



IMA WELLNESS CENTER - Buenaventura Lakes

📍 1044 Plaza Drive, Kissimmee, FL 34743

☎ (407) 785-3452

MAY 2021



MON	TUES	WED	THURS	FRI
<p>3</p> <p>9-10am: Introduction to patients 10-11am: Stretching class 11-12pm: Bingo time 2-3pm: Introduction to patients 3-4pm: Stretching class 4-5pm: Bingo time</p>	<p>4</p> <p>9-10am: Introduction to patients 10-11am: Arts & Crafts 11-12pm: Zumba 2-3pm: Introduction to patients 3-4pm: Arts & Crafts 4-5pm: Zumba</p>	<p>5</p> <p>9-10am: Introduction to patients 10-11am: Stretching class 11-12pm: Bingo time 2-3pm: Introduction to patients 3-4pm: Stretching class 4-5pm: Bingo time</p>	<p>6</p> <p>9-10am: Introduction to patients 10-11am: Arts & Crafts 11-12pm: Zumba 2-3pm: Introduction to patients 3-4pm: Arts & Crafts 4-5pm: Zumba</p>	<p>7</p> <p>9-10am: Introduction to patients 10-11am: Stretching class 11-12pm: Bingo time 2-3pm: Introduction to patients 3-4pm: Stretching class 4-5pm: Bingo time</p>
<p>10</p> <p>9-10am: Food for thought 10-11am: Stretching class 11-12pm: Bingo time 2-3pm: Food for thought 3-4pm: Stretching class 4-5pm: Bingo time</p>	<p>11</p> <p>9-10am: Exercise 10-11am: Arts & Crafts 11-12pm: Zumba 2-3pm: Exercise 3-4pm: Arts & Crafts 4-5pm: Zumba</p>	<p>12</p> <p>9-10am: Food for thought 10-11am: Stretching class 11-12pm: Bingo time 2-3pm: Food for thought 3-4pm: Stretching class 4-5pm: Bingo time</p>	<p>13</p> <p>9-10am: Exercise 10-11am: Arts & Crafts 11-12pm: Zumba 2-3pm: Exercise 3-4pm: Arts & Crafts 4-5pm: Zumba</p>	<p>14</p> <p>9-10am: Food for thought 10-11am: Stretching class 11-12pm: Bingo time 2-3pm: Food for thought 3-4pm: Stretching class 4-5pm: Bingo time</p>
<p>17</p> <p>9-10am: Lets talk about health 10-11am: Social time 11-12pm: Bingo time 2-3pm: Lets talk about health 3-4pm: Social time 4-5pm: Bingo time</p>	<p>18</p> <p>9-10am: Body groove 10-11am: Arts & Crafts 11-12pm: Zumba 2-3pm: Body groove 3-4pm: Arts & Crafts 4-5pm: Zumba</p>	<p>19</p> <p>9-10am: Strechting class 10-11am: Stop game 11-12pm: Bingo time 2-3pm: Strechting class 3-4pm: Stop game 4-5pm: Bingo time</p>	<p>20</p> <p>9-10am: Body groove 10-11am: Arts & Crafts 11-12pm: Zumba 2-3pm: Body groove 3-4pm: Arts & Crafts 4-5pm: Zumba</p>	<p>21</p> <p>9-10am: The price is right 10-11am: Lets sing together 11-12pm: Bingo time 2-3pm: The price is right 3-4pm: Lets sing together 4-5pm: Bingo time</p>
<p>24</p> <p>9-10am: Lets talk about health 10-11am: Meditation 11-12pm: Bingo time 2-3pm: Lets talk about health 3-4pm: Meditation 4-5pm: Bingo time</p>	<p>25</p> <p>9-10am: Excercise 10-11am: Arts & Crafts 11-12pm: Zumba 2-3pm: Excercise 3-4pm: Arts & Crafts 4-5pm: Zumba</p>	<p>26</p> <p>9-10am: The price is right 10-11am: Short topic 11-12pm: Bingo time 2-3pm: The price is right 3-4pm: Short topic 4-5pm: Bingo time</p>	<p>27</p> <p>9-10am: Health tips 10-11am: Arts & Crafts 11-12pm: Zumba 2-3pm: Health tips 3-4pm: Arts & Crafts 4-5pm: Zumba</p>	<p>28</p> <p>9-10am: Short topic 10-11am: Social time 11-12pm: Bingo time 2-3pm: Short topic 3-4pm: Social time 4-5pm: Bingo time</p>
<p>31</p> <p>9-10am: Lets talk about health 10-11am: Excercise 11-12pm: Bingo time 2-3pm: Lets talk about health 3-4pm: Excercise 4-5pm: Bingo time</p>				

