



SEP 2023 -

Wellness Center: POINCIANA

Address: 3360 W. Southport Rd. Kissimmee Fl. 34746

Phone number: (321) 250-1806



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



SPECIAL EVENTS

September 5-28- 1:30-3:30PM
Seminar: Fall Prevention

September 8- 1:00pm Healthcare
Education Series: Pain Awareness
with Dr. Gonzalez

September 27- 2:00pm- How to
recognize Elder abuse

September 29 -2-3pm - Birthday
Celebration

					9am Walk 10am Arts & Craft 12pm Socialize 1pm Educational 2pm Karaoke 4pm Games
	4	5	6	7	8
CLOSED	9am Walk 10am Arts & Craft 12pm Socialize 1:30-3:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1:30-3:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1:30-3:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1:30-3:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1pm Pain Awareness 4pm Games
	11	12	13	14	15
9am Walk 10am Arts & Craft 12pm Socialize 1pm Exercise 2pm Arts & Craft 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1:30-3:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1-3pm Arts & Craft 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1:30-3:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1pm Karaoke 2pm Childhood games 4pm Games	
	18	19	20	21	22
9am Walk 10am Arts & Craft 12pm Socialize 1pm Arts & Craft 2pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1:30-3:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1pm Exercise 2pm Arts & Craft 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1:30-3:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1pm Educational 2pm Karaoke 4pm Games	
	25	26	27	28	29
9am Walk 10am Arts & Craft 12pm Socialize 1pm Exercise 2pm Arts & Craft 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1pm Arts & Craft 2pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1:30pm Educational 4pm Games	9am Walk 10am Arts & Craft 12pm Socialize 1pm Arts & Craft 2pm Birthday Celebration 4pm Games	

- Arts & Crafts
- Exercises
- Educacional
- Social



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LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



EVENTOS ESPECIALES

Septiembre 5-28 – 1:30-3:30pm
Seminario: Prevencion De Caidas

Septiembre 8- 1:00pm Series de Educacion de Salud: Conciencia del dolor con Dr. Gonzalez

Septiembre 27- 2:00pm Como reconocer abuso a los Ancianos

Septiembre 29- 2-3pm –Celebracion de Cumpleanos

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
				1 9am Caminata 10am Manualidades 12pm Socialicemos 1pm Educacion 2pm Karaoke 4pm Juegos
4 CERRADO	5 9am Caminata 10am Manualidades 12pm Socialicemos 1:30pm Educacion 4pm Juegos	6 9am Caminata 10am Manualidades 12pm Socialicemos 1:30pm Educacion 4pm Juegos	7 9am Caminata 10am Manualidades 12pm Socialicemos 1:30pm Educacion 4pm Juegos	8 9am Caminata 10am Manualidades 12pm Socialicemos 1pm Conciencia del Dolor 4pm Juegos
11 9am Caminata 10am Manualidades 12pm Socialicemos 1pm Ejercicios 2pm Manualidades 4pm Juegos	12 9am Caminata 10am Manualidades 12pm Socialicemos 1:30-3:30pm Educacion 4pm Juegos	13 9am Caminata 10am Manualidades 12pm Socialicemos 1-3pm Manualidades 4pm Juegos	14 9am Caminata 10am Manualidades 12pm Socialicemos 1:30-3:30pm Educacion 4pm Juegos	15 9am Caminata 10am Manualidades 12pm Socialicemos 1pm Karaoke 2pm Juegos de infancia 4pm Juegos
18 9am Caminata 10am Manualidades 12pm Socialicemos 1pm Manualidades 2pm Educacion 4pm Juegos	19 9am Caminata 10am Manualidades 12pm Socialicemos 1:30-3:30pm Educacion 4pm Juegos	20 9am Caminata 10am Manualidades 12pm Socialicemos 1pm Ejercicios 2pm Manualidades 4pm Juegos	21 9am Caminata 10am Manualidades 12pm Socialicemos 1:30-3:30pm Educacion 4pm Juegos	22 9am Caminata 10am Manualidades 12pm Socialicemos 1pm Educacion 2pm Karaoke 4pm Juegos
25 9am Caminata 10am Manualidades 12pm Socialicemos 1pm Ejercicios 2pm Manualidades 4pm Juegos	26 9am Caminata 10am Manualidades 12pm Socialicemos 1:30-3:30pm Educacion 4pm Juegos	27 9am Caminata 10am Manualidades 12pm Socialicemos 1-1pm Manualidades 2pm Educacion 4pm Juegos	28 9am Caminata 10am Manualidades 12pm Socialicemos 1:30-3:30pm Educacion 4pm Juegos	29 9am Caminata 10am Manualidades 12pm Socialicemos 1pm Manualidades 2-3pm Celebracion de Cumpleanos 4pm Juegos

- Manualidades
- Educacional
- Actividad física
- Social

