

CALENDAR OF ACTIVITIES

METRO AREA



OCTOBER TO DECEMBER

MCS club **te**  **paga**



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

5

Hacienda Carabali
Luquillo

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

Tuesday

24

Centro de Recepciones
de Villa Carolina
Carolina

December

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

Thursday

3

Parque Luis Muñoz Marín
San Juan

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

Thursday

10

Hacienda Muñoz
San Lorenzo

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

8

Hipódromo Camarero
Canóvanas

Thursday

15

P.F. Changs
San Juan

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

13

P.F. Changs
San Juan

Friday

20

Romano's Macaroni
Caguas

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

Friday

9

EDP University
Caguas

November

Tuesday

3

MCS Service Center
Plaza Las Américas, San Juan

Tuesday

10

MCS Service Center
Carolina

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.

Octubre

Friday

23

EDP University
Caguas

Noviembre

Tuesday

17

MCS Service Center
Plaza Las Américas, San Juan

Tuesday

24

MCS Service Center
Carolina



VARIOUS EXERCISES

Place	Town	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Plaza del Sol (Food Court area)	Bayamón	9:00 a.m.					
The Outlet at Route 66 (Hallway in front of Golden Corral)	Canóvanas	9:00 a.m.					
Cancha Bajo Techo Roger Mendoza, Complejo Angel O. Berrios	Caguas	9:30 a.m.					
Plaza Carolina (Central Atrium)	Carolina	9:00 a.m.					
Parque Julia de Burgos Fase 5 (Gazebo)	Carolina	7:00 a.m.					
Plaza Las Américas (2nd level in the hallway near the cinema)	San Juan	7:30 a.m.					
The Mall of San Juan (Central Atrium)	San Juan	9:00 a.m.					
San Patricio (Liberty Square)	San Juan	9:00 a.m.					
Parque Josefa Fontán	San Juan	6:00 p.m.					

ACUEROBICS

Place	Town	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Municipal Swimming Pools, Complejo Angel O. Berrios	Caguas	9:30 a.m.					
Municipal Swimming Pools, Maracuto Recreational Park	Carolina	8:30 a.m. & 9:45 a.m.					



	Monday28	Tuesday29	Wednesday30	Thursday1	Friday2
9:00 a.m. - 9:30 a.m.				Educational Session: Yoga	Educational Session
9:30 a.m. - 10:00 a.m.				Guided Meditation Class with Breathing Exercises	
10:00 a.m. - 10:30 a.m.				Refreshing Hour	
10:30 a.m. - 11:00 a.m.				Bingo	
11:00 a.m. - 11:30 a.m.				Trivia Guess, Guesser	
11:30 a.m. - 12:00 p.m.					
12:00 p.m. - 12:30 p.m.					
12:30 p.m. - 1:00 p.m.				Bingo	
	Monday5	Tuesday6	Wednesday7	Thursday8	Friday9
9:00 a.m. - 9:30 a.m.	Yoga Class	Educational Session	Tai Chi Class	Educational Session	Neuroplasticity Exercises
9:30 a.m. - 10:00 a.m.		Refreshing Hour		Refreshing Hour	
10:00 a.m. - 10:30 a.m.	Refreshing Hour	Strengthening Memory Trivia	Refreshing Hour	Movie:“Un viaje cultural”	Refreshing Hour
10:30 a.m. - 11:00 a.m.	Movie:“La Bamba”		Wellness Talk: Early Detection of Breast Cancer		Healthy Recipe
11:00 a.m. - 11:30 a.m.		Bingo	Strengthening Memory Trivia	Guided Meditation	Share your Story
11:30 a.m. - 12:00 p.m.			Bingo	Bingo	Bingo
12:00 p.m. - 12:30 p.m.					
12:30 p.m. - 1:00 p.m.	Bingo				
	Monday12	Tuesday13	Wednesday14	Thursday15	Friday16
9:00 a.m. - 9:30 a.m.	Holiday	Yoga Class	Refreshing Hour		Educational Session
9:30 a.m. - 10:00 a.m.			Movie:“Un viaje cultural”		Refreshing Hour
10:00 a.m. - 10:30 a.m.		Refreshing Hour			Talk: Relationships with Children and Grandchildren
10:30 a.m. - 11:00 a.m.		Strengthening Memory Trivia	Bingo		
11:00 a.m. - 11:30 a.m.		Wellness Talk: Early Detection of Breast Cancer			Dominoes
11:30 a.m. - 12:00 p.m.		Bingo			
12:00 p.m. - 12:30 p.m.				Refreshing Hour	Bingo
12:30 p.m. - 1:00 p.m.			Bingo		
1:00 p.m. - 1:30 p.m.				Jewelry Workshop	
1:30 p.m. - 2:00 p.m.				Jewelry Workshop	
2:00 p.m. - 2:30 p.m.				Jewelry Workshop	
2:30 p.m. - 3:00 p.m.				Refreshing Hour	
3:00 p.m. - 3:30 p.m.				Bingo	
3:30 p.m. - 4:00 p.m.					

