

LUN	MAR	MIE	JUE	VIE
<p>2</p> <p>9:30 Balance</p> <p>10:30 Club De Tejido</p> <p>11:30 Merienda</p> <p>2:30 Club De Tejido</p> <p>3:30 Balance</p> <p>4:00 Merienda</p>	<p>3</p> <p>9:30 Balance</p> <p>10:30 Taller De Pintura</p> <p>11:30 Merienda</p> <p>2:30 Taller De Pintura</p> <p>3:30 Balance</p> <p>4:00 Merienda</p>	<p>4</p> <p>9:30 Balance</p> <p>10:30 Taller De Pintura</p> <p>11:30 Merienda</p> <p>2:30 Taller De Pintura</p> <p>3:30 Balance</p> <p>4:00 Merienda</p>	<p>5</p> <p>9:30 Danza</p> <p>10:30 Taller De Teatro</p> <p>11:30 Merienda</p> <p>2:30 Taller De Teatro</p> <p>3:30 Danza</p> <p>4:00 Merienda</p>	<p>6</p> <p>9:30 Estiramiento</p> <p>10:30 VIERNES SOCIAL</p> <p>11:30 Merienda</p> <p>2:30 Viernes Social</p> <p>3:30 Ejercicios Caminando</p> <p>4:00 Merienda</p>
<p>9</p> <p>9:30 Balance</p> <p>10:30 Club De Tejido</p> <p>11:30 Merienda</p> <p>2:00 Camida Saludable</p> <p>3:30 Club De Tejido</p> <p>4:00 Merienda</p>	<p>10</p> <p>9:30 Balance</p> <p>10:30 Taller De Pintura</p> <p>11:30 Merienda</p> <p>2:30 Taller De Pintura</p> <p>3:30 Balance</p> <p>4:00 Merienda</p>	<p>11</p> <p>9:30 Balance</p> <p>10:30 Taller De Pintura</p> <p>11:30 Merienda</p> <p>2:30 Taller De Pintura</p> <p>3:30 Ejercicios Caminando</p> <p>4:00 Merienda</p>	<p>12</p> <p>9:30 Danza</p> <p>10:30 Taller De Teatro</p> <p>11:30 Merienda</p> <p>2:30 Taller De Teatro</p> <p>3:30 Danza</p> <p>4:00 Merienda</p>	<p>13</p> <p>9:30 Estiramiento</p> <p>10:30 Bingo</p> <p>11:30 Merienda</p> <p>2:30 Bingo</p> <p>3:30 Ejercicios Caminando</p> <p>4:00 Merienda</p>
<p>16</p> <p>9:30 Balance</p> <p>10:30 Club De Tejido,</p> <p>11:30 Merienda</p> <p>2:30 Club De Tejido</p> <p>3:30 Balance</p> <p>4:00 Merienda</p>	<p>17</p> <p>9:30 Balance</p> <p>10:30 Taller De Pintura</p> <p>11:30 Merienda</p> <p>2:30 Taller De Pintura</p> <p>3:30 Balance</p> <p>4:00 Merienda</p>	<p>18</p> <p>9:30 Balance</p> <p>10:30 Taller De Pintura</p> <p>11:30 Merienda</p> <p>2:30 Taller De Pintura</p> <p>3:30 Ejercicios Caminando</p> <p>4:00 Merienda</p>	<p>19</p> <p>9:30 Danza</p> <p>10:30 Taller De Teatro</p> <p>11:30 Merienda</p> <p>2:30 Taller De Teatro</p> <p>3:30 Danza</p> <p>4:00 Merienda</p>	<p>20</p> <p>Healthtathlon Competencia De Habilidades</p>
<p>23</p> <p>9:30 Balance</p> <p>10:30 Club De Tejido</p> <p>11:30 Merienda</p> <p>2:00 Comida Saludable</p> <p>3:30 Club De Tejido</p> <p>4:00 Merienda</p>	<p>24</p> <p>9:30 Balance</p> <p>10:30 Taller De Pintura</p> <p>11:30 Merienda</p> <p>2:30 Taller De Pintura</p> <p>3:30 Balance</p> <p>4:00 Merienda</p>	<p>25</p> <p>9:30 Balance</p> <p>10:30 Taller De Pintura</p> <p>11:30 Merienda</p> <p>2:30 Taller De Pintura</p> <p>3:30 Ejercicios Caminando</p> <p>4:00 Merienda</p>	<p>26</p> <p>9:30 Danza</p> <p>10:30 Taller De Teatro</p> <p>11:30 Merienda</p> <p>2:30 Taller De Teatro</p> <p>3:30 Danza</p> <p>4:00 Merienda</p>	<p>27</p> <p>9:30 Estiramiento</p> <p>10:30 Cumpleaños</p> <p>11:30 Merienda</p> <p>2:30 Estiramiento</p> <p>3:30 Cumpleaños</p> <p>4:00 Merienda</p>
<p>30</p> <p>9:30 Balance</p> <p>10:30 Club De Tejido</p> <p>11:30 Merienda</p> <p>2:30 Club De Tejido</p> <p>3:30 Balance</p> <p>4:00 Merienda</p>	<p>31</p> <p>9:30 Balance</p> <p>10:30 Taller De Pintura</p> <p>11:30 Merienda</p> <p>2:30 Taller De Pintura</p> <p>3:30 Balance</p> <p>4:00 Merienda</p>			

