

# Stay Healthy, Stay Engaged

## Join Aging Services Nutrition and Wellness for Center-Specific Virtual Programs

Session topics cover the seven dimensions of wellness:

**Physical** **Mental** **Emotional** **Social** **Environmental** **Intellectual** **Spiritual**

SITE	VIRTUAL PROGRAM SCHEDULE	CALL-IN NUMBER AND CONFERENCE ROOM NUMBER
AQUA	Wednesday and Friday, English: 12:30 - 1:30 p.m. Spanish: 11:30 a.m. - 12:30 p.m.	1 (888) 585-9008 Conference Room: 716-982-688#
Bayshore	Monday and Wednesday English: 11 a.m. - noon	1 (888) 585-9008 Conference Room: 182-530-276#
Brandon Senior Center	Monday and Wednesday English: 11 a.m. - noon, Spanish: 1 - 2 p.m.	1 (888) 585-9008 Conference Room: 326-972-159#
Gardenville	Monday and Wednesday English: 10-11 a.m., Spanish: 12:30-1:30 p.m.	1 (888) 585-9008 Conference Room: 908-394-012#
J.L. Young	Monday and Wednesday English: 11 a.m. - noon	1 (888) 585-9008 Conference Room: 265-963-465#
Jewish Towers	Monday and Wednesday Spanish: 11 a.m. - noon	1 (888) 585-9008 Conference Room: 381-712-632#
Kings Manor	Wednesday and Friday Spanish: 10 - 11 a.m.	1 (888) 585-9008 Conference Room: 374-402-742#
Lee Davis	Monday and Wednesday English: 11 a.m. - noon	1 (888) 585-9008 Conference Room: 356-773-492#
Lightfoot	Monday and Wednesday English: 10 - 11 a.m.	1 (888) 585-9008 Conference Room: 381-712-632#
Lutz Senior Center	Wednesday and Friday English: 11 a.m. - noon, Spanish: 1- 2 p.m.	1 (888) 585-9008 Conference Room: 448-371-556#
Mary Walker	Wednesday and Friday English: 12:30 - 1:30 p.m. Spanish: 11:30 a.m. - 12:30 p.m.	1 (888) 585-9008 Conference room: English: 242-350-801# Spanish: 716-982-688#
Oaks at Riverview Senior Center	Monday and Wednesday English: 10 - 11 a.m., Spanish: 2 - 3 p.m.	1 (888) 585-9008 Conference Room: 639-796-339#
Plant City Dining Center	Monday and Wednesday English: 11 a.m.-noon, Spanish: 2 p.m. -3 p.m.	1 (888) 585-9008 Conference Room: 341-802-541#
Progress Village	Monday and Wednesday English: 11 a.m. - noon	1 (888) 585-9008 Conference Room: 926-774-557#
River Pines Apartments	Monday and Wednesday English: 10 - 11 a.m.	1 (888) 585-9008 Conference room: 716-982-688#
Ruskin Senior Center	Monday and Wednesday English: 10 - 11 a.m., Spanish: 1 - 2 p.m.	1 (888) 585-9008 Room number: 939-203-153#
San Lorenzo Terrace II	Monday and Friday Spanish: 11 a.m. - noon	1 (888) 585-9008 Conference Room: 370-611-888#
Silver Tree Senior Apts.	Monday and Friday Spanish: 11 a.m. - noon	1 (888) 585-9008 Conference Room: 131-316-388#
Sterling Heights	Monday and Wednesday English: 11 a.m. - noon	1 (888) 585-9008 Conference Room: 762-274-136#
Tampa Baptist Manor	Monday and Wednesday English: 11 a.m. - noon	1 (888) 585 9008 Conference Room: 943-673-788#
Town 'N Country	Wednesday and Friday English: 11 a.m. - noon, Spanish: 1 - 2 p.m.	1 (888) 585-9008 Conference Room: 759-561-975#
Wimauma Senior Center	Monday and Wednesday English: 11 a.m. - noon, Spanish: 2 - 3 p.m.	1 (888) 585-9008 Conference Room: # 607-610-620