



CALENDAR OF ACTIVITIES

JULY - SEPTEMBER



ISLAND VERSION

2025



Exercises Program

Spaces limited

Exercise with your friends from Club Te Paga to achieve your wellness goals



MONDAY TO WEDNESDAY

VARIED MODALITY

Plaza del Caribe
First Level
in front of the
Leones de Ponce store
(Pharmamax and Me Salvé hallway)
Ponce - 7:30 a.m.

VARIED MODALITY

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

VARIED MODALITY

Salvation Army
Mayagüez - 9:00 a.m.
Starting August 4

MONDAY AND TUESDAY

VARIED MODALITY

Cancha bajo techo
Roger Mendoza,
Complejo Ingeniero
Ángel O. Berrios,
Caguas - 9:30 a.m.
Starting August 12

TUESDAY AND THURSDAY

VARIED MODALITY

Urb. Estancias de San Pedro
Community Center
Fajardo - 9:00 a.m.
Starting July 1

WEDNESDAY

ACUAEROBICS

Indoor court
Roger Mendoza
Engineer Complex
Angel O. Berrios,
Caguas - 9:30 a.m.
Starting August 12



MCS Club Te Paga is a unique experience where we wait for you with programs to care for your well-being and complete health designed especially for you.

Here you will find:

- ✓ **Exercise classes** to keep you active and energized: Tai-Chi, Zumba, Aqua Aerobics and Yoga!
- ✓ **Music and dance** so you can let out your rhythm, while you exercise and enjoy unforgettable moments.
- ✓ **Entertainment for all tastes:** Bingo, board games and movies for you to share with new friends.
- ✓ **Wellness workshops** in which you will learn the best practices to prevent illnesses and manage your health conditions.

Reserve your space in the different activities

To reserve your space and participate, call: **1.877.501.5395** (toll-free) or **1.866.627.8182** TTY (hearing impaired) **Monday through Friday from 8:00 a.m. to 5:00 p.m. to 4:30 p.m.** These activities have limited capacity. Registration is required to participate.

Join the Te Paga Club on Facebook

- 1 Enter the Facebook application from your cell phone or computer
- 2 Search **MCS, club te paga**
- 3 Press the JOIN button and...Done!

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





MCS club te paga

Wellness Workshops

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

August



Topic: Neurodegenerative conditions

Learn about the different conditions and discover how to protect yourself and delay the deterioration of the mind.

8

Southern Region

Rest. Romano's
Macarroni & Grill,
Plaza del Caribe, Ponce

13

Eastern Region

Club Fraternos
de Aguas Buenas

20

Northern Region

Club Rotario,
Manatí

22

Western Region

Rest. Romano's
Macarroni & Grill,
Mayaguez Mall

September



Topic: Financial Health

Participate in this workshop in which an expert will teach you different recommended practices to keep your finances healthy during this stage of your life.

5

Eastern Region

Rest. Romano's
Macarroni & Grill,
Centro Comercial Shop
@ Caguas

10

Northern Region

Hotel Marriott
Courtyard,
Base Ramey, Aguadilla

12

Southern Region

Hotel Costa Bahía,
Guayanilla

Nutrition Workshops

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



Topic: Save time and money with healthy eating

Participate in our nutrition workshops where you will learn to prepare foods that will help you save time and money, while maintaining a healthy diet.

July

23

Western Region

Rest. Romano's Macarroni
& Grill, Mayaguez Mall

31

Eastern Region

Villa Humacao Community Center

August

21

Northern Region

Parador
El Buen Café,
Hatillo

September

26

Northern Region

Hotel Marriott
Courtyard,
Base Ramey,
Aguadilla

MCS club te paga

Technology Workshops



You will learn about the use of your smartphone, we will guide you in using the **Mi MCS** application and you will learn how to safely navigate the internet.

Requirement: have a smartphone with internet service.

9:00 a.m. - 11:00 a.m.

