



# IMA WELLNESS CENTER - St. Cloud

📍 1495 Budinger Ave, St. Cloud, FL 34769

☎ (407) 593-989

AUGUST 2021



MON	TUES	WED	THURS	FRI
<p>2</p> <p>9:30am <b>Stretching exercises</b> 10:00am <b>Fall Art and Craft</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Painting lessons</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>3</p> <p>9:30am <b>Endurance exercises</b> 10:00am <b>Basic Spinach by Francine Robles</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>How to make a smoothie</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>4</p> <p>9:30am <b>Stretching exercises</b> 10:00am <b>Canvas Club</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Painting lessons</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>5</p> <p>9:30am <b>Endurance exercises</b> 10:00am <b>Fall Art and Craft</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Jewelry making</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>6</p> <p>9:30am <b>Improve range of motion</b> 10:00am <b>BINGO</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Dance with me</b> 3:00pm <b>BINGO</b> 4:15pm <b>Snacks and coffee</b></p>
<p>9</p> <p>9:30am <b>Stretching exercises</b> 10:00am <b>Fall Art and Craft</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Painting lessons</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>10</p> <p>9:30am <b>Endurance exercises</b> 10:00am <b>Best sources of calcium</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Best sources of calcium</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>11</p> <p>9:30am <b>Stretching exercises</b> 10:00am <b>Canvas Club</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Painting lessons</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>12</p> <p>9:30am <b>Endurance exercises</b> 10:00am <b>Fall Art and Craft</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Jewelry making</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>13</p> <p>9:30am <b>Improve range of motion</b> 10:00am <b>BINGO</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Dance with me</b> 3:00pm <b>BINGO</b> 4:15pm <b>Snacks and coffee</b></p>
<p>16</p> <p>9:30am <b>Stretching exercises</b> 10:00am <b>Fall Art and Craft</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Painting lessons</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>17</p> <p>9:30am <b>Endurance exercises</b> 10:00am <b>Food security in Hurricane Season by Nelly Vázquez</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Food security in Hurricane Season by Nelly Vázquez</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>18</p> <p>9:30am <b>Stretching exercises</b> 10:00am <b>Canvas Club</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Painting lessons</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>19</p> <p>9:30am <b>Endurance exercises</b> 10:00am <b>What I need to learn about Diabetes by Dr. Osvaldo Aviles</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Jewelry making</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>20</p> <p>9:30am <b>Improve range of motion</b> 10:00am <b>BINGO</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Dance with me</b> 3:00pm <b>BINGO</b> 4:15pm <b>Snacks and coffee</b></p>
<p>23</p> <p>9:30am <b>Stretching exercises</b> 10:00am <b>Fall Art and Craft</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Painting lessons</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>24</p> <p>9:30am <b>Endurance exercises</b> 10:00am <b>Ice cream recipes without adding sugar</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Deserts without adding sugar</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>25</p> <p>9:30am <b>Stretching exercises</b> 10:00am <b>Canvas Club</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Painting lessons</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>26</p> <p>9:30am <b>Endurance exercises</b> 10:00am <b>Women's Equality Day</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Women's Equality Day</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>27</p> <p>9:30am <b>Improve range of motion</b> 10:00am <b>BINGO</b> 11:30am <b>Birthday Celebration</b> 2:30pm <b>Dance with me</b> 3:00pm <b>BINGO</b> 4:15pm <b>Birthday Celebration</b></p>
<p>30</p> <p>9:30am <b>Stretching exercises</b> 10:00am <b>Fall Art and Craft</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Painting lessons</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>	<p>31</p> <p>9:30am <b>Endurance exercises</b> 10:00am <b>Healthy Eating Tips</b> 11:30am <b>Snacks and coffee</b> 2:30pm <b>Healthy Eating Tips</b> 3:30pm <b>Dance with me</b> 4:15pm <b>Snacks and coffee</b></p>			