AGOSTO 2021





IMA WELLNESS CENTER - South West Orlando

8803 Futures Dr, Orlando, FL 32819

(407) 240-2361

MON	TUES	WED	THURS	FRI
2 9:30 Balance Exercises 10:00 Knitting Club 11:30 Snack 2:30 Knitting Club 3:30 Balance Exercises 4:00 Snack	3 9:30 Balance Exercises 10:00 Painting Workshop 11:30 Snack 2:30 Painting Workshop 3:30 Balance Exercises 4:00 Snack	4 9:30 Balance Exercises 10:00 Painting Workshop 11:30 Snack 2:30 Painting Workshop 3:30 Balance Exercises 4:00 Snack	5 9:30 Dance Exercises 10:00 Theater Workshop 11:30 Snack 2:30 Theater Workshop 3:30 Dance Exercises 4:00 Snack	6 9:30 Stretching Exercises 10:00 Social Friday 11:30 Snack 2:30 Social Friday 3:30 Walk Exercises 4:00 Snack
9 9:30 Balance Exercises 10:00 Knitting Club 11:30 Snack 2:00 Healthy Recipes 3:30 Knitting Club 4:00 Snack	10 9:30 Balance Exercises 10:00 Painting Workshop 11:30 Snack 2:30 Painting Workshop 3:30 Balance Exercises 4:00 Snack	11 9:30 Balance Exercises 10:00 Painting Workshop 11:30 Snack 2:30 Painting Workshop 3:30 Balance Exercises 4:00 Snack	12 9:30 Dance Exercises 10:00 Theater Workshop 11:30 Snack 2:30 Theater Workshop 3:30 Dance Exercises 4:00 Snack	13 9:30 Stretching Exercises 10:00 Bingo 11:30 Snack 2:30 Bingo 3:30 Walk Exercises 4:00 Snack
16 9:30 Balance Exercises 10:00 Knitting Club 11:30 Snack 2:30 Knitting Club 3:30 Balance Exercises 4:00 Snack	17 9:30 Balance Exercises 10:00 Painting Workshop 11:30 Snack 2:30 Painting Workshop 3:30 Balance Exercises 4:00 Snack	18 9:30 Balance Exercises 10:00 Painting Workshop 11:30 Snack 2:30 Painting Workshop 3:30 Balance Exercises 4:00 Snack	19 9:30 Dance Exercises 10:00 Theater Workshop 11:30 Snack 2:30 Theater Workshop 3:30 Dance Exercises 4:00 Snack	20 Healthtation Competition
23 9:30 Balance Exercises 10:00 Knitting Club 11:30 Snack 2:00 Healthy Recipes 3:30 Knitting Club 4:00 Snack	24 9:30 Balance Exercises 10:00 Painting Workshop 11:30 Snack 2:30 Painting Workshop 3:30 Balance Exercises 4:00 Snack	24 9:30 Balance Exercises 10:00 Painting Workshop 11:30 Snack 2:30 Painting Workshop 3:30 Balance Exercises 4:00 Snack	26 9:30 Dance Exercises 10:00 Theater Workshop 11:30 Snack 2:30 Theater Workshop 3:30 Dance Exercises 4:00 Snack	27 9:30 Stretching Exercises 10:00 Birthday Celebration 11:30 Snack 2:30 Birthday Celebration 3:30 Walk Exercises 4:00 Snack
30 9:30 Balance Exercises 10:00 Knitting Club 11:30 Snack 2:30 Knitting Club 3:30 Balance Exercises 4:00 Snack	31 9:30 Balance Exercises 10:00 Painting Workshop 11:30 Snack 2:30 Painting Workshop 3:30 Balance Exercises 4:00 Snack			

AUGUST 2021



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

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This calendar is subject to change without notice*