



# IMA WELLNESS CENTER - South West Orlando

📍 8803 Futures Dr, Orlando, FL 32819

📞 (407) 240-2361

MON	TUE	WED	THU	FRI
			1 9:30 <b>Endurance</b> 10:30 <b>Book Club</b> 11:30 <b>Snack</b> 2:30 <b>Book Club</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	2 <b>CELEBRACIÓN DIA DE LA INDEPENDENCIA</b>
5 9:30 <b>Balance Exercises</b> 10:30 <b>Knitting Club</b> 11:30 <b>Snack</b> 2:30 <b>Knitting Club</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	6 9:30 <b>Balance Exercises</b> 10:30 <b>Painting Workshop</b> 11:30 <b>Snack</b> 2:30 <b>Painting Workshop</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	7 9:30 <b>Balance</b> 10:30 <b>Painting Workshop</b> 11:30 <b>Snack</b> 2:30 <b>Painting Workshop</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	8 9:30 <b>Endurance</b> 10:30 <b>Book Club</b> 11:30 <b>Snack</b> 2:30 <b>Book Club</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	9 <b>HEALTHATHLON IMA Competition</b>
12 9:30 <b>Balance Exercises</b> 10:30 <b>Knitting Club</b> 11:30 <b>Snack</b> 2:30 <b>Knitting Club</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	13 9:30 <b>Balance Exercises</b> 10:30 <b>Painting Workshop</b> 11:30 <b>Snack</b> 2:30 <b>Painting Workshop</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	14 9:30 <b>Balance</b> 10:30 <b>Painting Workshop</b> 11:30 <b>Snack</b> 2:30 <b>Painting Workshop</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	15 9:30 <b>Endurance</b> 10:30 <b>Book Club</b> 11:30 <b>Snack</b> 2:30 <b>Book Club</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	16 9:30 <b>Stretching</b> 10:30 <b>Bingo</b> 11:30 <b>Snack</b> 2:30 <b>Bingo</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>
19 9:30 <b>Balance Exercises</b> 10:30 <b>Knitting Club</b> 11:30 <b>Snack</b> 2:30 <b>Knitting Club</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	20 9:30 <b>Balance Exercises</b> 10:30 <b>Painting Workshop</b> 11:30 <b>Snack</b> 2:30 <b>Painting Workshop</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	21 9:30 <b>Balance</b> 10:30 <b>Painting Workshop</b> 11:30 <b>Snack</b> 2:30 <b>Painting Workshop</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	22 9:30 <b>Endurance</b> 10:30 <b>Book Club</b> 11:30 <b>Snack</b> 2:30 <b>Book Club</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	23 9:30 <b>Stretching</b> 10:30 <b>Social Friday</b> 11:30 <b>Snack</b> 2:30 <b>Social Friday</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>
26 9:30 <b>Balance Exercises</b> 10:30 <b>Knitting Club</b> 11:30 <b>Snack</b> 2:30 <b>Knitting Club</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	27 9:30 <b>Balance Exercises</b> 10:30 <b>Painting Workshop</b> 11:30 <b>Snack</b> 2:30 <b>Painting Workshop</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	28 9:30 <b>Balance</b> 10:30 <b>Painting Workshop</b> 11:30 <b>Snack</b> 2:30 <b>Painting Workshop</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	29 9:30 <b>Endurance</b> 10:30 <b>Book Club</b> 11:30 <b>Snack</b> 2:30 <b>Book Club</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>	30 9:30 <b>Stretching</b> 10:30 <b>Birthday's Party</b> 11:30 <b>Snack</b> 2:30 <b>Birthday's Party</b> 3:30 <b>Walk Exercises</b> 4:00 <b>Snack</b>

JULY 2021



■ Craft 
 ■ Social Activity 
 ■ Education 
 ■ Fitness

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This calendar is subject to change without notice\*



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LUN	MAR	MIE	JUE	VIE
			1 9:30 Resistencia 10:30 Club de lectura 11:30 Merienda 2:30 Club de lectura 3:30 Ejercicio Caminando 4:00 Merienda	2 <b>CELEBRACIÓN DIA DE LA INDEPENDENCIA</b>
5 9:30 Balance 10:30 Club de Tejido 11:30 Merienda 2:30 Club de tejido 3:30 Ejercicio Caminando 4:00 Merienda	6 9:30 Balance 10:30 Taller de pintura 11:30 Merienda 2:30 Taller de pintura 3:30 Ejercicio Caminando 4:00 Merienda	7 9:30 Balance 10:30 Taller de pintura 11:30 Merienda 2:30 Taller de pintura 3:30 Ejercicio Caminando 4:00 Merienda	8 9:30 Resistencia 10:30 Club de lectura 11:30 Merienda 2:30 Club de lectura 3:30 Ejercicio Caminando 4:00 Merienda	9 <b>HEALTHATHLON IMA Competencia de habilidades</b>
12 9:30 Balance 10:30 Club de Tejido 11:30 Merienda 2:30 Club de tejido 3:30 Ejercicio Caminando 4:00 Merienda	13 9:30 Balance 10:30 Taller de pintura 11:30 Merienda 2:30 Taller de pintura 3:30 Ejercicio Caminando 4:00 Merienda	14 9:30 Balance 10:30 Taller de pintura 11:30 Merienda 2:30 Taller de pintura 3:30 Ejercicio Caminando 4:00 Merienda	15 9:30 Resistencia 10:30 Club de lectura 11:30 Merienda 2:30 Club de lectura 3:30 Ejercicio Caminando 4:00 Merienda	16 9:30 Estiramiento 10:30 Bingo 11:30 Merienda 2:30 Bingo 3:30 Ejercicio Caminando 4:00 Merienda
19 9:30 Balance 10:30 Club de Tejido 11:30 Merienda 2:30 Club de tejido 3:30 Ejercicio Caminando 4:00 Merienda	20 9:30 Balance 10:30 Taller de pintura 11:30 Merienda 2:30 Taller de pintura 3:30 Ejercicio Caminando 4:00 Merienda	21 9:30 Balance 10:30 Taller de pintura 11:30 Merienda 2:30 Taller de pintura 3:30 Ejercicio Caminando 4:00 Merienda	22 9:30 Resistencia 10:30 Club de lectura 11:30 Merienda 2:30 Club de lectura 3:30 Ejercicio Caminando 4:00 Merienda	23 9:30 Estiramiento 10:30 Viernes Social 11:30 Merienda 2:30 Viernes Social 3:30 Ejercicio Caminando 4:00 Merienda
26 9:30 Balance 10:30 Club de Tejido 11:30 Merienda 2:30 Club de tejido 3:30 Ejercicio Caminando 4:00 Merienda	27 9:30 Balance 10:30 Taller de pintura 11:30 Merienda 2:30 Taller de pintura 3:30 Ejercicio Caminando 4:00 Merienda	28 9:30 Balance 10:30 Taller de pintura 11:30 Merienda 2:30 Taller de pintura 3:30 Ejercicio Caminando 4:00 Merienda	29 9:30 Resistencia 10:30 Club de lectura 11:30 Merienda 2:30 Club de lectura 3:30 Ejercicio Caminando 4:00 Merienda	30 9:30 Estiramiento 10:30 Cumpleaños 11:30 Merienda 2:30 Cumpleaños 3:30 Ejercicio Caminando 4:00 Merienda

JULIO 2021



Manualidades Actividad social Educación Ejercicios

Siganos en