

LUN	MAR	MIE	JUE	VIE
			¹ 9:30am Ejercicios de Resistencia 10:00am Protegiendo su corazón por la Dra. Hernandez 11:30am Meriendas y café 2:30pm Decoración 4 de julio 3:30pm Baila conmigo 4:15pm Meriendas y café	² 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
⁵ 9:30am Estiramiento 10:00am Celebrando el 4 de julio 11:30am Meriendas y café 2:30pm Clase de pintura 3:30pm Baila conmigo 4:15pm Meriendas y café	⁶ 9:30am Ejercicios de Resistencia 10:00am Manualidades Hawaianas 11:30am Meriendas y café 2:30pm Clase de joyería rústica 3:30pm Baila conmigo 4:15pm Meriendas y café	⁷ 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	⁸ 9:30am Ejercicios de Resistencia 10:00am Manualidades Hawaianas 11:30am Meriendas y café 2:30pm Clase de joyería rústica 3:30pm Baila conmigo 4:15pm Meriendas y café	⁹ EVENTO Mercado de Pulgas en BVL Sábado, julio 10, 2021 Celebración Apreciación al Paciente Kissimmee Civic Center 11:00am-3:00pm
¹² 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	¹³ 9:30am Ejercicios de Resistencia 10:00am Aderezos saludables por Francine Robles 11:30am Meriendas y café 2:30pm Clase de joyería rústica 3:30pm Baila conmigo 4:15pm Meriendas y café	¹⁴ 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	¹⁵ 9:30am Ejercicios de Resistencia 10:00am Manualidad Viejo Oeste 11:30am Meriendas y café 2:30pm Clase de joyería rústica 3:30pm Baila conmigo 4:15pm Meriendas y café	¹⁶ 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
¹⁹ 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	²⁰ 9:30am Ejercicios de Resistencia 10:00am Meriendas saludables por Nelly Vazquez 11:30am Meriendas y café 2:30pm Clase de joyería rústica 3:30pm Baila conmigo 4:15pm Meriendas y café	²¹ 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	²² 9:30am Ejercicios de Resistencia 10:00am Cuidando mis orquídeas 11:30am Meriendas y café 2:30pm Cuidando mis orquídeas 3:30pm Baila conmigo 4:15pm Meriendas y café	²³ 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
²⁶ 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	²⁷ 9:30am Ejercicios de Resistencia 10:00am Aprendiendo sobre las espinacas por Francine Robles 11:30am Meriendas y café 2:30pm Clase de joyería rústica 3:30pm Baila conmigo 4:15pm Meriendas y café	²⁸ 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	²⁹ 9:30am Ejercicios de Resistencia 10:00am Mantente positivo 11:30am Meriendas y café 2:30pm Clase de joyería rústica 3:30pm Baila conmigo 4:15pm Meriendas y café	³⁰ 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

JULIO 2021





IMA WELLNESS CENTER - St. Cloud

📍 1495 Budinger Ave, St. Cloud, FL 34769

☎ (407) 593-989

MON	TUES	WED	THURS	FRI
			¹ 9:30am Endurance exercises 10:00am Taking care your Heart by Dr. Hernandez 11:30am Snacks and coffee 2:30pm 4 of July Decoration 3:30pm Dance with me 4:15pm Snacks and coffee	² 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
⁵ 9:30am Stretching exercises 10:00am This is America! 4th of July Celebration 11:30am Snacks and coffee 2:30pm Art and Craft 3:30pm Dance with me 4:15pm Snacks and coffee	⁶ 9:30am Endurance exercises 10:00am Hawaiian Art and Craft 11:30am Snacks and coffee 2:30pm Nutrition lesson 3:30pm Dance with me 4:15pm Snacks and coffee	⁷ 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	⁸ 9:30am Endurance exercises 10:00am Hawaiian Art and Craft 11:30am Snacks and coffee 2:30pm Rustic jewelry making 3:30pm Dance with me 4:15pm Snacks and coffee	⁹ BVL Flea Market Event Event Saturday, July 10, 2021 Patient Appreciation Day Kissimmee Civic Center
¹² 9:30am Stretching exercises 10:00am Canvas Club 11:30am Snacks and coffee 2:30pm Art and Craft 3:30pm Dance with me 4:15pm Snacks and coffee	¹³ 9:30am Endurance exercises 10:00am Healthy dressing by Francine Robles 11:30am Snacks and coffee 2:30pm Nutrition lesson 3:30pm Dance with me 4:15pm Snacks and coffee	¹⁴ 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	¹⁵ 9:30am Endurance exercises 10:00am Western Art and Craft 11:30am Snacks and coffee 2:30pm Rustic jewelry making 3:30pm Dance with me 4:15pm Snacks and coffee	¹⁶ 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
¹⁹ 9:30am Stretching exercises 10:00am Canvas Club 11:30am Snacks and coffee 2:30pm Art and Craft 3:30pm Dance with me 4:15pm Snacks and coffee	²⁰ 9:30am Endurance exercises 10:00am Healthy Snack by Nelly Vazquez 11:30am Snacks and coffee 2:30pm Making Rustic Jewelry 3:30pm Dance with me 4:15pm Snacks and coffee	²¹ 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	²² 9:30am Endurance exercises 10:00am Taking care my orchids 11:30am Snacks and coffee 2:30pm Taking care my orchids 3:30pm Dance with me 4:15pm Snacks and coffee	²³ 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
²⁶ 9:30am Stretching exercises 10:00am Canvas Club 11:30am Snacks and coffee 2:30pm Art and Craft 3:30pm Dance with me 4:15pm Snacks and coffee	²⁷ 9:30am Endurance exercises 10:00am Spinach Basics by Francine Robles 11:30am Snacks and coffee 2:30pm Nutrition lesson 3:30pm Dance with me 4:15pm Snacks and coffee	²⁸ 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	²⁹ 9:30am Endurance exercises 10:00am Stay positive 11:30am Snacks and coffee 2:30pm Rustic jewelry making 3:30pm Dance with me 4:15pm Snacks and coffee	³⁰ 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

JULY 2021



■ Craft
 ■ Social Activity
 ■ Education
 ■ Fitness

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This calendar is subject to change without notice*