	Monday19	Tuesday20	Wednesday21	Thursday22	Friday23
9:00 a.m. - 9:30 a.m.	Yoga Class	Exercise Session	Refreshing Hour	Refreshing Hour	Refreshing Hour
9:30 a.m. - 10:00 a.m.		Refreshing Hour	Bingo	Talk: Discipline vs. Motivation	Bingo
10:00 a.m. - 10:30 a.m.	Refreshing Hour	Strengthening Memory Trivia	Art & Crafts Workshop		A Cultural Journey: The Paradise That Survives
10:30 a.m. - 11:00 a.m.	Movie: The Boy Who Harnessed the Wind		Wellness Talk: Early Detection of Breast Cancer	Art & Crafts Workshop	
11:00 a.m. - 11:30 a.m.		Bingo		Refreshing Hour	Bingo
11:30 a.m. - 12:00 p.m.	Bingo		Bingo		
12:00 p.m. - 12:30 p.m.		Bingo		Bingo	Bingo
12:30 p.m. - 1:00 p.m.	Bingo		Bingo		
		Monday26		Tuesday27	Wednesday28
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Refreshing Hour	MCS EXPO October 28-31 Central Atrium 9:00 a.m. a 4:00 p.m.	MCS EXPO October 28-31 Central Atrium 9:00 a.m. a 4:00 p.m.	MCS EXPO October 28-31 Central Atrium 9:00 a.m. a 4:00 p.m.
9:30 a.m. - 10:00 a.m.	Strengthening Memory Trivia	Guided Meditation			
10:00 a.m. - 10:30 a.m.	Birthday Celebration				
10:30 a.m. - 11:00 a.m.	Bohemia	Movie: “La razón de estar contigo”			
11:00 a.m. - 11:30 a.m.					
11:30 a.m. - 12:00 p.m.	Bingo				
12:00 p.m. - 12:30 p.m.					
12:30 p.m. - 1:00 p.m.	Bingo	Bingo			





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 28			Tuesday 29			Wednesday 30	Thursday 1			Friday 2		
								MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón		
9:30 a.m. - 10:00 a.m.								Refreshing Hour					
10:00 a.m. - 11:00 a.m.								Candle Workshop	Stretching Routines	Stretching Routines	Stretching Routines		
11:00 a.m. - 12:00 p.m.									Bingo	Bingo	Bingo		
	Monday 5			Tuesday 6			Wednesday 7	Thursday 8			Friday 9		
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón		
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Refreshing Hour			Refreshing Hour						
10:00 a.m. - 11:00 a.m.	Candle Workshop	Tango Class	Stretching Routines	Wellness Talk: Early Detection of Breast Cancer	Tai Chi Class	Yoga Class	Wellness Talk: Early Detection of Breast Cancer	Body Ball Blast	Bomba Dance Class		Yoga Class		
11:00 a.m. - 12:00 p.m.		Bingo		Bingo	Bingo	Bingo	Bingo		Bingo		Bingo		
1:30 p.m. - 2:00 p.m.								Refreshing Hour					
2:00 p.m. - 3:00 p.m.								Pot Painting Workshop					
3:00 p.m. - 4:00 p.m.													
	Monday 12			Tuesday 13			Wednesday 14	Thursday 15			Friday 16		
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón		
9:30 a.m. - 10:00 a.m.	Holiday			Refreshing Hour			Refreshing Hour						
10:00 a.m. - 11:00 a.m.				Strengthening Memory Games			Salsa Class	Pilates Class	Pot Painting Workshop	Talk: Discipline vs. Motivation	Stretching Routines	Tango Class	Bomba Dance Class
11:00 a.m. - 12:00 p.m.				Healthy Recipe Session			Bingo	Bingo		Bingo	Bingo	Bingo	Bingo
	Monday 19			Tuesday 20			Wednesday 21	Thursday 22			Friday 23		
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón		
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Refreshing Hour			Refreshing Hour						
10:00 a.m. - 11:00 a.m.	Strengthening Memory Games	Stretching Routines	Bomba Dance Class	Jewelry Workshop	Yoga Class	Yoga Class	Jewelry Workshop	Pot Painting Workshop	Tai Chi Class	Bomba Dance Class	Pilates Class		
11:00 a.m. - 12:00 p.m.	Healthy Recipe Session	Bingo		Trivia	Bingo	Bingo	Trivia		Bingo	Bingo	Bingo		
	Monday 26			Tuesday 27			Wednesday 28	Thursday 29			Friday 30		
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón		
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Refreshing Hour			Refreshing Hour						
10:00 a.m. - 11:00 a.m.	Talk: Discipline vs. Motivation	Yoga Class	Tango Class	Guided Meditation	Salsa Class	Pilates Class	Karaoke	Karaoke	Yoga Class	Tango Class	Tango Class		
11:00 a.m. - 12:00 p.m.	Bingo	Bingo		Movie: Un viaje cultural	Bingo	Bingo	Birthday Celebration and Bingo	Birthday Celebration and Bingo	Bingo	Bingo	Bingo		

