

CALENDAR OF ACTIVITIES

ISLAND AREA



OCTOBER TO DECEMBER

MCS club **te** 
paga



Space
reservation
required

Nutrition workshops



Good nutrition for the festive season

Maintain good nutrition during the holiday season. Join our chef and registered dietitian and learn delicious traditional recipes that will help you stay healthy.

November

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

Thursday

12

Courtyard
by Marriott
Aguadilla

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

Thursday

19

Romano's Macaroni
Ponce

December

9:00 a.m. to 12:00 a.m.

Thursday

18

Mayagüez Mall
Mayagüez

Wellness Workshops



Protect yourself from fraud

Learn how to protect your personal information and avoid Medicare-related fraud and your financial accounts.

October

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

Thursday

22

Courtyard by
Marriott
Aguadilla

Thursday

29

El Buen Café
Hatillo

Caregiver Workshops



Technology as an ally to facilitate care at home

Learn about simple technological tools that can support you in the care of your loved one, while saving time and money. Additionally, learn to identify new forms of cyber fraud with the expert Obed Borrero the Tech Guru.

November

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

Friday

6

Hotel Costa Bahía
Guayanilla

Friday

17

Rincón of the Seas
Rincón



Space
reservation
required

Technology workshops

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

Stay connected to your health

Learn how to get the most out of your cell phone, how to stay safe while browsing online, how to evaluate information sources on the internet, and how to download the My MCS app.

October

Tuesday

6

Service Center MCS
Arecibo

Friday

16

Service Center MCS
Mayagüez

November

Friday

6

EDP University
Villaba

Artificial Intelligence (AI): a tool to help you stay healthy

Learn how artificial intelligence works, what platforms are available, and how to use it safely and to benefit your health.

October

Tuesday

13

Service Center MCS
Arecibo

Friday

30

Service Center MCS
Mayagüez

November

Friday

13

EDP University
Villaba



VARIOUS EXERCISES							
Place	Town	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Mayagüez Mall	Mayagüez	9:00 a.m.					
Plaza del Norte (across from JC Penney)	Hatillo	9:00 a.m.					
Plaza del Caribe (Plaza del Norte (across from JC Penney)	Ponce	9:00 a.m.					

ACUEROBICS							
Place	Town	Time	Monday	Tuesday	Wednesday	Thursday	Friday
The Salvation Army	Mayagüez	9:00 a.m.					



Service centers and shopping centers

OCTOBER

To participate in the activities or workshops in October, you must reserve your spot by calling 1.877.501.5395 (toll-free) Monday through Friday, starting Friday, September 25, from 8:00 a.m. to 4:30 p.m.

No prior registration is required to participate in the activities at the shopping centers. You must arrive at the specified date and time and register with the MCS Club Te Paga representative.

