

Be sure to call to RSVP at **813-780-7300**.  
Class times and dates are subject to change.



7920 Gall Blvd.  
Zephyrhills, FL 33541  
**813-780-7300 (TTY: 711)**  
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		1  9:15 - 10 a.m. Zumba®* 10:30 - 11:30 a.m. Mother's Day bingo 1 - 1:45 p.m. SilverSneakers® Senior Stretch*	2  11 a.m. - 12 p.m. Sticker puzzles 1:30 - 2:30 p.m. Play Uno! with AmyC	3  11 a.m. - 1 p.m. Games: Scrabble 12 - 12:45 p.m. SilverSneakers® Classic* 1 - 3 p.m. Movie and popcorn: That Thing You Do! (1996)
6  10 - 10:45 a.m. SilverSneakers® Classic* 11:15 a.m. - 12 p.m. SilverSneakers® Senior Stretch* 1 - 4 p.m. Canasta 2 - 3 p.m. Mexican train dominoes	7  10 - 11:30 a.m. Find your feel great weight Class 5 (RSVP) 1 - 2 p.m. Travel around the world: Yosemite National Park (streamed) 2 - 3 p.m. Color the scenes of Yosemite	8  9:15 - 10 a.m. Zumba®* 10 a.m. - 12 p.m. Hearing screening 10:30 - 11:30 a.m. Craft corner: Canvas painting (RSVP) 1 - 1:45 p.m. SilverSneakers® Senior Stretch*	9  10 a.m. - 12 p.m. Free from falls Week 1 (RSVP) 12:30 - 4 p.m. Sit & sew with East Pasco Quilters	10  11 a.m. - 1 p.m. Games: Scrabble 12 - 12:45 p.m. SilverSneakers® Classic* 1 - 3 p.m. Movie and popcorn: Dream Girls (2006)
13  10 - 10:45 a.m. SilverSneakers® Classic* 11:15 a.m. - 12 p.m. SilverSneakers® Senior Stretch* 1 - 4 p.m. Canasta	14  10 - 11 a.m. MIND diet: Foods to fight dementia 11 a.m. - 12 p.m. Healthy cooking demo (RSVP) 1 - 2:30 p.m. Pickleball	15  9:15 - 10 a.m. Zumba®* 1 - 1:45 p.m. SilverSneakers® Senior Stretch*	16  10 a.m. - 12 p.m. Free from falls Week 2 (RSVP) 1 - 2 p.m. What you need to know about Alzheimer's disease with Dr. Clary Montalvo MD 2 - 2:30 p.m. Medicines explained: Alzheimer's disease (streamed)	17  10 - 11 a.m. Veterans breakfast (RSVP) 11 a.m. - 1 p.m. Games: Scrabble 12 - 12:45 p.m. SilverSneakers® Classic* 1 - 3 p.m. Movie and popcorn: Get on Up (2014)
20  10 - 10:45 a.m. SilverSneakers® Classic* 11:15 a.m. - 12 p.m. SilverSneakers® Senior Stretch* 1 - 4 p.m. Canasta 2 - 3 p.m. Mexican train dominoes	21  9 - 10 a.m. Coffee and chat with Beth Russell, Customer Care Specialist* 12 - 1 p.m. Gratitude workshop 1:30 - 3 p.m. Pickleball	22  9:15 - 10 a.m. Zumba®* 10:30 - 11:30 a.m. Birthday celebrations: Cake, refreshments & surprise (RSVP) 1 - 1:45 p.m. SilverSneakers® Senior Stretch*	23  10 a.m. - 12 p.m. Free from falls Week 3 (RSVP) 11 a.m. - 1 p.m. Cafe craft: Patriotic necklace (RSVP) 12:30 - 4 p.m. Sit & sew with East Pasco Quilters	24  10 a.m. - 12 p.m. Games: Scrabble 11 a.m. - 12 p.m. SilverSneakers® Classic*  Happy Memorial Day! We are closing at 12 p.m. in observance of the holiday.
27  Happy Memorial Day! We are closed in observance of the holiday.	28  10 - 11 a.m. Fall asleep, stay asleep (streamed) 1:30 - 2:30 p.m. Puzzle mazes	29  9:15 - 10 a.m. Zumba®* 10:30 - 11:30 a.m. Games: Scrabble 1 - 1:45 p.m. SilverSneakers® Senior Stretch*	30  10 a.m. - 12 p.m. Free from falls Week 4 (RSVP) 11 a.m. - 12 p.m. Craft corner: Butterfly suncatcher (RSVP) 1 - 3 p.m. Pickleball	31  11 a.m. - 1 p.m. Games: Scrabble 12 - 12:45 p.m. SilverSneakers® Classic* 1 - 3 p.m. Movie and popcorn: Patch Adams (1998)

\*For Humana members with this benefit only.  
For accommodations of persons with special needs at meetings, call **813-780-7300 (TTY: 711)**.