

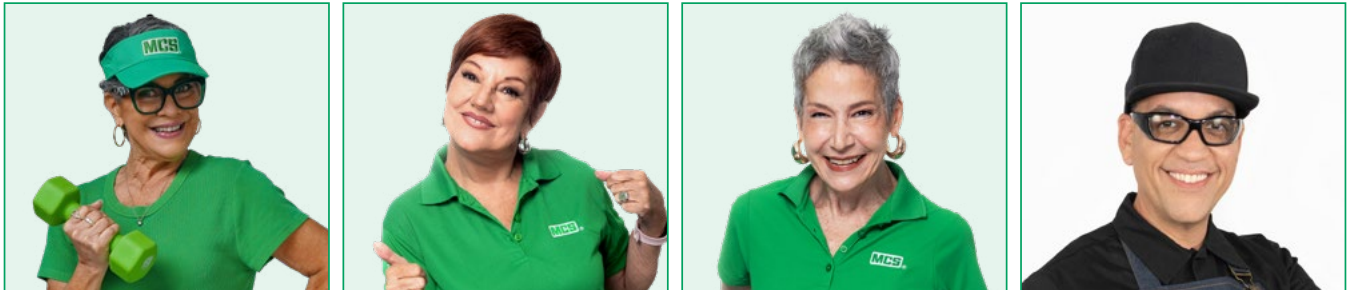
CLUB TE PAGA

ACTIVITY CALENDAR

MARCH



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 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.

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

Northern region

Tuesday
4

Connect to Your Health:
Use of Electronic Devices

Service Center, Bayamón

Northern region

Tuesday
11

Connect to Your Health:
Use of Electronic Devices

Naranjito PANI Organization
(Former Felipa Sánchez Cruzado School, Naranjito)

Western region

Thursday
20

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

Service Center, Mayagüez

Western region

Thursday
6

Connect to Your Health:
Use of Electronic Devices

Service Center, Mayagüez

Northern region

Tuesday
18

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

Service Center, Bayamón

Northern region

Tuesday
25

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

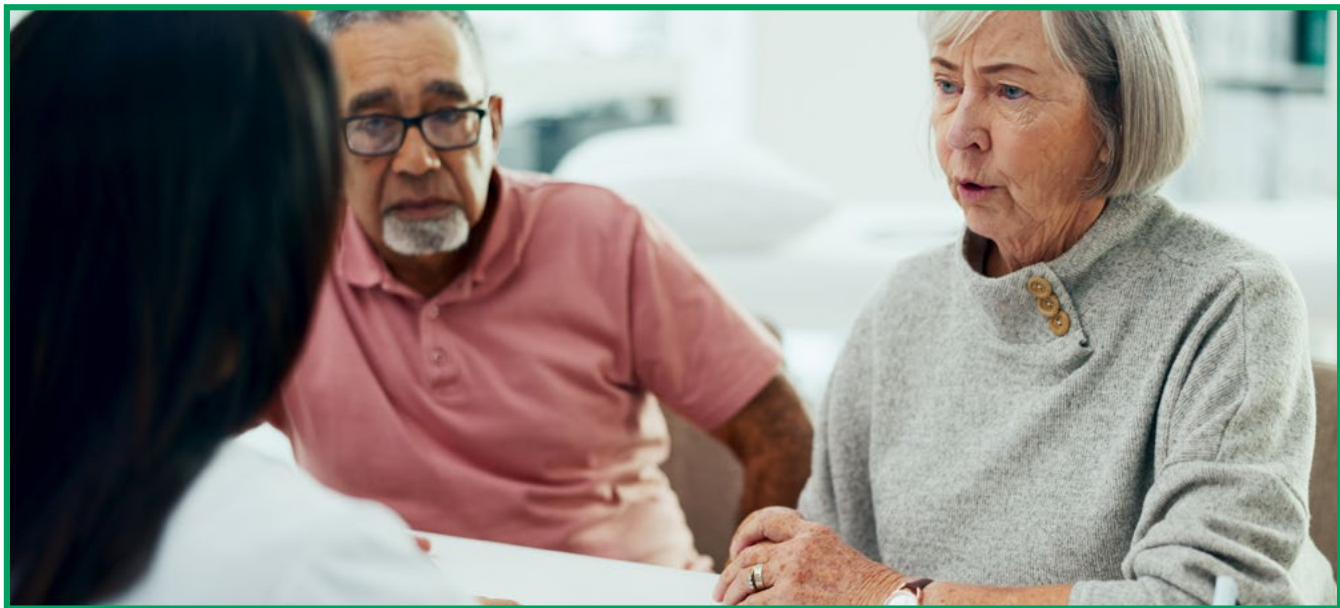
Naranjito PANI Organization
(Former Felipa Sánchez Cruzado School, Naranjito)

Technology workshops

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

Early Detection: The Key to Better Treatment

Learn about the different types of cancer and how your lifestyle and actions can make a big difference for detection and treatments.



