

# FEBRUARY 2024

Wellness Center: **SANFORD OFFICE**

Address: 2432 S French Ave, Sanford, FL 32771

Phone number: 407-768-4464



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

			<p>1</p> <p>9am <b>Motor Skills</b></p> <p>10am <b>Exercises</b></p> <p>11am <b>Snacks</b></p> <p>1pm <b>Relaxing</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Decoration</b></p>	<p>2</p> <p>9am <b>Exercises</b></p> <p>10am <b>Walking</b></p> <p>11am <b>Relaxing</b></p> <p>1pm <b>Painting</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Domino</b></p>
<p>5</p> <p>9am <b>Exercises</b></p> <p>10am <b>Painting</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Arts &amp; Craft</b></p> <p>2pm <b>Rummikub</b></p> <p>3pm <b>Domino</b></p>	<p>6</p> <p>9am <b>Exercises</b></p> <p>10am <b>Puzzle</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Games</b></p> <p>2pm <b>Art &amp; Craft</b></p> <p>3pm <b>Games</b></p>	<p>7</p> <p>9am <b>Motor Skills</b></p> <p>10am <b>Painting</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Yoga Class</b></p> <p>2pm <b>Play games</b></p> <p>3pm <b>Domino</b></p>	<p>8</p> <p>9am <b>Exercises</b></p> <p>10am <b>Painting</b></p> <p>11am <b>Puzzle</b></p> <p>1pm <b>Socialize</b></p> <p>2pm <b>Rummikub</b></p> <p>3pm <b>Bingo</b></p>	<p>9</p> <p>9am <b>Hand Exercise</b></p> <p>10am <b>Exercises</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Games</b></p> <p>2pm <b>Domino</b></p> <p>3pm <b>Art &amp; Crafts</b></p>
<p>12</p> <p>9am <b>Foot Exercise</b></p> <p>10am <b>Exercises</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Rummikub</b></p> <p>2pm <b>Play Cards</b></p> <p>3pm <b>Relaxing</b></p>	<p>13</p> <p>9am <b>Exercises</b></p> <p>10am <b>Puzzle</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Tables Game</b></p> <p>2pm <b>Domino</b></p> <p>3pm <b>Relaxing</b></p>	<p>14</p> <p>9am <b>Walking</b></p> <p>10am <b>Arts &amp; Craft</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Zumba Class</b></p> <p>2pm <b>Love Day</b></p> <p>3pm <b>Relaxing</b></p>	<p>15</p> <p>9am <b>Exercises</b></p> <p>10am <b>Health Presentation (SPA)</b></p> <p>12pm <b>Health Presentation (ENG)</b></p> <p>2pm <b>Play Cards</b></p> <p>3pm <b>Games</b></p>	<p>16</p> <p>9am <b>Exercises</b></p> <p>10am <b>Arts &amp; Craft</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Valentine day</b></p> <p>2pm <b>Red Custome</b></p> <p>3pm <b>Gift Love</b></p>
<p>19</p> <p>9am <b>Exercises</b></p> <p>10am <b>Walking</b></p> <p>11am <b>Puzzle</b></p> <p>1pm <b>Painting</b></p> <p>2pm <b>Domino</b></p> <p>3pm <b>Games</b></p>	<p>20</p> <p>9am <b>Motor Skills</b></p> <p>10am <b>Walking</b></p> <p>11am <b>Relaxing</b></p> <p>1pm <b>Games</b></p> <p>2pm <b>Domino</b></p> <p>3pm <b>Puzzle</b></p>	<p>21</p> <p>9am <b>Exercises</b></p> <p>10am <b>Walking</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Tai Chi Class</b></p> <p>2pm <b>Domino</b></p> <p>3pm <b>Relaxing</b></p>	<p>22</p> <p>9am <b>Foot Exercise</b></p> <p>10am <b>Arts &amp; Craft</b></p> <p>11am <b>Relaxing</b></p> <p>1pm <b>Domino</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Domino</b></p>	<p>23</p> <p>9am <b>Motor Skills</b></p> <p>10am <b>Rummikub</b></p> <p>11am <b>Movie TV</b></p> <p>1pm <b>Relaxing</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Bingo</b></p>
<p>26</p> <p>9am <b>Exercises</b></p> <p>10am <b>Tech Savvy</b></p> <p>11am <b>Relaxing</b></p> <p>1pm <b>Painting</b></p> <p>2pm <b>Domino</b></p> <p>3pm <b>Games</b></p>	<p>27</p> <p>9am <b>Motor Skills</b></p> <p>10am <b>Socialize</b></p> <p>11am <b>Painting</b></p> <p>1pm <b>Games</b></p> <p>2pm <b>Memory Game</b></p> <p>3pm <b>Bingo</b></p>	<p>28</p> <p>9am <b>Exercises</b></p> <p>10am <b>Tech Savvy</b></p> <p>11am <b>Puzzle</b></p> <p>1pm <b>Yoga Class</b></p> <p>2pm <b>Play games</b></p> <p>3pm <b>Relaxing</b></p>	<p>29</p> <p>9am <b>Exercises</b></p> <p>10am <b>Painting</b></p> <p>11am <b>Puzzle</b></p> <p>1pm <b>Rummikub</b></p> <p>2pm <b>Play Games</b></p> <p>3pm <b>Relaxing</b></p>	<p>*Physical Exercises</p> <p>*Social</p> <p>*Arts &amp; Crafts</p> <p>*Educational</p>

