, February 26
<b>Bellydancing Class</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Art workshop</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Yoga</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.	<b>Bohemia Month of Lovers</b> 10:00 a.m. a 11:00 a.m. <b>Bingo</b> 11:00 a.m. a 12:00 p.m.

Tuesday, February 4	Thursday, February 6
<b>Ceiba Public Plaza</b> 9:00 a.m. - 12:00 p.m.	<b>Barranquitas Public Plaza</b> 9:00 a.m. - 12:00 p.m.
Tuesday, February 11	Thursday, February 13
<b>Aibonito Public Plaza</b> 9:00 a.m. - 12:00 p.m.	<b>Corozal Public Plaza</b> 9:00 a.m. - 12:00 p.m.
Tuesday, February 18	Thursday, February 20
<b>Quebradillas Public Plaza</b> 9:00 a.m. - 12:00 p.m.	<b>Cayey Public Plaza</b> 9:00 a.m. - 12:00 p.m.
Tuesday, February 25	Thursday, February 27
<b>Cabo Rojo Public Plaza</b> 9:00 a.m. - 12:00 p.m.	<b>Utua Public Plaza</b> 9:00 a.m. - 12:00 p.m.

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# 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:**

Edificio Santander Security Plaza  
349 Ave. Hostos, Suite 103

## **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\_15190125\_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.