Topic: Connect with your health: Use of electronic devices

August

5

Southern Region

Service Center,
Ponce

12

Western Region

Service Center,
Mayaguez Mall

September

9

Northern Region

Service Center,
Aguadilla

11

Eastern Region

Villa Humacao
Recreation Center

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

August

19

Southern Region

Service Center,
Ponce

26

Western Region

Service Center,
Mayaguez Mall

September

18

Northern Region

Service Center,
Aguadilla

23

Eastern Region

Villa Humacao
Recreation Center

JULY		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.			
		Monday, June 30		Tuesday, 1	
Region	Western region	Northern region	Western region	Holiday	
Place	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez		
10:00 a.m. - 11:00 a.m.	Tai Chi	Educational Talk	Exercises with Elastic Bands		
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Bingo		
		Monday, 7		Tuesday, 8	
Region	Western region	Northern region	Western region	Holiday	
Place	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez		
10:00 a.m. - 11:00 a.m.	Tai Chi	Documentary “Hack your health - The secrets from your intestine	Dance Therapy		
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Bingo		
		Monday, 14		Tuesday, 15	
Region	Western region	Northern region	Western region	Holiday	
Place	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez		
10:00 a.m. - 11:00 a.m.	Tai Chi	Wellness Talk	Documentary “Hack your health - The secrets from your intestine		
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Bingo		
		Monday, 21		Tuesday, 22	
Region	Western region	Northern region	Western region	Holiday	
Lugar	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez		
10:00 a.m. - 11:00 a.m.	Tai Chi	Crafts Workshop	Wellness Talk		
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Bingo		
1:00 p.m. - 2:00 p.m.		Crafts Workshop			
		Monday, 28		Tuesday, 29	
Region	Western region	Northern region	Western region	Holiday	
Place	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez		
10:00 a.m. - 11:00 a.m.	Tai Chi	Garment making	Balance Training		
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Bingo		
1:00 p.m. - 2:00 p.m.		Garment making			
		Wednesday, 2		Thursday, 3	Viernes, 4
Northern region	Región sur	Western region	Western region	Holiday	
Centro de Servicio Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez		
Crafts Workshop	Yoga	Yoga	Educational Talk		
Bingo	Educational Talk	Bingo	Bingo		
		Wednesday, 9		Thursday, 10	Friday, 11
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Yoga	Tai Chi	Yoga	Movement Routines with Neuroplasticity	Flamenco Class	Bachata Class
Educational Talk	Bingo	Bingo	Bingo	Bingo	Bingo
		Wednesday, 16		Thursday, 17	Friday, 18
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Tai Chi	Breathing exercises	Yoga	Crafts Workshop	Wellness Talk	Salsa Class
Bingo	Wellness Talk	Bingo	Bingo	Bingo	Bingo
		Wednesday, 23		Thursday, 24	Friday, 25
Northern region	Southern region	Western region	Western region	Holiday	
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez		
Ejercicios de respiración	Crafts Workshop	Yoga	Cognitive games in motion workshop		
Wellness Talk	Bingo	Bingo	Bingo		
		Wednesday, 30		Thursday, 31	Friday, August 1
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Garment making	Flamenco Class	Yoga	Crafts Workshop	Yoga	Zumba
Bingo	Bingo	Bingo	Bingo	Bingo	Bingo

AUGUST

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.**

	Monday, 4	Tuesday, 5	
Region	Western region	Northern region	Western region
Place	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez
10:00 a.m. - 11:00 a.m.	Tai Chi	Candle creation	Educational Talk
11:00 a.m. - 12:00 p.m.	Bingo		Bingo

Wednesday, 6			Thursday, 7	Friday, 8	
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Breathing exercises	Tai Chi	Yoga	Cognitive games workshop in motion	Watercolor Workshop	Crafts Workshop
Bingo	Bingo	Bingo	Bingo		

	Monday, 11	Tuesday, 12
Region	Western region	Northern region
Place	Mayagüez Mall	Service Center, Aguadilla
10:00 a.m. - 11:00 a.m.	Tai Chi	Wellness Talk
11:00 a.m. - 12:00 p.m.	Bingo	Bingo

Wednesday, 13			Thursday, 14	Friday, 15	
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Candle creation	Pilates	Yoga	Balance training	Tai Chi	Wellness Talk
	Wellness Talk	Bingo	Bingo	Educational Talk	Bingo