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

	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	
9:00 a.m. - 9:30 a.m.	Refreshing Hour	Technology Workshop	Tai Chi Class	Zumba Class	Refreshing Hour	
9:30 a.m. - 10:00 a.m.	Bingo		Neuroplasticity Exercises	Refreshing Hour	Refreshing Hour	Pot Painting Session
10:00 a.m. - 10:30 a.m.	Talk: Establishing Healthy Boundaries			Movie:“Un viaje al pasado”	Trivia Guess, Guesser	
10:30 a.m. - 11:00 a.m.				Talk: Establishing Healthy Boundaries	Karaoke	Share your Story
11:00 a.m. - 11:30 a.m.	Refreshing Hour	Bingo			Bingo	Dominó
11:30 a.m. - 12:00 p.m.	Bingo					
12:00 p.m. - 12:30 p.m.		Guided Meditation				
12:30 p.m. - 1:00 p.m.						Bingo
1:00 p.m. - 1:30 p.m.						
1:30 p.m. - 2:00 p.m.						
2:00 p.m. - 2:30 p.m.		Bingo				
	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	
9:00 a.m. - 9:30 a.m.	Yoga Class	Exercise Session	Refreshing Hour	Zumba Class	Refreshing Hour	
9:30 a.m. - 10:00 a.m.			Refreshing Hour		Bingo	Bingo
10:00 a.m. - 10:30 a.m.	Movie:“Milagro”	“Wellness Talk: Diabetes: How to Prevent, Identify, and Control”	Art & Crafts Workshop	Refreshing Hour	Jewelry Workshop	
10:30 a.m. - 11:00 a.m.			Movie:“Un viaje Cultural”	Trivia Guess, Guesser		
11:00 a.m. - 11:30 a.m.			Art & Crafts Workshop	Guided Meditation	Jewelry Workshop	
11:30 a.m. - 12:00 p.m.						
12:00 p.m. - 12:30 p.m.	Bingo	Refreshing Hour	Bingo	Refreshing Hour		
12:30 p.m. - 1:00 p.m.		Bingo		Bingo	Bingo	



