

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
<div>1</div> <div>10 - 10:45 a.m. SilverSneakers® Senior Stretch*</div> <div>11:15 a.m. - 12 p.m. SilverSneakers® Senior Stretch</div> <div>1 - 4 p.m. Canasta</div> <div>2 - 3 p.m. Mexican train dominoes</div>	<div>2</div> <div>10 - 11:30 a.m. Find your feel great weight Class 4 (RSVP)</div> <div>10 - 11 a.m. Maze puzzles</div> <div>1:30 - 2:30 p.m. Beanbag toss with AmyC</div>	<div>3</div> <div>9:15 - 10 a.m. Zumba®*</div> <div>10:30 - 11:30 a.m. Bingo</div> <div>1 - 1:45 p.m. SilverSneakers® Senior Stretch*</div>	<div>4</div> <div>9 - 10 a.m. Coffee and chat with an agent</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 1 (RSVP)</div> <div>1:30 - 2:30 p.m. Craft corner: Wooden spring ornament (RSVP)</div>	<div>5</div> <div>10 - 11 a.m. Humana Neighborhood Center tour (RSVP)</div> <div>11 a.m. - 1 p.m. Scrabble</div> <div>12 - 12:45 p.m. SilverSneakers® Classic*</div> <div>1 - 3 p.m. Movie and popcorn: Draft Day (2014)</div>
<div>8</div> <div>10 - 10:45 a.m. SilverSneakers® Senior Stretch*</div> <div>11:15 - 12 p.m. SilverSneakers® Senior Stretch*</div> <div>1 - 4 p.m. Canasta</div> <div>2 - 3 p.m. Board games: Cribbage</div>	<div>9</div> <div>10 - 11 a.m. Foods to boost bone health</div> <div>11 a.m. - 12 p.m. Healthy cooking demo (RSVP)</div> <div>12:30 - 2 p.m. Pickleball</div>	<div>10</div> <div>9:15 - 10 a.m. Zumba®*</div> <div>10 a.m. - 12 p.m. Hearing screenings</div> <div>10:30 - 11:15 p.m. Folk song concert with Robert Roberg</div> <div>1 - 1:45 p.m. SilverSneakers® Senior Stretch*</div>	<div>11</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 2 (RSVP)</div> <div>12:30 - 4 p.m. Sit & sew with East Pasco Quilters</div> <div>1:30 - 3:30 p.m. Craft corner: Paper flowers (RSVP)</div>	<div>12</div> <div>11 a.m. - 1 p.m. Scrabble</div> <div>12 - 12:45 p.m. SilverSneakers® Classic*</div> <div>1:30 - 3 p.m. Understanding wills, trusts & advance directives with Dennis Moses (RSVP)</div>
<div>15</div> <div>10 - 10:45 a.m, SilverSneakers® Senior Stretch*</div> <div>11:15 a.m. - 12 p.m. SilverSneakers® Senior Stretch*</div> <div>1 - 4 p.m. Canasta</div> <div>2 - 3 p.m. Mexican train dominoes</div>	<div>16</div> <div>10 a.m. - 12 p.m. Planning for the future: Making your final wishes known</div> <div>12 - 1 p.m. Sticker puzzles</div> <div>1:30 - 2:30 p.m. Play Uno! with Nicole</div>	<div>17</div> <div>9:15 - 10 a.m. Zumba®*</div> <div>10:30 - 11:30 a.m. Craft corner: Felt flowers & vase decorating (RSVP)</div> <div>1 - 1:45 p.m. SilverSneakers® Senior Stretch*</div>	<div>18</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 3 (RSVP)</div> <div>1 - 2 p.m. Building stronger bones with Dr. Richard Santiago</div> <div>2 - 2:30 p.m. Medicines explained: Osteoporosis (streamed)</div>	<div>19</div> <div>10 - 11 a.m. Veterans breakfast (RSVP)</div> <div>11 a.m. - 1 p.m. Scrabble</div> <div>12 - 12:45 p.m. SilverSneakers® Classic*</div> <div>1 - 3 p.m. Movie and popcorn: 17 Again (2009)</div>
<div>22</div> <div>10 - 10:45 a.m. SilverSneakers® Senior Stretch*</div> <div>11:15 a.m. - 12 p.m. SilverSneakers® Senior Stretch*</div> <div>1 - 4 p.m. Canasta</div> <div>2 - 3 p.m. Games: Rummikub</div>	<div>23</div> <div>10 - 11:30 a.m. Understanding wills, trusts & advance directives (streamed)</div> <div>12 - 1:30 p.m. Pickleball</div> <div>1 - 3 p.m. Word puzzles</div>	<div>24</div> <div>9:15 - 10 a.m. Zumba®*</div> <div>10:30 - 11:30 a.m. Birthday celebrations (RSVP)</div> <div>1 - 1:45 p.m. SilverSneakers® Senior Stretch*</div>	<div>25</div> <div>9 - 10 a.m. Coffee and chat with an agent</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 4 (RSVP)</div> <div>12:30 - 4 p.m. Sit & sew with East Pasco Quilters</div>	<div>26</div> <div>11 a.m. - 1 p.m. Scrabble</div> <div>12 - 12:45 p.m. SilverSneakers® Classic*</div> <div>1 - 3 p.m. Movie and popcorn: Dog (2022)</div>
<div>29</div> <div>10 - 10:45 a.m. SilverSneakers® Senior Stretch*</div> <div>11:15 a.m. - 12 p.m. SilverSneakers® Senior Stretch*</div> <div>1 - 4 p.m. Canasta</div> <div>2 - 3 p.m. Mexican train dominoes</div>	<div>30</div> <div>10 - 11 a.m. Decluttering tips & tricks with Nicole</div> <div>1 - 2 p.m. Travel around the world: Germany (streamed)</div> <div>2 - 3 p.m. Color the scenes of Germany</div>			

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