



# IMA WELLNESS CENTER - Poinciana

📍 3374 W. Southport Road, Suite A, Kissimmee, FL 34746

☎ (407) 933-7900

MON	TUES	WED	THURS	FRI
<p>3</p> <p>9am Seated Class Exercises 9:30 Mother's Day Crafts 11am Let's Play Bingo 2pm Seated Class Exercises 2:30 Mother's Day Crafts 4pm Let's Play Stop Game</p>	<p>4</p> <p>9am Seated Class Exercises 9:30 Mother's Day Crafts 11am Let's Play Bingo 2pm Seated Class Exercises 2:30pm Mother's Day Crafts 4pm Let's Play Stop Game</p>	<p>5</p> <p>9am Mother's Day Crafts 10am Zumba 11am Let's Play Bingo 2pm Mother's Day Crafts 3pm Zumba 4pm Let's Play Stop Game</p>	<p>6</p> <p>9am Balance Class Exercises 9:30am Mother's Day Crafts 10am Learn about Carbohydrates 11am Let's play Bingo 2pm Balance Class Exercises 2:30pm Mother's Day Crafts 3pm Learn about Carbohydrates 4pm Let's Play Bingo</p>	<p>7</p> <p>9am Mother's Day Crafts 10am Zumba 11am Let's Play Bingo 2pm Mother's Day Crafts 3pm Zumba 4pm Let's Play Stop Game</p>
<p>10</p> <p>9am Seated Class 9:30am Mother's Day Crafts 11am Let's Play Bingo 2pm Seated Class Exercises 2:30pm Mother's Day Crafts 4pm Let's Play Stop Game</p>	<p>11</p> <p>9am Seated Class 9:30am Mother's Day Crafts 11am Let's Play Bingo 2pm Seated Class Exercises 2:30pm Mother's Day Crafts 4pm Let's Play Stop Game</p>	<p>12</p> <p>9am Mother's Day Crafts 10am Zumba 11am Let's Play Bingo 2pm Mother's Day Crafts 3pm Zumba 4pm Let's Play Stop Game</p>	<p>13</p> <p>9am Balance Class 9:30am Mother's Day Crafts 10am Learn about Carbohydrates 11am Let's Play Bingo 2pm Balance Class 2:30pm Mother's Day Crafts 3pm Learn about Carbohydrates 4pm Let's Play Bingo</p>	<p>14</p> <p>9am Mother's Day Crafts 10am Zumba 11am Let's Play Bingo 2pm Mother's Day Crafts 3pm Zumba 4pm Let's play Stop Game</p>
<p>17</p> <p>9am Balance Class Exercises 9:30am Mother's Day Crafts 11am Let's Play Bingo 2pm Balance Class Exercises 2:30pm Mother's Day Crafts 4pm Let's Play Stop Game</p>	<p>18</p> <p>9am Balance Class Exercises 9:30am Mother's Day Crafts 11am Let's Play Bingo 2pm Balance Class Exercises 2:30pm Mother's Day Crafts 4pm Let's Play Bingo</p>	<p>19</p> <p>9am Mother's Day Crafts 10am Zumba 11am Let's play Bingo 2pm Mother's Day Crafts 3pm Zumba 4pm Let's Play Bingo</p>	<p>20</p> <p>9am Balance Class Exercises 9:30am Mother's Day Crafts 10am Learn about Carbohydrates 11am Let's Play Bingo 2pm Balance Class Exercises 2:30pm Mother's Day Crafts 3pm Learn about Carbohydrates 4pm Let's Play Bingo</p>	<p>21</p> <p>9am Mother's Day Crafts 10am Zumba 11am Let's Play Bingo 2pm Mother's Day Crafts 3pm Zumba 4pm Let's Play Bingo</p>
<p>24</p> <p>9am Mother's Day Crafts 10am Food Safety &amp; Hurricane Season by FL University 11am Let's Play Stop Game 2pm Mother's Day Crafts 3pm Food Safety &amp; Hurricane Season by FL University 4pm Let's Play Stop Game</p>	<p>25</p> <p>9am Breathing Exercises 9:30am How to Prepare for Tornado and Hurricane Season 10am Mother's Day Crafts 11am Let's Play Stop Game 2pm Breathing Exercises 2:30pm How to Prepare for Tornado and Hurricane Season 3pm Mother's Day Crafts 4pm Let's play Stop game</p>	<p>26</p> <p>9am Mother's Day Crafts 10am Zumba 11am Let's Play Bingo 2pm Mother's Day Crafts 3pm Zumba 4pm Let's Play Bingo</p>	<p>27</p> <p>9am Balance Class Exercises 9:30am Mother's Day Crafts 10am Learn about Carbohydrates 11am Let's play Bingo 2pm Balance Class Exercises 2:30pm Mother's Day Crafts 3pm Learn about Carbohydrates 4pm Let's Play Bingo</p>	<p>28</p> <p>9am Mother's Day Crafts 10am Zumba 11am Let's Play Stop Game 2pm Mother's Day Crafts 3pm Zumba 4pm Let's Play Stop Game</p>
<p>31</p> <p>9am Breathing Exercises 9:30am Your Biggest Attribute 10am Mother's Day Crafts 11am Let's Play Stop Game 2pm Breathing Exercises 2:30pm Your biggest attribute 3pm Mother's Day Crafts 4pm Let's Play Stop Game</p>				

MAY 2021



■ Craft 
 ■ Social Activity 
 ■ Education 
 ■ Fitness

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This calendar is subject to change without notice\*