## SPECIAL EVENTS

February 14, 2024  
Valentines Day (Red Outfit)

February 15, 2024  
Healthcare Education Series: Heartful Living with Dr. Candice Rivera  
10:00 –11:00 am Spanish presentation  
12:00 –1:00 pm English presentation

February 16, 2024  
Valentine's Day Party with DJ Romantic



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# FEBRERO 2024

Centro de Bienestar: **SANFORD OFFICE**

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Teléfono: 407-768-4464



**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1	2
			9am Destrezas 10am Ejercicios 11am Almuerzo 1pm Relajados 2pm Juegos 3pm Decoracion	9am Ejercicios 10am Caminando 11am Relajados 1pm Pintando 2pm Juegos 3pm Domino
5	6	7	8	9
9am Ejercicios 10am Pintando 11am Socializar 1pm Artes Grafica 2pm Rummikub 3pm Domino	9am Ejercicios 10am "Puzzle" 11am Socializar 1pm Juegos 2pm Artes Grafica 3pm Juegos	9am Destrezas 10am Pintando 11am Socializar 1pm Yoga Clase 2pm Juegos Varios 3pm Domino	9am Ejercicios 10am Pintando 11am Almuerzo 1pm Socializar 2pm Rummikub 3pm Bingo	9am Estirar Mano 10am Ejercicios 11am Socializar 1pm Juegos 2pm Domino 3pm Artes Grafica
12	13	14	15	16
9am Ejercicio Pies 10am Ejercicios 11am Socializar 1pm Rummikub 2pm Juego Cartas 3pm Relajados	9am Ejercicios 10am "Puzzle" 11am Socializar 1pm Juego Mesa 2pm Domino 3pm Relajados	9am Caminando 10am Arte Grafica 11am Socializar 1pm Zumba Clase 2pm Dia Amistad 3pm Relajados	9am Ejercicios 10am Presentación de Salud (ESP) 12pm Presentación de Salud (ENG) 2pm Juego Cartas 3pm Juegos	9am Ejercicios 10am Artes grafica 11am Socializar 1pm Dia Valentino 2pm Vestir Rojo 3pm Regalos
19	20	21	22	23
9am Ejercicios 10am Caminar 11am "Puzzle" 1pm Pintando 2pm Domino 3pm Juegos	9am Destrezas 10am Caminar 11am Relajados 1pm Juegos 2pm Domino 3pm Puzzle	9am Ejercicios 10am Caminar 11am Socializar 1pm Tai Chi Class 2pm Domino 3pm Relajados	9am Pie Ejercicio 10am Art & Craft 11am Almuerzo 1pm Domino 2pm Juegos 3pm Pintando	9am Destrezas 10am Rummikub 11am Pelicula TV 1pm Relajados 2pm Juegos 3pm Bingo
26	27	28	29	
9am Ejercicios 10am Tech Savvy 11am Relajados 1pm Pintando 2pm Domino 3pm Juegos	9am Destrezas 10am Socializar 11am Pintando 1pm Juegos 2pm Juego Memoria 3pm Bingo	9am Ejercicios 10am Tech Savvy 11am "Puzzle" 1pm Yoga Class 2pm Juegos 3pm Relajados	9am Ejercicios 10am Pintando 11am "Puzzle" 1pm Rummikub 2pm Juegos 3pm Relaxing	*Ejercicios *Social *Manualidades *Educativa

## EVENTOS ESPECIALES

Febrero 14, 2024

Día de la Amistad (Vestimenta Roja)

Febrero 15, 2024

Serie de Educación de la Salud: Amando su Salud Cardiovascular con la Dra.

Candice Rivera

10:00 –11:00 am Presentación en Español

12:00 –1:00 pm Presentación en Inglés

Febrero 16, 2024

Fiesta de Amor con DJ Música



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