



IMA WELLNESS CENTER - Poinciana

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

(407) 750-6980



AUGUST 2021

MON	TUES	WED	THURS	FRI
<p>2</p> <p>9am Seated Class 9:30am Group Therapy 10am Motor Skills/ Project 11am Let's Play Bingo 2pm Seated Class 2:30pm Group Therapy 3pm Motor Skills/ Project 4pm Let's Play Bingo</p>	<p>3</p> <p>9am Seated Class 9:30am Motor Skills/ Project 11am Nutrition Class 2pm Seated Class 2:30pm Motor Skills/ Project 4pm Nutrition Class</p>	<p>4</p> <p>9am Motor Skills 10am Zumba 11am Let's Play Bingo 2pm Motor Skills 3pm Zumba 4pm Let's Play Stop Game</p>	<p>5</p> <p>9am Seated Class 9:30am Motor Skills 10am Cucumber And Strawberry Salad 11am Let's Play Bingo 2pm Seated Class 2:30pm Motor Skills 3pm Cucumber And Strawberry Salad 4pm Let's Play Bingo</p>	<p>6</p> <p>9am Motor Skills 10am Zumba 11am Let's Play Bingo 12pm Sanitation 2pm Motor Skills 3pm Zumba 4pm Let's Play Stop Game</p>
<p>9</p> <p>9am Seated Class 9:30am Group Therapy 10am Motor Skills/ Project 11am Let's Play Bingo 2pm Seated Class 2:30pm Group Therapy 3pm Motor Skills/ Project 4pm Let's Play Bingo</p>	<p>10</p> <p>9am Seated Class 9:30am Motor Skills/ Project 11am Nutrition Class 2pm Seated Class 2:30pm Motor Skills/ Project 4pm Nutrition Class</p>	<p>11</p> <p>9am Motor Skills 10am Zumba 11am Let's Play Bingo 2pm Motor Skills 3pm Zumba 4pm Let's Play Bingo</p>	<p>12</p> <p>9am Seated Class 9:30am Motor Skills 10am How To Make A Healthy Salad 11am Let's Play Bingo 2pm Seated Class 2:30pm Motor Skills 3pm How To Make A Healthy Salad 4pm Let's Play Bingo</p>	<p>13</p> <p>9am Motor Skills 10am Zumba 11am Let's Play Bingo 2pm Motor Skills 3pm Zumba 4pm Let's Play Stop Game</p>
<p>16</p> <p>9am Seated Class 9:30am Group Therapy 10am Motor Skills/ Project 11am Let's Play Bingo 2pm Seated Class 2:30pm Group Therapy 3pm Motor Skills/ Project 4pm Let's Play Bingo</p>	<p>17</p> <p>9am Seated Class 9:30am Motor Skills/ Project 11am Nutrition Class 2pm Seated Class 2:30pm Motor Skills/ Project 4pm Nutrition Class</p>	<p>18</p> <p>9am Motor Skills 10am Zumba 11am Let's Play Bingo 2pm Motor Skills 3pm Zumba 4pm Let's Play Bingo</p>	<p>19</p> <p>9am Balance Class 9:30am Motor Skills 10am Healthy Dip 11am Let's Play Bingo 2:30 Motor Skills 3pm Healthy Dip 4pm Let's Play Bingo</p>	<p>20</p> <p>9am Motor Skills 10am Zumba 11am Let's Play Bingo 2pm Motor Skills 3pm Zumba 4pm Let's Play Stop Game</p>
<p>23</p> <p>9am Seated Class 9:30am Group Therapy 10am Motor Skills/ Project 11am Let's Play Bingo 2pm Seated Class 2:30pm Group Therapy 3pm Motor Skills/ Project 4pm Let's Play Bingo</p>	<p>24</p> <p>9am Seated Class 9:30am Motor Skills/ Project 11am Nutrition Class 2pm Seated Class 2:30pm Motor Skills/ Project 4pm Nutrition Class</p>	<p>25</p> <p>9am Motor Skills 10am Zumba 11am Let's Play Bingo 2pm Motor Skills 3pm Zumba 4pm Let's Play Bingo</p>	<p>26</p> <p>9am Breathing Exercises 9:30am Motor Skills 10am Strawberries Benefits 11am Let's Play Bingo 2pm Breathing Exercises 2:30pm Motor Skills 3pm Strawberries Benefits 4pm Let's Play Bingo</p>	<p>27</p> <p>9am Motor Skills 10am Zumba 11am Let's Play Bingo 2pm Motor Skills 3pm Zumba 4pm Let's Play Bingo</p>
<p>30</p> <p>9am Seated Class 9:30am Group Therapy 10am Motor Skills/ Project 11am Let's Play Bingo 2pm Seated Class 2:30pm Group Therapy 3pm Motor Skills/ Project 4pm Let's Play Bingo</p>	<p>31</p> <p>9am Seated Class 9:30am Motor Skills/ Project 11am Nutrition Class 2pm Seated Class 2:30pm Motor Skills/ Project 4pm Nutrition Class</p>			