Northern region

Wednesday



Marriott Courtyard,
Base Ramey, Aguadilla

Northern region

Friday



Salón Imperial, Toa Alta
(Senda Antigua church property)

Southern region

Wednesday



Hotel Costa Bahía,
Guayanilla

Eastern Region

Friday



Hacienda Muñoz,
San Lorenzo

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	Refreshing Hour
9:30 a.m. - 10:00 a.m.	Bingo	Bingo
10:00 a.m. - 10:30 a.m.	Yoga	Educational Talk: Up to date with your medications
10:30 a.m. - 11:00 a.m.		
11:00 a.m. - 11:30 a.m.	Yoga	Educational Talk: Up to date with your medications
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	
	Monday 10	Tuesday 11
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.	Yoga	Educational Talk: Hypothyroidism, all you need to know
10:30 a.m. - 11:00 a.m.		
11:00 a.m. - 11:30 a.m.	Yoga	Educational Talk: Hypothyroidism, all you need to know
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	Guided Meditation Class
	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	Guided Meditation Class
10:00 a.m. - 10:30 a.m.	Yoga	Educational Talk: Colon Cancer Prevention
10:30 a.m. - 11:00 a.m.		
11:00 a.m. - 11:30 a.m.	Yoga	Educational Talk: Colon Cancer Prevention
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	Guided Meditation Class
	Monday 24	Tuesday 25
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.	Yoga	Virtual Chinchorro
10:30 a.m. - 11:00 a.m.		
11:00 a.m. - 11:30 a.m.	Yoga	Virtual Chinchorro
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	Guided Meditation Class

Wednesday 5	Thursday 6	Friday 7	
Refreshing Hour	Refreshing Hour	Talk: Susan Sonni "The power of being a woman"	
Bingo	Bingo		
Tai Chi /Chi Kung	Zumba Class	Honoring outstanding CTP women	
Tai Chi /Chi Kung	Zumba Class	Music of yesterday	
Refreshing Hour	Refreshing Hour		
Bingo	Bingo	Mega Bingo	
Wednesday 12	Thursday 13	Friday 14	
Refreshing Hour	Refreshing Hour	Refreshing Hour	
Bingo	Bingo	Bingo	
Crafts	Zumba Class	Garment Manufacturing	
Crafts	Zumba Class	Garment Manufacturing	
Refreshing Hour	Refreshing Hour	Refreshing Hour	
Bingo	Bingo	Bingo	
Wednesday 19	Thursday 20	Friday 21	
Refreshing Hour	Refreshing Hour	Refreshing Hour	
Bingo	Bingo	Bingo	
Refreshing Hour	Pump Class	Garment Manufacturing	
Tai Chi /Chi Kung			
Tai Chi /Chi Kung	Pump Class	Garment Manufacturing	
Refreshing Hour	Refreshing Hour		
Bingo	Bingo	Refreshing Hour	
		Bingo	
Wednesday 26	Thursday 27	Friday 28	Monday 31
Refreshing Hour	Refreshing Hour	Health Rhythms	Refreshing Hour
Bingo	Bingo		
Belly Dancing Class	Nail painting	Birthday of the Month Celebration	Yoga
Belly Dancing Class	Nail painting		
Refreshing Hour	Refreshing Hour	Bohemia of yesterday	Yoga
Bingo	Refreshing Hour	Mega Bingo	Refreshing Hour
	Bingo		



MCS Service Centers

AGUADILLA

Tuesday, March 4	Tuesday, March 11	Tuesday, March 18	Tuesday, March 25
<p>Handicrafts 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>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 and accessory manufacturing 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p> <p>Garment and accessory manufacturing 1:00 p.m. a 2:00 p.m.</p>

ARECIBO

Wednesday, March 5	Friday, March 7	Wednesday, March 12	Friday, March 14
<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>Wellness Talk Social Worker Abbiliz Borrero 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>Exercises to strengthen memory 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>
Wednesday, March 19	Friday, March 21	Wednesday, March 26	Friday, March 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>Handicrafts 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 and accessory manufacturing 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 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>

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MCS Service Centers

BAYAMÓN				
Monday, March 3	Wednesday, March 5	Monday, March 10	Wednesday, March 12	Monday, March 17
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. Handicrafts 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. 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. Yoga 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.
Wednesday, March 19	Monday, March 24	Wednesday, March 26	Monday, March 31	
Refreshing Hour 9:30 a.m. a 10:00 a.m. Wellness Talk Social Worker Abbiliz Borrero 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. Pump 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. 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. Garment and accessory manufacturing 10:00 a.m. a 11:00 a.m. Birthday of the Month Celebration 11:00 a.m. a 12:00 p.m.	