	Monday 29	Tuesday 30		Wednesday 31			Thursday 1	Friday 2	
							MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez
10:00 a.m. - 11:00 a.m.							Yoga Class	Candle Workshop	Pot Painting Workshop
11:00 a.m. - 12:00 p.m.							Bingo		
	Monday 5	Tuesday 6		Wednesday 7			Thursday 8	Friday 9	
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez
10:00 a.m. - 11:00 a.m.	Yoga Class	Candle Workshop	Strengthening Memory Games	Stretching Routines	Bomba Dance Class	Bomba Dance Class	Wellness Talk: Early Detection of Breast Cancer	Wellness Talk: Early Detection of Breast Cancer	Talk: Relationships with Our Loved Ones
11:00 a.m. - 12:00 p.m.	Bingo		Healthy Recipe Session	Bingo	Bingo	Bingo	Bingo	Bingo	Bingo
	Monday 12	Tuesday 13		Wednesday 14			Thursday 15	Friday 16	
	Holiday	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez
10:00 a.m. - 11:00 a.m.		Wellness Talk: Early Detection of Breast Cancer	Neuroplasticity Routines	Bomba Dance Class	Tango Class	Stretching Routines	Guided Meditation	Pot Painting Workshop	
11:00 a.m. - 12:00 p.m.		Bingo	Trivia	Bingo	Bingo	Bingo	Movie: Un viaje cultural		
2:00 p.m. - 3:00 p.m.									Tai Chi class
3:00 p.m. - 4:00 p.m.									Bingo
	Monday 19	Tuesday 20		Wednesday 21			Thursday 22	Friday 23	
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez
10:00 a.m. - 11:00 a.m.	Yoga Class	Pot Painting Workshop	Talk: Discipline vs. Motivation	Yoga Class	Bomba Dance Class	MCS EXPO 9:00 a.m. - 4:00 p.m.	Wellness Talk: Early Detection of Breast Cancer	Talk: Discipline vs. Motivation	Pot Painting Workshop
11:00 a.m. - 12:00 p.m.	Bingo		Bingo	Bingo	Bingo		Bingo	Bingo	
	Monday 26	Tuesday 27		Wednesday 28			Thursday 29	Friday 30	
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez
10:00 a.m. - 11:00 a.m.	Stretching Routines	Jewelry Workshop	Strengthening Memory Games	Tango Class	Tango Class	Yoga Class	Guided Meditation	Jewelry Workshop	
11:00 a.m. - 12:00 p.m.	Bingo	Trivia	Healthy Recipe Session	Bingo	Bingo	Bingo	Birthday Celebration and Bingo	Trivia	
2:00 p.m. - 3:00 p.m.									Neuroplasticity Routines
3:00 p.m. - 4:00 p.m.									Trivia

Remember to bring your water bottle.Athletic wear and appropriate footwear are recommended to fully enjoy the activity.Activities are subject to change.



Service centers and shopping centers

NOVEMBER

To participate in the activities or workshops in November, you must reserve your spot by calling 1.877.501.5395 (toll-free) Monday through Friday, starting Friday, October 23, from 8:00 a.m. to 4:30 p.m.

No prior registration is required to participate in the activities at the shopping centers. You must arrive at the specified date and time and register with the MCS Club Te Paga representative.

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6				
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez
10:00 a.m. - 11:00 a.m.	Tai Chi Class	“Wellness Talk: Diabetes: How to Prevent, Identify, and Control”	Guided Meditation	Neuroplasticity Routines	MCS EXPO November 4 thru 8 9:00 a.m. - 4:00 p.m.	Tai Chi Class	MCS EXPO Mayagüez Mall November 4 thru 8 9:00 a.m. - 4:00 p.m.	Jewelry Workshop	MCS EXPO Mayagüez Mall November 4 thru 8 9:00 a.m. - 4:00 p.m.
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Bingo	Bingo		Bingo		Exercise Session and Bingo	
	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13				
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Holiday		MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez	
10:00 a.m. - 11:00 a.m.	Flamenco Dance Class	Jewelry Workshop	Art & Crafts Workshop			Talk: Establishing Healthy Boundaries	Tai Chi Class	Art & Crafts Workshop	
11:00 a.m. - 12:00 p.m.	Bingo	Bingo				Bingo	Bingo		
1:00 p.m. - 2:00 p.m.		Jewelry Workshop							
	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20				
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez
10:00 a.m. - 11:00 a.m.	Yoga Class			Tai Chi Class	Neuroplasticity Routines	Flamenco Dance Class	Breating Exercises	Talk: Establishing Healthy Boundaries	“Wellness Talk: Diabetes: How to Prevent, Identify, and Control”
11:00 a.m. - 12:00 p.m.	Bingo			Bingo	Bingo	Bingo	Exercise Session and Bingo	Bingo	Bingo
2:00 p.m. - 3:00 p.m.		Talk: Establishing Healthy Boundaries	Balance Training						
3:00 p.m. - 4:00 p.m.		Bingo	Bingo						
	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27				
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	Holiday		
10:00 a.m. - 11:00 a.m.	Tai Chi Class	Painting Workshop	Neuroplasticity Routines	Flamenco Dance Class	Flamenco Dance Class	Yoga Class			
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Birthday Celebration and Bingo	Bingo	Bingo	Bingo			
1:00 p.m. - 2:00 p.m.		Painting Workshop							
	Monday 30								
	Mayagüez Mall								
10:00 a.m. - 11:00 a.m.	Yoga Class								
11:00 a.m. - 12:00 a.m.	Bingo								

