

May in-person events

Be sure to call to RSVP at **407-932-5340**.
Class times and dates are subject to change.



3189 W. Vine St.
Kissimmee, FL 34741
407-932-5340 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>1:30 - 2:15 p.m. SilverSneakers® Classic*</div> <div>2:30 - 3:30 p.m. Karaoke</div>	<div>2</div> <div>10:30 - 11:30 a.m. Cinco de Mayo celebration</div> <div>12 - 1 p.m. Coloring for relaxation</div> <div>1 - 12 p.m. Crossword puzzles</div>	<div>3</div> <div>9:30 a.m. - 11 a.m. Descubra cual es su peso ideal: Clase 5 (RSVP)</div> <div>11 a.m. - 12 p.m. Bingo</div> <div>12 - 1:30 p.m. Crochet</div>
<div>6</div> <div>10 - 11:30 a.m. Find your feel great weight: Class 5 (RSVP)</div> <div>1:30 - 2:15 p.m. SilverSneakers® Strength and balance*</div> <div>2 - 3 p.m. Rock painting</div>	<div>7</div> <div>10:30 - 11:30 a.m. Bingo</div> <div>12 - 12:45 p.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Movie & popcorn: Secondhand Lions (2023)</div>	<div>8</div> <div>10 a.m. - 12 p.m. Free from falls: Week 1 (streamed)</div> <div>1:30 - 2:15 p.m. SilverSneakers® Classic*</div> <div>2:30 - 3:30 p.m. Karaoke</div>	<div>9</div> <div>10 - 11 a.m., Gratitude workshop</div> <div>12 - 1 p.m. Cornhole</div> <div>1 - 12 p.m. Mother's Day social</div>	<div>10</div> <div>11 a.m. - 12 p.m. Bingo</div> <div>12 - 1:30 p.m. Crochet</div> <div>1 - 2 p.m. National Golf Day: Putt-putt golf</div>
<div>13</div> <div>10 - 11 a.m. Dieta MIND: Alimentos para combatir la demencia</div> <div>11 a.m. - 12 p.m. Demostración de comida saludable con Chef Leslie</div> <div>1:30 - 2:15 p.m. SilverSneakers® Strength and balance*</div>	<div>14</div> <div>10:30 - 11:30 a.m. Bingo</div> <div>12 - 12:45 p.m. SilverSneakers® Chair Yoga*</div> <div>1 - 2 p.m. Travel around the world: France with French refreshments</div>	<div>15</div> <div>10 a.m. - 12 p.m. Free from falls: Week 2 (streamed)</div> <div>1:30 - 2:15 p.m. SilverSneakers® Classic*</div> <div>2 - 3 p.m. National Chocolate Chip Day social</div>	<div>16</div> <div>10 - 11:30 a.m. Lo que debe saber sobre la enfermedad de Alzheimer</div> <div>12 - 1 p.m. Canvas painting</div> <div>1 - 2 p.m. Comedy hour: George Lopez</div>	<div>17</div> <div>11 a.m. - 12 p.m. Bringo</div> <div>12 - 1:30 p.m. Crochet</div> <div>1:30 - 2:30 p.m. Karaoke</div>
<div>20</div> <div>10 - 11 a.m., MIND diet: Foods to fight dementia</div> <div>11 a.m. - 12 p.m. Healthy cooking demo with Chef Leslie</div> <div>1:30 - 2:15 p.m. SilverSneakers® Strength and balance*</div>	<div>21</div> <div>10:30 - 11:30 a.m. Bingo</div> <div>12 - 12:45 p.m. SilverSneakers® Chair Yoga*</div> <div>1 - 3 p.m. Movie & popcorn: Father of the Bride (1991)</div>	<div>22</div> <div>10 a.m. - 12 p.m. Free from falls: Week 3 (streamed)</div> <div>1:30 - 2:15 p.m. SilverSneakers® Classic*</div> <div>2:30 - 3:30 p.m. Karaoke</div>	<div>23</div> <div>10 - 11:30 a.m. What you need to know about Alzheimer's disease</div> <div>12 - 1 p.m. Memorial Day social</div> <div>1 - 2 p.m. Memorial Day craft</div>	<div>24</div> <div>9 - 11 a.m. Coffee & chat</div> <div>Center closing early at noon in observance of the holiday.</div>
<div>27</div> <div>Happy Memorial Day! We are closed in observance of the holiday.</div>	<div>28</div> <div>10:30 - 11:30 a.m. Bingo</div> <div>12 - 12:45 p.m. SilverSneakers® Chair Yoga*</div> <div>1 - 2 p.m. Canvas painting</div>	<div>29</div> <div>10 a.m. - 12 p.m. Free from falls: Week 4 (streamed)</div> <div>1:30 - 2:15 p.m. SilverSneakers® Classic*</div>	<div>30</div> <div>10 - 11 a.m. Dominoes & donuts</div> <div>12 - 1 p.m. Cornhole</div> <div>1 - 2 p.m. Tea time social</div>	<div>31</div> <div>11 a.m. - 12 p.m. Bingo</div> <div>12 - 1:30 p.m. Crochet</div> <div>2 - 3 p.m. Brain games</div>



*For Humana members with this benefit only.
For accommodations of persons with special needs at meetings, call **407-932-5340 (TTY: 711)**.