CAROLINA			
Tuesday, March 4	Thursday, March 6	Tuesday, March 11	Thursday, March 13
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. Handicrafts 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. 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. Tai Chi 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.
Tuesday, March 18	Thursday, March 20	Tuesday, March 25	Thursday, March 27
Refreshing Hour 9:30 a.m. a 10:00 a.m. Wellness Talk Social Worker Abbiliz Borrero 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. 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.	Refreshing Hour 9:30 a.m. a 10:00 a.m. Garment and accessory manufacturing 10:00 a.m. a 11:00 a.m. Birthday of the Month Celebration 11:00 a.m. a 12:00 p.m.

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MCS Service Centers

Mayagüez			
Tuesday, March 4	Thursday, March 6	Friday, March 7	Tuesday, March 11
<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>	<p>Wellness Talk Social Worker Abbiliz Borrero 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</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>Balance Training 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>
Thursday, March 13	Friday, March 14	Tuesday, March 18	Thursday, March 20
<p>Flamenco class 0:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Handicrafts Workshop 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>Wellness Talk 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>
Friday, March 21	Tuesday, March 25	Thursday, March 27	Friday, March 28
<p>Salsa Class 0:00 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>	<p>Movie 10:00 a.m. a 11:00 a.m. Bingo 11:00 a.m. a 12:00 p.m.</p>	<p>Handicrafts 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

Aguadilla Tuesday, March 11	Carolina Tuesday, March 18	Arecibo Wednesday, March 19
<p>Yoga 2:00 p.m. a 3:00 p.m. Benefit Orientation Talks 3:00 p.m. a 4:00 p.m.</p>	<p>Yoga 2:00 p.m. a 3:00 p.m. Benefit Orientation Talks 3:00 p.m. a 4:00 p.m.</p>	<p>Yoga 2:00 p.m. a 3:00 p.m. Benefit Orientation Talks 3:00 p.m. a 4:00 p.m.</p>
Mayagüez Thursday, March 20	Bayamón Wednesday, March 26	Plaza Las Américas Thursday, March 27
<p>Yoga 2:00 p.m. a 3:00 p.m. Benefit Orientation Talks 3:00 p.m. a 4:00 p.m.</p>	<p>Yoga 2:00 p.m. a 3:00 p.m. Benefit Orientation Talks 3:00 p.m. a 4:00 p.m.</p>	<p>Yoga 2:00 p.m. a 3:00 p.m. Benefit Orientation Talks 3:00 p.m. a 4:00 p.m.</p>



Caregivers

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

Tuesday, March 4	Wednesday, March 12	Thursday, March 20	Friday, March 28	Monday, March 31
Aguadilla Service Center 2:00 p.m. - 4:00 p.m.	Plaza Las Américas Service Center 2:00 p.m. - 4:00 p.m.	Carolina Service Center 2:00 p.m. - 4:00 p.m.	Mayagüez Service Center 2:00 p.m. - 4:00 p.m.	Bayamón Service Center 2:00 p.m. - 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, March 3	Wednesday, March 5	Monday, March 10	Wednesday, March 12	Monday, March 17
<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>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>Tai Chi 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>
Wednesday, March 19	Monday, March 24	Wednesday, March 26	Monday, March 31	
<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>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>Tai Chi 10:00 a.m. a 11:00 a.m.</p> <p>Bingo 11:00 a.m. a 12:00 p.m.</p>	

PLAZA DEL CARIBE PONCE

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

Wednesday, March 5	Wednesday, March 12	Wednesday, March 19	Wednesday, March 26
<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>Salsa Class 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>

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Limited space



Wellness, games and other initiatives.

Monday, March 3	Monday, March 3	Monday, March 3	Monday, March 3
Orocovis Public Plaza	Ceiba Public Plaza	Cabo Rojo Public Plaza	Florida Public Plaza
Monday, March 3	Monday, March 3	Tuesday, March 4	Wednesday, March 5
Maunabo Public Plaza	In front of Banco Popular, Cidra	Ponce Public Plaza	Aguada Public Plaza
Thursday, March 6	Friday, March 7	Wednesday, March 12	Wednesday, March 12
Cooperative of Guayanilla	San Sebastián Public Plaza	Mayagüez Public Plaza	Florida Public Plaza
Wednesday, March 19	Wednesday, March 19	Wednesday, March 19	Wednesday, March 19
Ceiba Public Plaza	Florida Public Plaza	Maunabo Public Plaza	In front of Banco Popular, Cidra
Wednesday, March 26	Wednesday, March 26	Wednesday, March 26	Wednesday, March 26
Cooperative of Ciales	Florida Public Plaza	Maunabo Public Plaza	In front of Banco Popular, Cidra

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_16220225_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.