Craft Social Activity Education Fitness

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(407) 933-7900



AGOSTO 2021

LUN	MAR	MIE	JUE	VIE
2 9am Ejercicios Sentados 9:30am Terapia De Grupo 10am Manualidades 11am Juguetes Bingo 2pm Ejercicios Sentados 2:30pm Terapia De Grupo 3pm Manualidades 4pm Juguetes Bingo	3 9am Ejercicios Sentados 9:30am Manualidades 11am Taller De Nutrición 2pm Ejercicios Sentados 2:30pm Manualidades 4pm Taller De Nutrición	4 9am Manualidades 10am Zumba 11am Bingo 2pm Manualidades 3pm Zumba 4pm Bingo	5 9am Ejercicios Sentados 9:30am Manualidades 10am Ensalada De Pepino Y Fresas 11am Juguetes Bingo 2pm Ejercicios Sentados 2:30pm Manualidades 3pm Ensalada De Pepino Y Fresas 4pm Juguetes Bingo	6 9am Manualidades 10am Zumba 11am Bingo 2pm Manualidades 3pm Zumba 4pm Bingo
9 9am Ejercicios Sentados 9:30am Terapia En Grupo 10am Manualidades 11am Juguetes Bingo 2pm Ejercicios Sentados 2:30pm Terapia En Grupo 3pm Manualidades 4pm Juguetes Bingo	10 9am Ejercicios Sentados 9:30am Manualidades 11am Taller De Nutrición 12pm Limpieza 2pm Ejercicios Sentados 2:30pm Manualidades 4pm Taller De Nutrición	11 9am Manualidades 10am Zumba 11am Bingo 2pm Manualidades 3pm Zumba 4pm Bingo	12 9am Ejercicios Sentados 9:30am Manualidades 10am Ensalada Nutritiva 11am Juguetes Bingo 2pm Ejercicios Sentados 2:30pm Manualidades 3pm Ensalada Nutritiva 4pm Juguetes Bingo	13 9am Manualidades 10am Zumba 11am Bingo 2pm Manualidades 3pm Zumba 4pm Bingo
16 9am Ejercicios Sentados 9:30am Terapia En Grupo 10am Manualidades 11am Juguetes Bingo 2pm Ejercicios Sentados 2:30pm Terapia En Grupo 3pm Manualidades 4pm Juguetes Bingo	17 9am Ejercicios Sentados 9:30am Manualidades 11am Taller De Nutrición 2pm Ejercicios Sentados 2:30pm Manualidades 4pm Taller De Nutrición	18 9am Manualidades 10am Zumba 11am Bingo 2pm Manualidades 3pm Zumba 4pm Bingo	19 9am Ejercicios Sentados 9:30am Manualidades 10am Salsa Saludable 11am Juguetes Bingo 2pm Ejercicios Sentados 2:30pm Manualidades 3pm Salsa Saludable 4pm Juguetes Bingo	20 9am Manualidades 10am Zumba 11am Bingo 2pm Manualidades 3pm Zumba 4pm Bingo
23 9am Ejercicios Sentados 9:30am Terapia En Grupo 10am Manualidades 11am Juguetes Bingo 2pm Ejercicios Sentados 2:30pm Terapia En Grupo 3pm Manualidades 4pm Juguetes Bingo	24 9am Ejercicios Sentados 9:30am Manualidades 11am Taller De Nutrición 2pm Ejercicios Sentados 2:30pm Manualidades 4pm Taller De Nutrición	25 9am Manualidades 10am Zumba 11am Juguetes Pare 2pm Manualidades 3pm Zumba 4pm Juguetes Pare	26 9am Ejercicios Sentados 9:30am Manualidades 10am Beneficios De la Fresa 11am Juguetes Bingo 2pm Ejercicios Sentados 2:30pm Manualidades 3pm Beneficios De la Fresa 4pm Juguetes Bingo	27 9am Manualidades 10am Zumba 11am Bingo 2pm Manualidades 3pm Zumba 4pm Bingo
30 9am Ejercicios Sentados 9:30am Terapia En Grupo 10am Manualidades 11am Juguetes Bingo 2pm Ejercicios Sentados 2:30pm Terapia En Grupo 3pm Manualidades 4pm Juguetes Bingo	31 9am Ejercicios Sentados 9:30-11am Manualidades 11am Taller De Nutrición 2pm Ejercicios Sentados 2:30pm Manualidades 4pm Taller De Nutrición			

Manualidades Actividad social Educación Ejercicios

Siganos en