Refreshing Hour	Monday16	Tuesday17	Wednesday18	Thursday19	Friday20	
9:00 a.m. - 9:30 a.m.	Yoga Class	Technology Workshop	Educational Session	Holiday	Yoga Class	
9:30 a.m. - 10:00 a.m.			Refreshing Hour			
10:00 a.m. - 10:30 a.m.	Refreshing Hour		Tai Chi Class			
10:30 a.m. - 11:00 a.m.	Movie:“La hermana de nieve”	Neuroplasticity Exercises	Strengthening Memory Games		Trivia	
11:00 a.m. - 11:30 a.m.		Refreshing Hour	Bingo		Bingo	
11:30 a.m. - 12:00 p.m.		Bingo	“Wellness Talk: Diabetes: How to Prevent, Identify, and Control”		Bingo	Dominoes
12:00 p.m. - 12:30 p.m.						
12:30 p.m. - 1:00 p.m.						
1:00 p.m. - 1:30 p.m.						
1:30 p.m. - 2:00 p.m.						
2:00 p.m. - 2:30 p.m.		Bingo				
	Monday23	Tuesday24	Wednesday25	Thursday26	Friday27	
9:00 a.m. - 9:30 a.m.	Yoga Class	Zumba Class	Birthday Celebration	Holiday Thanksgiving Day	Refreshing Hour	
9:30 a.m. - 10:00 a.m.	Refreshing Hour	Refreshing Hour	Talk: Moment to Give Thanks		Jewelry Workshop	
10:00 a.m. - 10:30 a.m.	Movie:“Papá por dos”	Movie:“Un viaje cultural”			Bohemia	Jewelry Workshop
10:30 a.m. - 11:00 a.m.		“Wellness Talk: Diabetes: How to Prevent, Identify, and Control”	Bingo		Refreshing Hour	
11:00 a.m. - 11:30 a.m.						Christmas Welcome
11:30 a.m. - 12:00 p.m.						
12:00 p.m. - 12:30 p.m.	Bingo	Bingo				
12:30 p.m. - 1:00 p.m.						
	Monday30					
9:00 a.m. - 9:30 a.m.	Yoga Class					
9:30 a.m. - 10:00 a.m.						
10:00 a.m. - 10:30 a.m.	Refreshing Hour					
10:30 a.m. - 11:00 a.m.	Movie:“A mi altura”					
11:00 a.m. - 11:30 a.m.						
11:30 a.m. - 12:00 p.m.						
12:00 p.m. - 12:30 p.m.	Bingo					
12:30 p.m. - 1:00 p.m.						



	Monday 2			Tuesday 3			Wednesday 4	Thursday 5			Friday 6
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Refreshing Hour			Refreshing Hour				
10:00 a.m. - 11:00 a.m.	Virtual Chinchorro	Neuroplasticity Routines	Tai Chi Class	“Wellness Talk: Diabetes: How to Prevent, Identify, and Control”	Salsa Class	Tai Chi Class	Talk: Establishing Healthy Boundaries		Stretching Routines	Flamenco Class	Tai Chi Class
11:00 a.m. - 12:00 p.m.	Bingo	Bingo		Bingo	Bingo	Bingo	Bingo		Bingo	Bingo	Bingo
1:30 p.m. - 2:00 p.m.								Refreshing Hour			
2:00 p.m. - 3:00 p.m.								Art & Crafts Workshop			
3:00 p.m. - 4:00 p.m.											
	Monday 9			Tuesday 10			Wednesday 11	Thursday 12			Friday 13
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón
9:30 a.m. - 10:00 a.m.	Refreshing Hour							Refreshing Hour			
10:00 a.m. - 11:00 a.m.	Guided Meditation	Tai Chi Class	Neuroplasticity Routines	Technology Workshop	Tai Chi Class	Yoga Class		Guided Meditation	Body Ball Blast	Neuroplasticity Routines	Flamenco Class
11:00 a.m. - 12:00 p.m.	Bingo	Bingo			Bingo	Bingo		Bingo	Bingo	Bingo	Bingo
1:30 p.m. - 2:00 p.m.				Refreshing Hour			Holiday				
2:00 p.m. - 3:00 p.m.				Wellness talk: Healthy Lifestyle							
3:00 p.m. - 4:00 p.m.				Bingo							



	Monday 16			Tuesday 17			Wednesday 18	Thursday 19			Friday 20
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Refreshing Hour			Refreshing Hour	Refreshing Hour			
10:00 a.m. - 11:00 a.m.	Painting Workshop	Flamenco Class	Tai Chi Class	Art & Crafts Workshop	Salsa Class	Tai Chi Class	“Wellness Talk: Diabetes: How to Prevent, Identify, and Control”	Painting Workshop	Stretching Routines	Flamenco Class	Tai Chi Class
11:00 a.m. - 12:00 p.m.		Bingo			Bingo	Bingo	Exercise Session and Bingo		Bingo	Bingo	Bingo
	Monday 23			Tuesday 24			Wednesday 25	Thursday 26			Friday 27
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Technology Workshop			Refreshing Hour	Holiday Thanksgiving Day			Holiday
10:00 a.m. - 11:00 a.m.	Art & Crafts Workshop	Yoga Class	Neuroplasticity Routines		Yoga Class	Yoga Class	Art & Crafts Workshop				
11:00 a.m. - 12:00 p.m.		Bingo			Bingo	Bingo					
1:30 p.m. - 2:00 p.m.				Refreshing Hour							
2:00 p.m. - 3:00 p.m.				Jewelry Workshop							
3:00 p.m. - 4:00 p.m.				Birthday Celebration and Bingo							
	Monday 30										
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina								
9:30 a.m. - 10:00 a.m.	Refreshing Hour										
10:00 a.m. - 11:00 a.m.	Jewelry Workshop	Salsa Class	Flamenco Class								
11:00 a.m. - 12:00 p.m.	Birthday Celebration and Bingo	Bingo									

