



IMA WELLNESS CENTER - St. Cloud

📍 1495 Budinger Ave, St. Cloud, FL 34769

☎ (407) 593-989

MON	TUES	WED	THURS	FRI
<p>3</p> <p>9:30am Stretching exercises 10:00am Canvas Club 11:30am Snacks and coffee 2:30pm Art and painting lessons 3:30pm Dance with me 4:15pm Snacks and coffee</p>	<p>4</p> <p>9:30am Endurance exercises 10:00am Gardening Craft 11:30am Snacks and coffee 2:30pm English lessons 3:30pm Dance with me 4:15pm Snacks and coffee</p>	<p>5</p> <p>9:30am Fall prevention 10:00 Canvas Club 11:30am Snacks and coffee 2:30pm Art and painting lessons 3:30pm Dance with me 4:15pm Snacks and coffee</p>	<p>6</p> <p>9:30am Endurance exercises 10:00am Gardening Craft 11:30am Snacks and coffee 2:30pm Rustic jewelry making 3:30pm Dance with me 4:15pm Snacks and coffee</p>	<p>7</p> <p>9:30am Improve range of motion 10:00am BINGO 11:30am Snacks and coffee 2:30pm Dance with me 3:00pm BINGO 4:15pm Snacks and coffee</p>
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MAY 2021



Craft **Social Activity** **Education** **Fitness**

This calendar is subject to change without notice*

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LUN	MAR	MIE	JUE	VIE
<p>3</p> <p>9:30am Estiramiento 10:00am Canvas Club 11:30am Meriendas Y Café 2:30pm Clase De Pintura 3:30pm Baila Conmigo 4:15pm Meriendas Y Café</p>	<p>4</p> <p>9:30am Ejercicios De Resistencia 10:00am Jardinería Y Manualidades 11:30am Meriendas Y Café 2:30pm Clase De Inglés 3:30pm Baila Conmigo 4:15pm Meriendas Y Café</p>	<p>5</p> <p>9:30am Prevención De Caídas 10:00am Canvas Club 11:30am Meriendas Y Café 2:30pm Clase De Pintura 3:30pm Baila Conmigo 4:15pm Meriendas Y Café</p>	<p>6</p> <p>9:30am Ejercicios De Resistencia 10:00am Jardinería Y Manualidades 11:30am Meriendas Y Café 2:30pm Clase De Joyería Rústica 3:30pm Baila Conmigo 4:15pm Meriendas Y Café</p>	<p>7</p> <p>9:30am Aumentando La Movilidad 10:00am BINGO 11:30am Meriendas Y Café 2:30pm Baila Conmigo 3:00pm BINGO 4:15pm Meriendas Y Café</p>
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