

FEBRUARY 2024

Wellness Center: East Colonial

Address: 7714 East Colonial Drive Orlando, FL 32807

Phone number: 407-745-4581



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>9am Thai Chi</p> <p>10am Weaving</p> <p>11am Snacks</p> <p>1pm Arts & Crafts</p> <p>2pm Games</p> <p>3pm Gym</p>	<p>9am Reflection</p> <p>10am Exercise</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Games</p> <p>3pm Gym</p>
<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Arts & Crafts</p> <p>3pm Gym</p>	<p>9am Muscular Exercise</p> <p>10am Arts & Crafts</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Games</p> <p>3pm Gym</p>	<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Arts & Crafts</p> <p>3pm Gym</p>	<p>9am Thai Chi</p> <p>10am Weaving</p> <p>11am Snacks</p> <p>1pm Arts & Crafts</p> <p>2pm Games</p> <p>3pm Gym</p>	<p>9am Reflection</p> <p>10am Exercise</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Games</p> <p>3pm Gym</p>
<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Arts & Crafts</p> <p>3pm Gym</p>	<p>9am Muscular Exercise</p> <p>10am Arts & Crafts</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Games</p> <p>3pm Gym</p>	<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Health Presentation (SPA)</p>	<p>9am Thai Chi</p> <p>10am Weaving</p> <p>11am Snacks</p> <p>1pm Arts & Crafts</p> <p>2pm Games</p> <p>3pm Gym</p>	<p>9am Reflection</p> <p>10am Exercise</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Games</p> <p>3pm Gym</p>
<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Arts & Crafts</p> <p>3pm Gym</p>	<p>9am Muscular Exercise</p> <p>10am Arts & Crafts</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Games</p> <p>3pm Gym</p>	<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Arts & Crafts</p> <p>3pm Gym</p>	<p>9am Thai Chi</p> <p>10am Weaving</p> <p>11am Snacks</p> <p>1pm Arts & Crafts</p> <p>2pm Games</p> <p>3pm Gym</p>	<p>9am Reflection</p> <p>10am Exercise</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Games</p> <p>2pm Birthday Party</p>
<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Arts & Crafts</p> <p>3pm Gym</p>	<p>9am Muscular Exercise</p> <p>10am Arts & Crafts</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Games</p> <p>3pm Gym</p>	<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Coffee time</p> <p>1pm Education</p> <p>2pm Arts & Crafts</p> <p>3pm Gym</p>	<p>9am Thai Chi</p> <p>10am Weaving</p> <p>11am Snacks</p> <p>1pm Arts & Crafts</p> <p>2pm Games</p> <p>3pm Gym</p>	

- *Physical Exercises
- *Social
- *Arts & Crafts
- *Educational

SPECIAL EVENTS

FEB 14 – 11 AM – 12PM - Healthcare Education Series: Heartful Living with Dr. Norali Hernandez (Spanish presentation)

FEB 23 - 10AM – 4PM – Happy Birthday of the month (Lunch, DJ, Ruffle, surprises).



@imamedicalgroup

FEBRERO 2024

Centro de Bienestar: East Colonial

Dirección: 7714 East Colonial Drive Orlando, FL 32807

Teléfono: 407-745-4581



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
			9am Thai Chi 10am Tejido 11am Merienda 1pm Manualidad 2pm Juegos 3pm Gimnasio	9am Reflexion 10am Ejercicio Balance 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio
5	6	7	8	9
9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio	9am Ejercicio Muscular 10am Manualidades 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio	9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio	9am Thai Chi 10am Tejido 11am Merienda 1pm Manualidad 2pm Juegos 3pm Gimnasio	9am Reflexion 10am Ejercicio Balance 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio
12	13	14	15	16
9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio	9am Ejercicio Muscular 10am Manualidades 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio	9am Zumba 10am Yoga 11am Presentación de Salud (ESP)	9am Thai Chi 10am Tejido 11am Merienda 1pm Manualidad 2pm Juegos 3pm Gimnasio	9am Reflexion 10am Ejercicio Balance 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio
19	20	21	22	23
9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio	9am Ejercicio Muscular 10am Manualidades 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio	9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio	9am Thai Chi 10am Tejido 11am Merienda 1pm Manualidad 2pm Juegos 3pm Gimnasio	9am Reflexion 10am Ejercicio Balance 11am Socializar 1pm Cumpleanos del mes
26	27	28	29	
9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio	9am Ejercicio Muscular 10am Manualidades 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio	9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio	9am Thai Chi 10am Tejido 11am Merienda 1pm Manualidad 2pm Juegos 3pm Gimnasio	*Ejercicios *Social *Manualidades *Educativa

EVENTOS ESPECIALES

FEB 14 – 11 AM – 12PM - Serie de Educación de la Salud: Amando su Salud Cardiovascular con la Dra. Norali Hernandez (Presentación en español)

FEB 23 - 11PM – 4PM – Celebracion de cumpleaños del mes (Almuerzo, DJ, rifa, sorpresas).



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