Remember to bring your water bottle. Athletic wear and appropriate footwear are recommended to fully enjoy the activity. Activities are subject to change.

DECEMBER

To participate in the activities or workshops in December, you must reserve your spot by calling 1.877.501.5395 (toll-free) Monday through Friday, starting Friday, November 20, from 8:00 a.m. to 4:30 p.m.

No prior registration is required to participate in the activities at the shopping centers. You must arrive at the specified date and time and register with the MCS Club Te Paga representative.

	Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4							
		MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez			
10:00 a.m. - 11:00 a.m.		Wellness talk: Healthy Lifestyle	Arts & Craft Workshop	MCS Expo 9:00 a.m. - 4:00 p.m.	Tai Chi Class	Tai Chi Class	Talk: How to Navigate the Holiday Season During Times of Crisis	Pot Painting Workshop	Strenthening Memory Games			
11:00 a.m. - 12:00 p.m.		Session: Step to Wellness Bomba Aerobics			Bingo	Bingo	Bingo	Bingo	Bingo			
	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11							
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez			
10:00 a.m. - 11:00 a.m.	Yoga Class	Pot Painting Workshop	Self-Care Workshop	Tai Chi Class	Bachata Class	Yoga Class	Yoga Class	Arts & Craft Workshop	Wellness talk: Healthy Lifestyle			
11:00 a.m. - 12:00 p.m.	Bingo		Exercise Session and Bingo	Bingo	Bingo	Bingo	Bingo		Session: Step to Wellness Bomba Aerobics			
	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18							
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	MCS Service Center Arecibo	MCS Service Center Mayagüez			
10:00 a.m. - 11:00 a.m.	Tai Chi Class	Arts & Craft Workshop	Movie: “¡Hoy Si!”	Body Ball Blast	Yoga Class	Bachata Class	Guided meditation	Jewerly Workshop				
11:00 a.m. - 12:00 p.m.	Bingo		Bingo	Bingo	Bingo	Bingo	Bingo					
2:00 p.m. - 3:00 p.m									Tai Chi Class			
3:00 p.m. - 4:00 p.m									Bingo			
	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25							
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo	Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez	Holiday				
10:00 a.m. - 11:00 a.m.	Bachata Class	Jewerly Workshop	Wellness talk: Healthy Lifestyle	Yoga Class	Resistance Band Exercise Class	Bomba dance Class	Balance training					
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Session: “Step to Wellness” Bomba Aerobics	Bingo	Bingo	Bingo	Bingo					
1:00 p.m. - 2:00 p.m.		Jewerly Workshop										
	Monday 28	Tuesday 29	Wednesday 30	Thursday 31								
	Mayagüez Mall	MCS Service Center Aguadilla	MCS Service Center Mayagüez	Plaza del Norte, Hatillo						Mayagüez Mall	Plaza del Caribe, Ponce	MCS Service Center Mayagüez
10:00 a.m. - 11:00 a.m.	Holiday Bohemia	Talk: How to Navigate the Holiday Season During Times of Crisis	Strenthening Memory Games	Bachata Class						Bomba Dance Class	Holiday Bohemia	Bomba Dance Class
11:00 a.m. - 12:00 p.m.	Bingo	Bingo	Exercise Session and Bingo	Bingo						Bingo	Bingo	Birthday Celebration

Remember to bring your water bottle. Athletic wear and appropriate footwear are recommended to fully enjoy the activity. Activities are subject to change.

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_0015940926_C