



CONTACT INFORMATION:

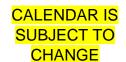
MS. DEBORAH
407-599-3275
Winter Park Community Center
721 W New England Avenue
Winter Park Fl, 32789

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No Zumba	Senior Feud 10:30 am – 11:30 am HPM Health Plans	3	4
5	6	Mother's Day Bingo Luncheon Doors open @ 10:30am	Nikki Lifestyle Education 10:30 am -12:30 pm	9 Dedicated Seniors Hearing Screening 10:30 am - 12:00 pm	10	11
12	13	Vans Only Walmart Depart @ 9:30am	HAPPY BIRTHDAY MAY BABIES	16 UCF Nursing Students 9:00 am – 12:00 pm Humana Lima Bean Auction 10:30 am – 11:30 am	17	18
19	20	21 Vans Only Dollar Tree Depart @ 9:30am	Humana Health Talk Q&A 10:00 am – 11:00 am	23 IMA Medical Group / Advocate 10:00 am UCF Students 9 am – 12 pm BINGO 10:30 am – 11:30 am	24	25
26	CLOSED	28 UCF Nursing Students 9:00 am – 12:00 pm Visiting Angels 10:30 am – 11:30 am Senior Scams	29 OPTUM / HPM 10:00 am 10:30 am – 11:30 am No Zumba	9:00 am – 12:00 pm Metro Health 10:30 am – 12:30 pm Painting with a Senior	31	

MUST HAVE A
MEMBERSHIP TO
PARTICIPATE
Residents Free
Non-Residents \$20 + tax

Coffee, Tea and Light snacks will be provided Tuesday - Thursday from 9am-11:30am

Senior Calendar 55+ May 2024





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Senior Wellness Unlimited Classes Non-Resident Membership \$20.00 + Wellness Class \$25.00/Jan 2024-Dec 2024 (not prorated)

City of Winter Park Residents Free w/Membership

Monday

Aerobic Jam 9:30am - 10:30am Energize your active lifestyle using low-impact movements



Tai Chi 9am - 10am

Wednesday

Zumba 9:30am – 10:30am

Get moving with the sounds of music, improve your balance, coordination and rhythm.

Thursdays

Gentle Yoga 9:30am – 10:30am

Enjoy a slow less intense yoga practice that includes stretching, meditation, and relaxation.

Friday

Water Aerobics 12:45pm



