



APR 2024

Wellness Center: EAST COLONIAL

Address: 7714 East Colonial Drive, Orlando FL 32807

Phone number: 407-745-4581



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 1 9am Zumba 10am Yoga 11am Coffee time 1pm Education 2pm Arts & Craft 3pm Gym | 2 9am Muscular Exercise 10am Craft 11am Coffee time 1pm Education 2pm Games 3pm Gym | 3 9am Zumba 10am Yoga 11am Coffee time 1pm Education 2pm Arts & Craft 3pm Gym | 4 9am Tai Chi 10am Weaving 11am Snacks 1pm Arts & Craft 2pm Games 3pm Gym | 5 9am Reflection 10am Exercise 11am Coffee time 1pm Education 2pm Games 3pm Gym |
| 8 9am Zumba 10am Yoga 11am Coffee time 1pm Education 2pm Arts & Craft 3pm Gym | 9 9am Muscular Exercise 10am Craft 11am Coffee time 1pm Education 2pm Games 3pm Gym | 10 9am Zumba 10am Yoga 11am Coffee time 1pm Education 2pm Arts & Craft 3pm Gym | 11 9am Tai Chi 10am Weaving 11am Snacks 1pm Arts & Craft 2pm Games 3pm Gym | 12 9am Reflection 10am Exercise 11am Coffee time 1pm Education 2pm Games 3pm Gym |
| 15 9am Zumba 10am Yoga 11am Coffee time 1pm Education 2pm Arts & Craft 3pm Gym | 16 9am Muscular Exercise 10am Craft 11am HES(ENG) 11:30am HES(SPA) 1pm Coffee time 2pm Games 3pm Gym | 17 9am Zumba 10am Yoga 11am Coffee time 1pm Education 2pm Arts & Craft 3pm Gym | 18 9am Tai Chi 10am Weaving 11am Snacks 1pm Arts & Craft 2pm Games 3pm Gym | 19 9am Reflection 10am Exercise 11am Coffee time 1pm Education 2pm Games 3pm Gym |
| 22 9am Zumba 10am Yoga 11am Coffee time 1pm Education 2pm Arts & Craft 3pm Gym | 23 9am Muscular Exercise 10am Craft 11am Coffee time 1pm Education 2pm Games 3pm Gym | 24 9am Zumba 10am Yoga 11am Coffee time 1pm Education 2pm Arts & Craft 3pm Gym | 25 9am Tai Chi 10am Weaving 11am Snacks 1pm Arts & Craft 2pm Games 3pm Gym | 26 9am Reflection 10am Exercise 11am Coffee time 1pm Happy Birthday |
| 29 9am Zumba 10am Yoga 11am Coffee time 1pm Education 2pm Arts & Craft 3pm Gym | 30 9am Muscular Exercise 10am Craft 11am Coffee time 1pm Education 2pm Games 3pm Gym | | | |

*Physical Exercises
 *Social
 *Arts & Crafts
 *Educational



SPECIAL EVENTS

APR 16 - 11 - 11:30 AM - Educational Health Series – Aging Safely – Dr. Jorge Reyes

APR 26 11AM – 4PM – Happy Birthday of the month (Lunch, DJ. Ruffle. surprises).



@imamedicalgroup



ABR 2024

Centro de Bienestar: **EAST COLONIAL**

Dirección: 7714 East Colonial Drive, Orlando FL 32807

Teléfono: 407-745-4581



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

| | | | | |
|---|---|---|---|--|
| 1 9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio | 2 9am Ejercicio Muscular 10am Manualidades 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio | 3 9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio | 4 9am Thai Chi 10am Tejido 11am Merienda 1pm Manualidad 2pm Juegos 3pm Gimnasio | 5 9am Reflexion 10am Ejercicio Balance 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio |
| 8 9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio | 9 9am Ejercicio Muscular 10am Manualidades 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio | 10 9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio | 11 9am Thai Chi 10am Tejido 11am Merienda 1pm Manualidad 2pm Juegos 3pm Gimnasio | 12 9am Reflexion 10am Ejercicio Balance 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio |
| 15 9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio | 16 9am Ejercicio Muscular 10am Manualidades 11am HES(ENG) 11:30am HES(SPA) 1pm Socializar 2pm Juegos 3pm Gimnasio | 17 9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio | 18 9am Thai Chi 10am Tejido 11am Merienda 1pm Manualidad 2pm Juegos 3pm Gimnasio | 19 9am Reflexion 10am Ejercicio Balance 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio |
| 22 9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio | 23 9am Ejercicio Muscular 10am Manualidades 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio | 24 9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio | 25 9am Thai Chi 10am Tejido 11am Merienda 1pm Manualidad 2pm Juegos 3pm Gimnasio | 26 9am Reflección 10am Ejercicio 11am Socializar 1pm Cumpleaños |
| 29 9am Zumba 10am Yoga 11am Socializar 1pm Educacion 2pm Manualidades 3pm Gimnasio | 30 9am Ejercicio Muscular 10am Manualidades 11am Socializar 1pm Educacion 2pm Juegos 3pm Gimnasio | | | |

- *Ejercicios
- *Social
- *Manualidades
- *Educativa



EVENTOS ESPECIALES

APR 16 - 11:30 AM - 12PM -
 Serie Educativa- Envejecer
 Saludablemente – Dr. Jorge Reyes

APR 26 11AM – 4PM –
 Celebracion de cumpleaños del mes (Al
 muerzo, DJ, rifa, sorpresas).



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