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MON	TUES	WED	THURS	FRI
<p>3</p> <p>9am <b>Ejercicios con la Silla</b>            9:30am <b>Artesanías Día de la Madre</b>            11am <b>Bingo</b>            2pm <b>Ejercicios con la Silla</b>            2:30pm <b>Artesanías Día de la Madre</b>            4pm <b>Juguemos PARE</b></p>	<p>4</p> <p>9am <b>Ejercicios con la Silla</b>            9:30am <b>Artesanías Día de la Madre</b>            11am <b>Bingo</b>            2pm <b>Ejercicios con la Silla</b>            2:30pm <b>Artesanías Día de la Madre</b>            4pm <b>Juguemos PARE</b></p>	<p>5</p> <p>9am <b>Artesanías Día de la Madre</b>            10am <b>Zumba</b>            11am <b>Bingo</b>            2pm <b>Artesanías Día de la Madre</b>            3pm <b>Zumba</b>            4pm <b>Juguemos PARE</b></p>	<p>6</p> <p>9am <b>Ejercicios de Balance</b>            9:30am <b>Artesanías Día de la Madre</b>            10am <b>Hablemos de Carbohidratos</b>            11am <b>Bingo</b>            2pm <b>Ejercicios de Balance</b>            2:30pm <b>Artesanías Día de la Madre</b>            3pm <b>Hablemos de Carbohidratos</b>            4pm <b>Bingo</b></p>	<p>7</p> <p>9am <b>Artesanías Día de la Madre</b>            10am <b>Zumba</b>            11am <b>Bingo</b>            2pm <b>Artesanías Día de la Madre</b>            3pm <b>Zumba</b>            4pm <b>Juguemos PARE</b></p>
<p>10</p> <p>9am <b>Ejercicios con la Silla</b>            9:30 <b>Artesanías Día de la Madre</b>            11am <b>Bingo</b>            2pm <b>Ejercicios con la Silla</b>            2:30pm <b>Artesanías Día de la Madre</b>            4pm <b>Juguemos PARE</b></p>	<p>11</p> <p>9am <b>Ejercicios con la Silla</b>            9:30am <b>Artesanías Día de la Madre</b>            11am <b>Bingo</b>            2pm <b>Ejercicios con la Silla</b>            2:30 <b>Artesanías Día de la Madre</b>            4pm <b>Juguemos PARE</b></p>	<p>12</p> <p>9am <b>Artesanías Día de la Madre</b>            10am <b>Zumba</b>            11am <b>Bingo</b>            2 pm <b>Artesanías Día de la Madre</b>            3pm <b>Zumba</b>            4pm <b>Juguemos PARE</b></p>	<p>13</p> <p>9am <b>Ejercicios de Balance</b>            9:30am <b>Artesanías Día de la Madre</b>            10am <b>Hablemos de Carbohidratos</b>            11am <b>Bingo</b>            2pm <b>Ejercicios de Balance</b>            2:30pm <b>Artesanías Día de la Madre</b>            3pm <b>Hablemos de Carbohidratos</b>            4pm <b>Bingo</b></p>	<p>14</p> <p>9am <b>Artesanías Día de la Madre</b>            10am <b>Zumba</b>            11am <b>Bingo</b>            2pm <b>Artesanías Día de la Madre</b>            3pm <b>Zumba</b>            4pm <b>Juguemos PARE</b></p>
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<p>24</p> <p>9am <b>Artesanías Día de la Madre</b>            10am <b>Temporada de Huracanes - FL University</b>            11am <b>Juguemos Stop</b>            2pm <b>Artesanías Día de la Madre</b>            3pm <b>Temporada de Huracanes - FL University</b>            4pm <b>Juguemos PARE</b></p>	<p>25</p> <p>9am <b>Ejercicios de Respiración</b>            9:30am <b>Cómo prepararse para la Temporada de Huracanes y Tornados</b>            10am <b>Artesanías Día de la Madre</b>            11am <b>Juguemos PARE</b>            2pm <b>Ejercicios de Respiración</b>            2:30pm <b>Cómo prepararse para la Temporada de Huracanes y Tornados</b>            3pm <b>Artesanías Día de la Madre</b>            4pm <b>Juguemos PARE</b></p>	<p>26</p> <p>9am <b>Artesanías Día de la Madre</b>            10am <b>Zumba</b>            11am <b>Bingo</b>            2 pm <b>Artesanías Día de la Madre</b>            3pm <b>Zumba</b>            4pm <b>Bingo</b></p>	<p>27</p> <p>9am <b>Ejercicios de Balance</b>            9:30am <b>Artesanías Día de la Madre</b>            10am <b>Hablemos de Carbohidratos</b>            11am <b>Bingo</b>            2pm <b>Ejercicios de Balance</b>            2:30pm <b>Artesanías Día de la Madre</b>            3pm <b>Hablemos de Carbohidratos</b>            4pm <b>Bingo</b></p>	<p>28</p> <p>9am <b>Artesanías Día de la Madre</b>            10am <b>Zumba</b>            11am <b>Bingo</b>            2pm <b>Artesanías Día de la Madre</b>            3pm <b>Zumba</b>            4pm <b>Bingo</b></p>
<p>31</p> <p>9am <b>Ejercicios de Respiración</b>            9:30am <b>Su Mayor Atributo</b>            10am <b>Artesanías Día de la Madre</b>            11am <b>Juguemos Stop</b>            2pm <b>Ejercicios de Respiración</b>            2:30pm <b>Su Mayor Atributo</b>            3pm <b>Artesanías Día de la Madre</b>            4pm <b>Juguemos PARE</b></p>				

MAYO 2021