■ Craft
 ■ Social Activity
 ■ Education
 ■ Fitness

Follow us on

This calendar is subject to change without notice*

MON	TUES	WED	THURS	FRI
<p>3</p> <p>9-10am: Introducción a los pacientes 10-11am: Estiramientos 11-12pm: Bingo 2-3pm: Introducción a los pacientes 3-4pm: Estiramientos 4-5pm: Bingo</p>	<p>4</p> <p>9-10am: Introducción a los pacientes 10-11am: Manualidades 11-12pm: Zumba 2-3pm: Introducción a los pacientes 3-4pm: Manualidades 4-5pm: Zumba</p>	<p>5</p> <p>9-10am: Introducción a los pacientes 10-11am: Estiramientos 11-12pm: Bingo 2-3pm: Introducción a los pacientes 3-4pm: Estiramientos 4-5pm: Bingo</p>	<p>6</p> <p>9-10am: Introducción a los pacientes 10-11am: Manualidades 11-12pm: Zumba 2-3pm: Introducción a los pacientes 3-4pm: Manualidades 4-5pm: Zumba</p>	<p>7</p> <p>9-10am: Introducción a los pacientes 10-11am: Estiramientos 11-12pm: Bingo 2-3pm: Introducción a los pacientes 3-4pm: Estiramientos 4-5pm: Bingo</p>
<p>10</p> <p>9-10am: Tema de reflexión 10-11am: Estiramientos 11-12pm: Bingo 2-3pm: Tema de reflexión 3-4pm: Estiramientos 4-5pm: Bingo</p>	<p>11</p> <p>9-10am: Ejercicios 10-11am: Manualidades 11-12pm: Zumba 2-3pm: Ejercicios 3-4pm: Manualidades 4-5pm: Zumba</p>	<p>12</p> <p>9-10am: Tema de reflexión 10-11am: Estiramientos 11-12pm: Bingo 2-3pm: Tema de reflexión 3-4pm: Estiramientos 4-5pm: Bingo</p>	<p>13</p> <p>9-10am: Ejercicios 10-11am: Manualidades 11-12pm: Zumba 2-3pm: Ejercicios 3-4pm: Manualidades 4-5pm: Zumba</p>	<p>14</p> <p>9-10am: Tema de reflexión 10-11am: Estiramientos 11-12pm: Bingo 2-3pm: Tema de reflexión 3-4pm: Estiramientos 4-5pm: Bingo</p>
<p>17</p> <p>9-10am: Hablemos de salud 10-11am: Tiempo social 11-12pm: Bingo 2-3pm: Hablemos de salud 3-4pm: Tiempo social 4-5pm: Bingo</p>	<p>18</p> <p>9-10am: Ejercicios 10-11am: Manualidades 11-12pm: Zumba 2-3pm: Ejercicios 3-4pm: Manualidades 4-5pm: Zumba</p>	<p>19</p> <p>9-10am: Estiramientos 10-11am: Juego Pare 11-12pm: Bingo 2-3pm: Estiramientos 3-4pm: Juego Pare 4-5pm: Bingo</p>	<p>20</p> <p>9-10am: Ejercicios 10-11am: Manualidades 11-12pm: Zumba 2-3pm: Ejercicios 3-4pm: Manualidades 4-5pm: Zumba</p>	<p>21</p> <p>9-10am: El precio correcto 10-11am: Cantemos juntos 11-12pm: Bingo 2-3pm: El precio correcto 3-4pm: Cantemos juntos 4-5pm: Bingo</p>
<p>24</p> <p>9-10am: Hablemos de salud 10-11am: Meditación 11-12pm: Bingo 2-3pm: Hablemos de salud 3-4pm: Meditación 4-5pm: Bingo</p>	<p>25</p> <p>9-10am: Ejercicios 10-11am: Manualidades 11-12pm: Zumba 2-3pm: Ejercicios 3-4pm: Manualidades 4-5pm: Zumba</p>	<p>26</p> <p>9-10am: El precio correcto 10-11am: Tema corto 11-12pm: Bingo 2-3pm: El precio correcto 3-4pm: Tema corto 4-5pm: Bingo</p>	<p>27</p> <p>9-10am: Tips de salud 10-11am: Manualidades 11-12pm: Zumba 2-3pm: Tips de salud 3-4pm: Manualidades 4-5pm: Zumba</p>	<p>28</p> <p>9-10am: Tema corto 10-11am: Tiempo social 11-12pm: Bingo 2-3pm: Tema corto 3-4pm: Tiempo social 4-5pm: Bingo</p>
<p>31</p> <p>9-10am: Hablemos de salud 10-11am: Ejercicios 11-12pm: Bingo 2-3pm: Hablemos de salud 3-4pm: Ejercicios 4-5pm: Bingo</p>				

MAYO 2021

