

May in-person events

Be sure to call to RSVP at **727-484-7800**.
Class times and dates are subject to change.



9550 US Hwy. 19
Suite D-11
Port Richey, FL 34668
727-484-7800 (TTY: 711)
Monday – Friday, 8:30 a.m. – 5 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>11:30 a.m. - 12:15 p.m.</div> <div>SilverSneakers® Strength & Balance*</div>	<div>2</div>	<div>3</div> <div>1 - 3 p.m.</div> <div>Movie and popcorn: Selena (1997)</div>
<div>6</div> <div>9 - 9:45 a.m.</div> <div>SilverSneakers® Strength & Balance*</div> <div>10 - 11 a.m.</div> <div>MIND diet: Foods to fight dementia</div> <div>11 a.m. - 12 p.m.</div> <div>Healthy cooking demo</div>	<div>7</div> <div>1 - 1:45 p.m.</div> <div>SilverSneakers® BOOM™ Mind*</div>	<div>8</div> <div>11:30 a.m. - 12:15 p.m.</div> <div>SilverSneakers® Strength & Balance*</div>	<div>9</div>	<div>10</div> <div>1 - 3 p.m.</div> <div>Movie and popcorn: Patch Adams (1998)</div>
<div>13</div> <div>9 - 9:45 a.m.</div> <div>SilverSneakers® Strength & Balance*</div> <div>11 a.m. - 12 p.m.</div> <div>Fall asleep, stay asleep</div>	<div>14</div> <div>10:30 - 11:30 a.m.</div> <div>Craft corner: Rock painting (RSVP)</div> <div>1 - 1:45 p.m.</div> <div>SilverSneakers® BOOM™ Mind*</div>	<div>15</div> <div>11:30 a.m. - 12:15 p.m.</div> <div>SilverSneakers® Strength & Balance*</div>	<div>16</div>	<div>17</div> <div>1 - 3 p.m.</div> <div>Movie and popcorn: That Thing You Do! (1996)</div>
<div>20</div> <div>9 - 9:45 a.m.</div> <div>SilverSneakers® Strength & Balance*</div> <div>11 a.m. - 12:30 p.m.</div> <div>What you need to know about Alzheimer's disease with Dr. Vinent</div> <div>1:30 - 3 p.m.</div> <div>Find your feel great weight Class 5 (RSVP)</div>	<div>21</div> <div>1 - 1:45 p.m.</div> <div>SilverSneakers® BOOM™ Mind*</div>	<div>22</div> <div>11:30 a.m. - 12:15 p.m.</div> <div>SilverSneakers® Strength & Balance*</div>	<div>23</div>	<div>24</div>
<div>27</div> <div>Happy Memorial Day! We are closed in observance of the holiday.</div>	<div>28</div> <div>1 - 1:45 p.m.</div> <div>SilverSneakers® BOOM™ Mind*</div>	<div>29</div> <div>11:30 a.m. - 12:15 p.m.</div> <div>SilverSneakers® Strength & Balance*</div>	<div>30</div>	<div>31</div> <div>1 - 3 p.m.</div> <div>Movie and popcorn: Get on Up (2014)</div>

*For Humana members with this benefit only.
For accommodations of persons with special needs at meetings, call **727-484-7800 (TTY: 711)**.