



Plant City Senior Center List of Events for Active Seniors

May 2012

STAFF:
Michelle Ingram
Human Services Supervisor
Claudia Hyancinthe, Sr. Case Manager
Carmen Hunt, LPN
Penny Snells, Personal Care Aide
Gerald C. Randolph, Sr. Recreation Therapist

Center Meetings:
Caregiver Support Group Meeting
the last Thursday of the month @
2:00 p.m.

HOURS: 8:00 a.m. to 5:00 p.m.
Excluding Holidays
1205 S Waller St
Plant City, FL 33563
(813) 757-3824

ONGOING & SPECIAL ACTIVITIES

- Health Issue: "Osteoporosis Prevention" May 3rd @ 10:30 a.m. Presented by the Center Nurse
- Cultural Issue: "Mexican Americans" May 9th @ 10:30 a.m.
- Elder Affairs Day @ The Oaks on May 10th @ 10:00 a.m.
- Senior Prom at the Brandon Community Center on May 18th @ 10:00 a.m.
- "National Senior Health & Fitness Day" Starting May 30th @ 11:00 a.m.
- Social Issue: "Being Board Could Be Bad for You" May 30th @ 10:30 a.m. Presented by the Center Nurse
- Caregiver Support Group Meeting the last Thursday of the month @ 2:00 p.m.
- Exercise Class - Everyday 10:00 a.m.
- Computers with Internet Access for General Use. Available All Day Monday, Tuesday, Wednesday & Friday
- Blood Pressure Screenings - Tues. and Thurs. 8:00 a.m. till 5:00 p.m.
- Meeting Space - Available for Senior Groups. Call Claudia or Carmen (813)757-3824 for availability
- For the use of the Treadmill at the center call Claudia or Carmen at 813-757-3824 to make arrangements.