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





Plaza Las Américas

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.

	Monday30	Tuesday1	Wednesday2	Thursday3	Friday4	
9:00 a.m. - 9:30 a.m.		Zumba Class	Educational Session		Educational Session	
9:30 a.m. - 10:00 a.m.			Refreshing Hour		Refreshing Hour	
10:00 a.m. - 10:30 a.m.			Refreshing Hour		Tai Chi Class	Painting Workshop
10:30 a.m. - 11:00 a.m.			Bingo			
11:00 a.m. - 11:30 a.m.		Wellness talk: Healthy Lifestyle	Strengthening Memory Games	Refreshing Hour	Refreshing Hour	
11:30 a.m. - 12:00 p.m.				Dominoes	Yoga Class	Bingo
12:00 p.m. - 12:30 p.m.			Bingo			
12:30 p.m. - 1:00 p.m.				Bingo		
1:00 p.m. - 1:30 p.m.				Guided Meditation		
1:30 p.m. - 2:00 p.m.						
2:00 p.m. - 2:30 p.m.						
	Monday7	Tuesday8	Wednesday9	Thursday10	Friday11	
9:00 a.m. - 9:30 a.m.	Educational Exercise Session	Educational Exercise Session	Refreshing Hour	Refreshing Hour	Refreshing Hour	
9:30 a.m. - 10:00 a.m.			Bingo	Bingo	Jewelry Workshop	
10:00 a.m. - 10:30 a.m.	Refreshing Hour	Refreshing Hour	Art & Crafts Workshop	Talk: Establishing Healthy Boundaries	Jewelry Workshop	
10:30 a.m. - 11:00 a.m.	Guided Meditation	Trivia Guess, Guesser				Art & Crafts Workshop
11:00 a.m. - 11:30 a.m.		Wellness talk: Healthy Lifestyle	Refreshing Hour	Refreshing Hour	Take a Photo with Green Santa	
11:30 a.m. - 12:00 p.m.	Strengthening Memory Games					Bingo
12:00 p.m. - 12:30 p.m.		Bingo	Bingo	Bingo		
	Monday14	Tuesday15	Wednesday16	Thursday17	Friday18	
9:00 a.m. - 9:30 a.m.	Wellness talk: Healthy Lifestyle	Zumba Class	Tai Chi Class	Refreshing Hour	Refreshing Hour	
9:30 a.m. - 10:00 a.m.				Refreshing Hour	Strengthening Memory Games	Holiday Arts & Crafts Workshop
10:00 a.m. - 10:30 a.m.	Movie: “¡Hoy Si!”	Wellness talk: Healthy Lifestyle	Movie:“Un Viaje al pasado”			
10:30 a.m. - 11:00 a.m.				Bingo	Holiday Karaoke	Dominoes
11:00 a.m. - 11:30 a.m.						
11:30 a.m. - 12:00 p.m.						
12:00 p.m. - 12:30 p.m.						
12:30 p.m. - 1:00 p.m.						