	Monday, 18	Tuesday, 19	
Region	Western region	Northern region	Western region
Place	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez
10:00 a.m. - 11:00 a.m.	Tai Chi	Art Workshop	Candle creation
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	
1:00 p.m. - 2:00 p.m.		Art Workshop	

Wednesday, 20			Thursday, 21	Friday, 22	
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Salsa Class	Watercolor Workshop	Yoga	Educational Talk	Wellness Talk	Pastry Recipes
Bingo	Bingo	Bingo	Bingo	Bingo	

	Monday, 25	Tuesday, 26
Region	Western region	Northern region
Place	Mayagüez Mall	Service Center, Aguadilla
10:00 a.m. - 11:00 a.m.	Tai Chi	Manufacture of garments and accessories
11:00 a.m. - 12:00 p.m.	Bingo	Bingo
1:00 p.m. - 2:00 p.m.		Manufacture of garments and accessories

Wednesday, 27			Thursday, 28	Friday, 29	
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Manufacture of garments and accessories	Breathing Exercises	Yoga	Salsa Class	Zumba	Wellness Talk
	Educational Talk	Bingo	Bingo	Bingo	Bingo

SEPTEMBER

	Monday, 1	Tuesday, 2	
Region	Holiday	Northern region	Western region
Place		Service Center, Aguadilla	Service Center, Mayagüez
10:00 a.m. - 11:00 a.m.		Wellness Talk	Salsa Class
11:00 a.m. - 12:00 p.m.		Bingo	Bingo

	Monday, 8	Tuesday, 9
Region	Western region	Western region
Place	Mayagüez Mall	Service Center, Mayagüez
10:00 a.m. - 11:00 a.m.	Tai Chi	Yoga
11:00 a.m. - 12:00 p.m.	Bingo	Bingo

	Monday, 15	Tuesday, 16	
Region	Western region	Northern region	Western region
Place	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez
10:00 a.m. - 11:00 a.m.	Tai Chi	Educational Talk	Merengue Class
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Bingo

	Monday, 22	Tuesday, 23	
Region	Western region	Northern region	Western region
Place	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez
10:00 a.m. - 11:00 a.m.	Tai Chi	Art Workshop	Wellness Talk
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Bingo
1:00 p.m. - 2:00 p.m.		Art Workshop	

	Monday, 29	Tuesday, 30	
Region	Western region	Northern region	Western region
Place	Mayagüez Mall	Service Center, Aguadilla	Service Center, Mayagüez
10:00 a.m. - 11:00 a.m.	Tai Chi	Garment making	Guajira Class
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Bingo
1:00 p.m. - 2:00 p.m.		Garment making	

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Wednesday, 3			Thursday, 4	Friday, 5	
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Educational Talk	Tai Chi	Yoga	Wellness Talk	Yoga	Crafts Workshop
Bingo	Bingo	Bingo	Bingo	Bingo	Bingo

Wednesday, 10			Thursday, 11	Friday, 12	
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Tai Chi	Flamenco Class	Yoga	Flamenco Class	Belly Dance Class	Educational Talk
Bingo	Bingo	Bingo	Bingo	Bingo	Bingo

Wednesday, 17			Thursday, 18	Friday, 19	
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Merengue Class	Tai Chi	Yoga	Wellness Talk	Salsa Class	Crafts Workshop
Wellness Talk	Bingo	Bingo	Bingo	Bingo	Bingo

Wednesday, 24			Thursday, 25	Friday, 26	
Northern region	Southern region	Western region	Western region	Northern region	Western region
Service Center, Arecibo	Plaza del Caribe, Ponce	Mayagüez Mall	Service Center, Mayagüez	Service Center, Arecibo	Service Center, Mayagüez
Flamenco Class	Pilates	Yoga	Salsa Class	Garment making	Bachata Class
Bingo	Bingo	Bingo	Bingo		Bingo



Aguadilla Mall, Carr. 2 km. 126.5 Local 3

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

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

Calle marginal Carr. 1 Km. 33.3
Sector Bairoa

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

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

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

Centro Plaza, Carr. 2, Local 6

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

MCS Building
601 Ave. Tito Castro, Suite 105

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 22540625 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.