



**CALENDAR OF  
ACTIVITIES**

**FEBRUARY**

**2026**

Requires  
reserving  
space



## Workshops 8:00 a.m. to 11:00 a.m.

### FEBRUARY

#### Wellness workshops



#### Start 2026 off on the right foot!

Learn best practices for preventing complications and keeping your health conditions under control so you can continue to enjoy good health.



Romano's Macaroni, Ponce



Punta Borinquen Resort, Aguadilla



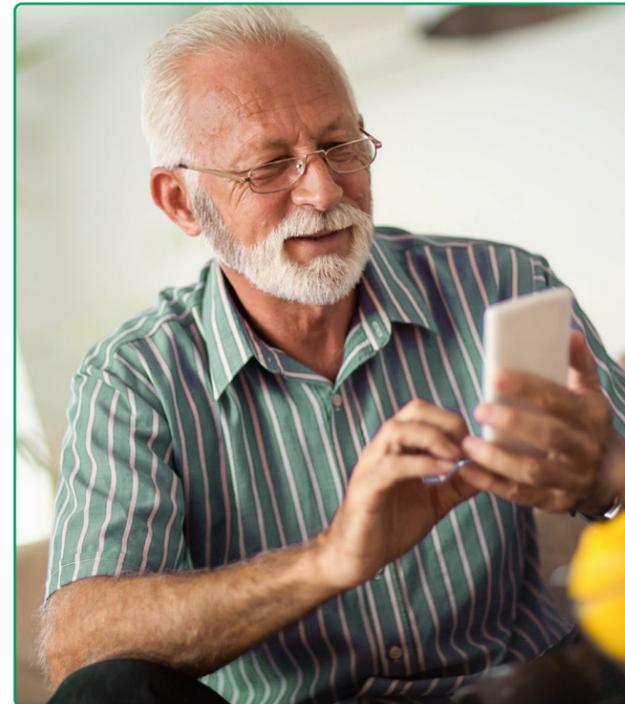
PF. Chang's, San Juan



Romano's Macaroni, Mayagüez

## Technology workshops

8:00 a.m. to 11:00 a.m.



Connect with your health:  
using electronic devices



MCS Service  
Center,  
San Juan



MCS Service  
Center,  
Aguadilla



EDP University,  
Humacao

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



MCS Service  
Center,  
San Juan



MCS Service  
Center,  
Aguadilla



EDP University,  
Humacao



## Exercise program

### VARIED EXERCISES

Place	Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bayamón</b>						
Mario Gastambide Line Park	8:30 a.m.					
<b>Canóvanas</b>						
The Outlet at Route 66	9:00 a.m.					
<b>Caguas</b>						
Roger Mendoza Indoor Court, Angel O. Berrios Complex	9:30 a.m.					
<b>Carolina</b>						
Plaza Carolina (Central Atrium)	9:00 a.m.					
Julia de Burgos Park Phase 5 (Gazebo)	7:00 a.m.					
<b>Mayagüez</b>						
Mayagüez Mall (across from JC Penney)	9:00 a.m.					
<b>Ponce</b>						
Plaza del Caribe (Pending)	9:00 a.m.					
<b>San Juan</b>						
Plaza Las Américas (2nd floor in the hallway near the movie theater)	7:30 a.m.					
The Mall of San Juan (Central Atrium)	9:00 a.m.					
Cancha Commonwealth (Roosevelt community)	6:00 p.m.					
Cancha Urb. Highland Park, Rio Piedras	6:00 p.m.					

### ACUEROBICS

Place	Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Caguas</b>						
Municipal Swimming Pools, located in the Angel O. Berrios Complex	9:30 a.m.					
<b>Carolina</b>						
Municipal Swimming Pools Maracuto Recreational Park	8:30 a.m.					
<b>Mayagüez</b>						
The Salvation Army	9:00 a.m.					



