

Health & Wellness Current Workshop Schedule 2025

ACTIVE LIVING EVERY DAY (ALED)

Progress Village Senior Center

Jun 18 - Sep 3, 2025

Wednesdays

10:00am - 11:00am

8701 Progress Village Blvd

Tampa, FL 33619

Please register at 813-671-7773

BINGOize

Plant City Senior Dining Center

Sep 8 - Nov 12, 2025

Mondays & Wednesdays

12:15pm - 1:15pm

307 North Michigan Ave Suite 106

Plant City, FL 33563

Please register at 813-635-8438

A MATTER OF BALANCE (MOB)

AdventHealth Sebring

Jun 4 - Jul 23, 2025

Wednesdays

1:00pm - 3:00pm

4005 Sun 'N Lake Blvd

Sebring, FL 33872

Please register at 863-386-6468

Bartow Public Library

Jun 9 - Jul 28, 2025

Wednesdays

9:30am - 11:30am

2150 S Broadway Ave

Bartow, FL 33830

Please register at 863-532-0131

TAI CHI FOR FALL PREVENTION

Brandon Senior Center

Jun 3 - Jul 29, 2025

Tuesdays & Thursdays

10:00am - 11:00am

612 N Parsons Ave

Brandon, FL 33510

Please register at 813-635-8066