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

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This calendar is subject to change without notice\*



AGOSTO 2021

LUN	MAR	MIE	JUE	VIE
2 9:30am Estiramiento 10:00am Manualidades de Otoño 11:30am Meriendas y café 2:30pm Clase de pintura 3:30pm Baila conmigo 4:15pm Meriendas y café	3 9:30am Resistencia 10:00am Disfrute la espinaca por Francine Robles 11:30am Meriendas y café 2:30pm "Smoothies" con frutas 3:30pm Baila conmigo 4:15pm Meriendas y café	4 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	5 9:30am Resistencia 10:00am Manualidades de Otoño 11:30am Meriendas y café 2:30pm Clase de joyería 3:30pm Baila conmigo 4:15pm Meriendas y café	6 9:30am Movilidad 10:00am BINGO 11:30am Meriendas y café 2:30pm Baila conmigo 3:00pm BINGO 4:15pm Meriendas y café
9 9:30am Estiramiento 10:00am Manualidades de Otoño 11:30am Meriendas y café 2:30pm Clase de pintura 3:30pm Baila conmigo 4:15pm Meriendas y café	10 9:30am Resistencia 10:00am Mejor Fuente de Calcio 11:30am Meriendas y café 2:30pm Mejor Fuente de Calcio 3:30pm Baila conmigo 4:15pm Meriendas y café	11 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	12 9:30am Resistencia 10:00am Manualidades de Otoño 11:30am Meriendas y café 2:30pm Clase de joyería 3:30pm Baila conmigo 4:15pm Meriendas y café	13 9:30am Movilidad 10:00am BINGO 11:30am Meriendas y café 2:30pm Baila conmigo 3:00pm BINGO 4:15pm Meriendas y café
16 9:30am Estiramiento 10:00am Manualidades de Otoño 11:30am Meriendas y café 2:30pm Clase de pintura 3:30pm Baila conmigo 4:15pm Meriendas y café	17 9:30am Resistencia 10:00am Seguridad alimentaria en época de huracanes 11:30am Meriendas y café 2:30pm Seguridad alimentaria en época de huracanes 3:30pm Baila conmigo 4:15pm Meriendas y café	18 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	19 9:30am Resistencia 10:00am Aprender sobre Diabetes por Dr. Osvaldo Avilés 11:30am Meriendas y café 2:30pm Clase de joyería 3:30pm Baila conmigo 4:15pm Meriendas y café	20 9:30am Movilidad 10:00am BINGO 11:30am Meriendas y café 2:30pm Baila conmigo 3:00pm BINGO 4:15pm Meriendas y café
23 9:30am Ejercicios de estiramiento 10:00am Manualidades de Otoño 11:30am Meriendas y café 2:30pm Clase de pintura 3:30pm Baila conmigo 4:15pm Meriendas y café	24 9:30am Ejercicios de Resistencia 10:00am Receta helado de fruta 11:30am Meriendas y café 2:30pm Postres sin azúcar añadida 3:30pm Baila conmigo 4:15pm Meriendas y café	25 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	26 9:30am Ejercicios de Resistencia 10:00am Día de Igualdad para la Mujer 11:30am Meriendas y café 2:30pm Día de la Igualdad para la Mujer 3:30pm Baila conmigo 4:15pm Meriendas y café	27 9:30am Movilidad 10:00am BINGO 11:30am Cumpleaños 2:30pm Baila conmigo 3:00pm BINGO 4:15pm Cumpleaños
30 9:30am Ejercicios de estiramiento 10:00am Manualidades de Otoño 11:30am Meriendas y café 2:30pm Clase de pintura 3:30pm Baila conmigo 4:15pm Meriendas y café	31 9:30am Ejercicios de Resistencia 10:00am Alimentarse mejor 11:30am Meriendas y café 2:30pm Alimentarse mejor 3:30pm Baila conmigo 4:15pm Meriendas y café			