	Monday21	Tuesday22	Wednesday23	Thursday24	Friday25
9:00 a.m. - 9:30 a.m.	Educational Session: Technical Yoga	Zumba Class	Talk: How to Navigate the Holiday Season During Times of Crisis	Closed	Holiday
9:30 a.m. - 10:00 a.m.					
10:00 a.m. - 10:30 a.m.	Refreshing Hour	Refreshing Hour	Holiday and Birthday Celebration		
10:30 a.m. - 11:00 a.m.	Movie:“Navidad en África”	Holiday Trivia			
11:00 a.m. - 11:30 a.m.			Holiday Music		
11:30 a.m. - 12:00 p.m.		Share your Story			
12:00 p.m. - 12:30 p.m.			Bingo		
12:30 p.m. - 1:00 p.m.	Bingo		Bingo		
	Monday28	Tuesday29	Wednesday30	Thursday31	
9:00 a.m. - 9:30 a.m.	Breathing Exercises	Neuroplasticity Exercises	Refreshing Hour	Holiday	
9:30 a.m. - 10:00 a.m.					
10:00 a.m. - 10:30 a.m.	Refreshing Hour	Refreshing Hour	Year-End Celebration		
10:30 a.m. - 11:00 a.m.	Share your Story	Holiday Recipe			
11:00 a.m. - 11:30 a.m.			Trivia		
11:30 a.m. - 12:00 p.m.	Movie:“Un viaje al pasado”				
12:00 p.m. - 12:30 p.m.	Bingo	Bingo	Bingo		
12:30 p.m. - 1:00 p.m.					



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.

	Monday30			Tuesday1			Wednesday2	Thursday3			Friday4
				MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón
9:30 a.m. - 10:00 a.m.				Refreshing Hour			Refreshing Hour	Refreshing Hour			
10:00 a.m. - 11:00 a.m.				Tai Chi Class	Salsa Class	Yoga Class	Jewelry Workshop	Taller de manualidades	Yoga Class	Body Ball Blast	Tai Chi Class
11:00 a.m. - 12:00 p.m.				Bingo	Bingo	Bingo	Bingo		Bingo	Bingo	Bingo
	Monday7			Tuesday8			Wednesday9	Thursday10			Friday11
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Refreshing Hour			Refreshing Hour	Refreshing Hour			
10:00 a.m. - 11:00 a.m.	Baking Workshop	Bachata Class	Bomba Dance Class	Jewelry Workshop	Tai Chi Class	Tai Chi Class	Talk: How to Navigate the Holiday Season During Times of Crisis	Clay Art Workshop	Body Ball Blast	Bachata Class	Bomba Dance Class
11:00 a.m. - 12:00 p.m.		Bingo		Bingo	Bingo	Bingo	Bingo		Bingo	Bingo	Bingo
	Monday14			Tuesday15			Wednesday16	Thursday17			Friday18
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Plaza Rio Hondo, Bayamón
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Refreshing Hour			Refreshing Hour	Refreshing Hour			
10:00 a.m. - 11:00 a.m.	Tai Chi Class	Yoga Class	Tai Chi Class	Talk: How to Navigate the Holiday Season During Times of Crisis	Salsa Class	Resistance Band Exercise Class	Clay Art Workshop	Baking Workshop	Stretching Routines	Bomba Dance Class	Holiday Bohemia
11:00 a.m. - 12:00 p.m.	Bingo	Bingo		Bingo	Bingo	Bingo			Bingo	Bingo	Bingo
	Monday21			Tuesday22			Wednesday23	Thursday24			Friday25
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	Holiday
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Refreshing Hour			Refreshing Hour	Refreshing Hour			
10:00 a.m. - 11:00 a.m.	Guided Meditation	Tai Chi Class	Holiday Bohemia	Sachet-Making Workshop	Yoga Class	Yoga Class	Wellness talk: Healthy Lifestyle	Guided Meditation	Tai Chi Class	Bachata Class	
11:00 a.m. - 12:00 p.m.	Bingo	Bingo			Bingo	Bingo	“Session: Step to Wellness Bomba Aerobics”	Bingo	Bingo	Bingo	
	Monday28			Tuesday29			Wednesday30	Thursday31			
	MCS Service Center Bayamón	Mall of San Juan	Plaza Carolina	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	MCS Service Center Bayamón	MCS Service Center Carolina	San Patricio Plaza	Plaza del Sol, Bayamón	
9:30 a.m. - 10:00 a.m.	Refreshing Hour			Refreshing Hour			Refreshing Hour	Refreshing Hour			
10:00 a.m. - 11:00 a.m.	Sachet-Making Workshop	Holiday Bohemia	Bachata Class	Wellness talk: Healthy Lifestyle	Holiday Bohemia	Tai Chi Class	Karaoke	Karaoke	Stretching Routines	Holiday Bohemia	
11:00 a.m. - 12:00 p.m.		Bingo		“Session: Step to Wellness Bomba Aerobics”	Bingo	Bingo	Birthday Celebration and Bingo	Birthday Celebration and 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_0013900926_C