	Monday, 2	Tuesday, 3	Wednesday, 4	Thursday, 5	Friday, 6		
9:00 a.m. - 9:15 a.m.		Zumba class	Refreshing time	Movement routines with neuroplasticity			
9:15 a.m. - 10:00 a.m.			Bingo				
10:00 a.m. - 10:30 a.m.		Guided Meditation Class	Talk: "Warning signs: how to identify and prevent fraud"				
10:30 a.m. - 11:00 a.m.							
11:00 a.m. - 11:30 a.m.		MCS Talk: Keep Your Heart Healthy	Talk: "Warning signs: how to identify and prevent fraud"				
11:30 a.m. - 12:00 p.m.							
12:00 p.m. - 12:30 p.m.		Refreshing time	Refreshing time				
12:30 p.m. - 1:00 p.m.		Bingo	Bingo				
2:00 p.m. - 2:30 p.m.		Refreshing time and Bingo					
2:30 p.m. - 3:30 p.m.		Yoga class					
3:30 p.m. - 4:30 p.m.	Yoga class						
4:30 p.m. - 5:00 p.m.	Refreshing time and Bingo						
	Monday, 9	Tuesday, 10	Wednesday, 11	Thursday, 12	Friday, 13		
9:00 a.m. - 9:30 a.m.	Refreshing time	Tai Chi class	Refreshing time	Share your story	Refreshing time		
9:30 a.m. - 10:00 a.m.	Bingo		Bingo	Celebration with the King and Queen of Valentine's Day	MCS Educational Capsule		
10:00 a.m. - 10:30 a.m.	Yoga class		Art workshop		Candle workshop		
10:30 a.m. - 11:00 a.m.	Yoga class		Art workshop				
11:00 a.m. - 11:30 a.m.	Yoga class		MCS Talk: Keep Your Heart Healthy	Refreshing time	Bingo		
11:30 a.m. - 12:00 p.m.	Refreshing time		Refreshing time				
12:00 p.m. - 12:30 p.m.	Bingo		Bingo	Bingo	Refreshing time		
12:30 p.m. - 1:00 p.m.					Bingo		
	Monday, 16		Tuesday, 17	Wednesday, 18	Thursday, 19	Friday, 20	
9:00 a.m. - 9:30 a.m.	Yoga class			Refreshing time	Zumba class		
9:30 a.m. - 10:00 a.m.				Bingo			
10:00 a.m. - 10:30 a.m.		Refreshing time		Yoga class			
10:30 a.m. - 11:00 a.m.		Health Rhythms		Yoga class			Film: "A Cultural Journey"
11:00 a.m. - 11:30 a.m.		Trivia and memory games					
11:30 a.m. - 12:00 p.m.				Refreshing time			Belly Dancing class
12:00 p.m. - 12:30 p.m.		Bingo		Bingo			Dominoes game
12:30 p.m. - 1:00 p.m.							
2:00 p.m. - 3:00 p.m.				Tai Chi class			
3:00 p.m. - 4:00 p.m.				Movement routines with neuroplasticity			
4:00 p.m. - 5:00 p.m.		MCS Talk: Keep Your Heart Healthy					
	Monday, 23	Tuesday, 24	Wednesday, 25	Thursday, 26	Friday, 27		
9:00 a.m. - 9:30 a.m.	Yoga class	Zumba class	Bingo	Talk: "The Value of Perseverance"	Refreshing time		
9:30 a.m. - 10:00 a.m.							Trivia and memory games
10:00 a.m. - 10:30 a.m.					Refreshing time	Guided Meditation Class	Birthday Celebration of the Month
10:30 a.m. - 11:00 a.m.					Flamenco class		
11:00 a.m. - 11:30 a.m.					Trivia and memory games	MCS Talk: Keep Your Heart Healthy	Music of yesterday
11:30 a.m. - 12:00 p.m.							
12:00 p.m. - 12:30 p.m.					Bingo	Refreshing time	Bingo
12:30 p.m. - 1:00 p.m.						Bingo	

	Monday, 2	Tuesday, 3			Wednesday, 4	Thursday, 5		Friday, 6	
	Bayamón	Aguadilla	Carolina	Mayagüez	Bayamón	Carolina	Mayagüez	Arecibo	Mayagüez
9:30 a.m. - 10:00 a.m.			Refreshing time		Refreshing time	Refreshing time			
10:00 a.m. - 11:00 a.m.		Art therapy workshop	Talk: "From adversity to opportunity"	Film: "Nonnas"	Film: "Nonnas"	Cine: "Nonnas"	Talk: "From adversity to opportunity"	Art therapy workshop	Yoga class
11:00 a.m. - 12:00 p.m.		Bingo	Exercise Capsule: "MCS Steps to Wellness"				Share your story		Bingo
1:00 p.m. - 1:30 p.m.		Refreshing time	Art therapy workshop						
1:30 p.m. - 2:00 p.m.									
2:00 p.m. - 3:00 p.m.			Talk: "From adversity to opportunity"						
3:00 p.m. - 4:00 p.m.			Talk: "Keep your heart healthy"						

	Monday, 9	Tuesday, 10			Wednesday, 11	Thursday, 12		Friday, 13	
	Bayamón	Aguadilla	Carolina	Mayagüez	Bayamón	Carolina	Mayagüez	Arecibo	Mayagüez
9:30 a.m. - 10:00 a.m.	Refreshing time		Refreshing time		Refreshing time	Refreshing time			
10:00 a.m. - 11:00 a.m.	Candle workshop			Flamenco class	Bohemia: "Celebration of Love"	Bohemia: "Celebration of Love"	Candle workshop	Jewelry workshop	Self-defense class
11:00 a.m. - 12:00 p.m.				Candle workshop	Bingo	Share your story			Bingo
1:00 p.m. - 2:00 p.m.		Talk: "From adversity to opportunity"							
2:00 p.m. - 3:00 p.m.		Bingo							

