



# May



## 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  <b>No Zumba</b>	2  <b>Senior Feud</b> 10:30 am – 11:30 am HPM Health Plans	3	4
5	6	7  <b>Mother's Day</b> <b>Bingo Luncheon</b> Doors open @ 10:30am	8  <b>Nikki Lifestyle</b> <b>Education</b> 10:30 am -12:30 pm	9  <b>Dedicated Seniors</b> <b>Hearing Screening</b> 10:30 am – 12:00 pm	10	11
12	13	14  <b>Walmart</b> Depart @ 9:30am <b>Vans Only</b>	15 	16 <b>UCF Nursing Students</b> 9:00 am – 12:00 pm <b>Humana</b> <b>Lima Bean Auction</b> 10:30 am – 11:30 am	17	18
19	20	21  <b>Depart @ 9:30am</b> <b>Vans Only</b>	22  <b>Humana</b> <b>Health Talk Q&amp;A</b> 10:00 am – 11:00 am	23 <b>IMA Medical Group /</b> <b>Advocate 10:00 am</b> <b>UCF Students 9 am – 12 pm</b> <b>BINGO</b> 10:30 am – 11:30 am	24	25
26	27  <b>CLOSED</b>	28 <b>UCF Nursing Students</b> 9:00 am – 12:00 pm <b>Visiting Angels</b> 10:30 am – 11:30 am <b>Senior Scams</b>	29 <b>OPTUM / HPM</b> 10:00 am <b>BINGO</b> 10:30 am – 11:30 am <b>No Zumba</b>	30 <b>UCF Nursing Students</b> 9:00 am – 12:00 pm <b>Metro Health</b> 10:30 am – 12:30 pm <b>Painting with a Senior</b>	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*

**CALENDAR IS**  
**SUBJECT TO**  
**CHANGE**

## 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

## Tuesday

**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**