	Monday, 16	Tuesday, 17			Wednesday, 18	Thursday, 19		Friday, 20	
	Closed	Aguadilla	Carolina	Mayagüez	Bayamón	Carolina	Mayagüez	Arecibo	Mayagüez
9:30 a.m. - 10:00 a.m.						Refreshing time	Refreshing time		
10:00 a.m. - 11:00 a.m.						Belly dancing class	Wellness talk		
11:00 a.m. - 12:00 p.m.						Bingo	Jewelry workshop Exercise Capsule: "MCS Steps to Wellness"	Candle workshops	Crafts workshop
1:00 p.m. - 2:00 p.m.			Jewelry workshop						
1:30 p.m. - 2:00 p.m.				Refreshing time					
2:00 p.m. - 3:00 p.m.			Jewelry workshop	Yoga class	Pilates class				
3:00 p.m. - 4:00 p.m.				Talk: "Keep your heart healthy"	Bingo				

	Monday, 23	Tuesday, 24			Wednesday, 25	Thursday, 26		Friday, 27	
	Bayamón	Aguadilla	Carolina	Mayagüez	Bayamón	Carolina	Mayagüez	Arecibo	Mayagüez
9:30 a.m. - 10:00 a.m.	Refreshing time		Refreshing time		Refreshing time	Refreshing time			
10:00 a.m. - 11:00 a.m.	Jewelry workshop		Kickboxing class	Bomba class	Art therapy workshop	Art therapy workshop		Yoga class	Belly dancing class
11:00 a.m. - 12:00 p.m.			Bingo	Bingo	Birthday Celebration of the Month	Birthday Celebration of the Month		Bingo	Bingo
1:00 p.m. - 2:00 p.m.		Candle workshop					Exercises with elastic bands		
2:00 p.m. - 3:00 p.m.							Talk: "Keep your heart healthy"		

	Monday, 2			Tuesday, 3	Wednesday, 4			Thursday, 5	Friday, 6
	Mayagüez Mall	Mall of San Juan	Plaza Carolina	Plaza del Sol, Bayamón	Mayagüez Mall	Plaza del Caribe, Ponce	Plaza del Norte, Hatillo	Plaza del Sol, Bayamón	There are no activities
9:00 a.m. - 10:00 a.m.									
10:00 a.m. - 11:00 a.m.	Tai Chi class	Tai Chi class	Flamenco class	Tai Chi class	Yoga class	Yoga class	Salsa class	Zumba class	
11:00 a.m. - 12:00 p.m.	Bingo	Bingo		Bingo	Bingo	Talk: "Keep your heart healthy"	Bingo	Bingo	

	Monday, 9			Tuesday, 10	Wednesday, 11			Thursday, 12	Friday, 13
	Mayagüez Mall	Mall of San Juan	Plaza Carolina	Plaza del Sol, Bayamón	Mayagüez Mall	Plaza del Caribe, Ponce	Plaza del Norte, Hatillo	Plaza del Sol, Bayamón	There are no activities
9:00 a.m. - 10:00 a.m.									
10:00 a.m. - 11:00 a.m.	Tai Chi class	Flamenco class	Guided meditation	Yoga class	Bohemia: "Celebration of Love"	Tai Chi class	Tai Chi class	Salsa class	
11:00 a.m. - 12:00 p.m.	Bingo	Bingo		Bingo	Bingo	Bingo	Bingo	Bingo	

	Monday, 16			Tuesday, 17	Wednesday, 18			Thursday, 19	Friday, 20
	Closed			Plaza del Sol, Bayamón	Mayagüez Mall	Plaza del Caribe, Ponce	Plaza del Norte, Hatillo	Plaza del Sol, Bayamón	There are no activities
9:00 a.m. - 10:00 a.m.									
10:00 a.m. - 11:00 a.m.				Zumba class	Yoga class	Guided meditation	Bomba class	Active breaks workshop	
11:00 a.m. - 12:00 p.m.				Bingo	Bingo	Bingo	Bingo	Bingo	

	Monday, 23			Tuesday, 24	Wednesday, 25			Thursday, 26	Friday, 27
	Mayagüez Mall	Mall of San Juan	Plaza Carolina	Plaza del Sol, Bayamón	Mayagüez Mall	Plaza del Caribe, Ponce	Plaza del Norte, Hatillo	Plaza del Sol, Bayamón	There are no activities
9:00 a.m. - 10:00 a.m.									
10:00 a.m. - 11:00 a.m.	Tai Chi class	Salsa class	Belly dancing class	Pilates class	Yoga class	Bomba class	Zumba class	Tai Chi class	
11:00 a.m. - 12:00 p.m.	Bingo	Bingo		Bingo	Bingo	Bingo	Bingo	Bingo	

# VISIT OUR CUSTOMER SERVICE CENTERS



## **Aguadilla:**

Aguadilla Mall, Carr 2 Km. 126.5 Local 3

## **Arecibo:**

Galería Pacífico, Carr. 10 Km 85.7 Bo. 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 Office 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:**

Mayagüez Mall  
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  
525 Avenida F.D. Roosevelt, San Juan

# 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.

**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 accommodations of persons with special needs at meetings call 1.866.627.8183 (TTY: 1.866.627.8182). MCS Classicare is an HMO plan offered by MCS Advantage, Inc. H5577\_13770126\_C