



APR 2024

Wellness Center: **North Lakeland**

Address: 4120 US Hwy 98 N, Lakeland FL

Phone number: (863)354-3437



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9am Coffee Time 10am Gym 11am Coloring 1pm Board Games 2pm Gym 3pm Board Games</p>	<p>2</p> <p>9am Coffee Time 10am Crafts 11am Boards Games 1pm Gym 2pm Crafts 3pm Gym</p>	<p>3</p> <p>9am Coffee Time 10am Zumba 11am Board Game 1pm Gym 2pm Board Games 3pm Let's Talk</p>	<p>4</p> <p>9am Coffee Time 10am Board Games 11am Healthy Lunch 1pm Gym 2pm Coloring 3pm Board Games</p>	<p>5</p> <p>9am Coffee Time 10am Zumba 11am Board Games 1pm Gym 2pm Board Games 3pm Gym</p>
<p>8</p> <p>9am Coffee Time 10am Gym 11am Coloring 1pm Board Games 2pm Gym 3pm Coloring</p>	<p>9</p> <p>9am Coffee Time 10am Movie 11am Board Games 1pm Gym 2pm Board Games 3pm Coloring</p>	<p>10</p> <p>9am Coffee Time 10am Zumba 11am Board Games 1pm Gym 2pm Board Games 3pm Gym</p>	<p>11</p> <p>9am Coffee Time 10am Let's Talk 11am Healthy Lunch 1pm Bingo 2pm Gym 3pm Board Games</p>	<p>12</p> <p>9am Coffee Time 10am Zumba 11am Board Games 1pm Gym 2pm Coloring 3pm Board Games</p>
<p>15</p> <p>9am Coffee Time 10am Gym 11am Board Games 1pm Coloring 2pm Board Games 3pm Gym</p>	<p>16</p> <p>9am Coffee Time 10am Crafts 11am Board Games 1pm Gym 2pm Board Games 3pm Coloring</p>	<p>17</p> <p>9am Coffee Time 10am Zumba 11am Board Games 1pm Gym 2pm Bingo 3pm Coloring</p>	<p>18</p> <p>9am Coffee Time 10am Coloring 11am Healthy Lunch 1pm HES 3pm Bingo</p>	<p>19</p> <p>9am Coffee Time 10am Zumba 11am Board Games 1pm Movie 2pm Crafts 3pm Gym</p>
<p>22</p> <p>9am Coffee Time 10am Gym 11am Board Games 1pm Gym 2pm Coloring 3pm Gym</p>	<p>23</p> <p>9am Coffee Time 10am Crafts 11am Board Games 1pm Gym 2pm Board Games 3pm Gym</p>	<p>24</p> <p>9am Coffee Time 10am Zumba 11am Bingo 1pm Gym 2pm Board Games 3pm Coloring</p>	<p>25</p> <p>9am Coffee Time 10am Let's Share 11am Healthy Lunch 1pm Bingo 2pm Board Games 3pm Gym</p>	<p>26</p> <p>9am Coffee Time 10am Zumba 11am Bingo 1pm Gym 2pm Board Games 3pm Gym</p>
<p>29</p> <p>9am Coffee Time 10am Gym 11am Board Games 1pm Gym 2pm Board Games 3pm Coloring</p>	<p>30</p> <p>9am Coffee Time 10am Movie 11am Let's Talk 1pm Board Games 2pm Gym 3pm Board Games</p>			

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



SPECIAL EVENTS

Every Wednesday and Thursday – 10:00am
Zumba

Every Wednesday – 10:00am to 3:00pm
Hair Salon (by appointment)

Every Thursday – 11:00am
Healthy Lunch

April 18 – Healthcare Education Series: Aging
Safety by Dr. Crespo
1:00pm to 2:00pm – Spanish presentation

April 25 – Birthday Celebration



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ABR 2024

Centro de Bienestar: **Lakeland Norte**
Dirección: 4120 US Hwy 98 N, Lakeland FL
Teléfono: (863)354-3437



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

<p>9am Hora del Café¹</p> <p>10am Gimnasio</p> <p>11am Colorear</p> <p>1pm Juegos de mesa</p> <p>2pm Gimnasio</p> <p>3pm Juegos de mesa</p>	<p>9am Hora del Café²</p> <p>10am Manualidades</p> <p>11am Juegos de mesa</p> <p>1pm Gimnasio</p> <p>2pm Manualidades</p> <p>3pm Gimnasio</p>	<p>9am Hora del Café³</p> <p>10am Zumba</p> <p>11am Juegos de mesa</p> <p>1pm Gimnasio</p> <p>2pm Juegos de mesa</p> <p>3pm Charlemos</p>	<p>9am Hora del Café⁴</p> <p>10am Juegos de mesa</p> <p>11am Almuerzo Saludable</p> <p>1pm Gimnasio</p> <p>2pm Colorear</p> <p>3pm Juegos de mesa</p>	<p>9am Hora del Café⁵</p> <p>10am Zumba</p> <p>11am Juegos de mesa</p> <p>1pm Gimnasio</p> <p>2pm Juegos de mesa</p> <p>3pm Gimnasio</p>
<p>9am Hora del Café⁸</p> <p>10am Gimnasio</p> <p>11am Colorear</p> <p>1pm Juegos de mesa</p> <p>2pm Gimnasio</p> <p>3pm Colorear</p>	<p>9am Hora del Café⁹</p> <p>10am Película</p> <p>11am Juegos de mesa</p> <p>1pm Gimnasio</p> <p>2pm Juegos de mesa</p> <p>3pm Colorear</p>	<p>9am Hora del Café¹⁰</p> <p>10am Zumba</p> <p>11am Juegos de mesa</p> <p>1pm Gimnasio</p> <p>2pm Juegos de mesa</p> <p>3pm Gimnasio</p>	<p>9am Hora del Café¹¹</p> <p>10am Charlemos</p> <p>11am Almuerzo Saludable</p> <p>1pm Bingo</p> <p>2pm Gimnasio</p> <p>3pm Juegos de mesa</p>	<p>9am Hora del Café¹²</p> <p>10am Zumba</p> <p>11am Juegos de mesa</p> <p>1pm Gimnasio</p> <p>2pm Colorear</p> <p>3pm Juegos de mesa</p>
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<p>9am Hora del Café²²</p> <p>10am Gimnasio</p> <p>11am Juegos de mesa</p> <p>1pm Gimnasio</p> <p>2pm Colorear</p> <p>3pm Gimnasio</p>	<p>9am Hora del Café²³</p> <p>10am Manualidades</p> <p>11am Juegos de mesa</p> <p>1pm Gimnasio</p> <p>2pm Juegos de mesa</p> <p>3pm Gimnasio</p>	<p>9am Hora del Café²⁴</p> <p>10am Zumba</p> <p>11am Bingo</p> <p>1pm Gimnasio</p> <p>2pm Juegos de mesa</p> <p>3pm Colorear</p>	<p>9am Hora del Café²⁵</p> <p>10am Charlemos</p> <p>11am Almuerzo Saludable</p> <p>1pm Bingo</p> <p>2pm Juegos de mesa</p> <p>3pm Gimnasio</p>	<p>9am Hora del Café²⁶</p> <p>10am Zumba</p> <p>11am Bingo</p> <p>1pm Gimnasio</p> <p>2pm Juegos de mesa</p> <p>3pm Gimnasio</p>
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EVENTOS ESPECIALES

Todos los Miércoles y Viernes – 10:00am
Zumba

Todos los Miércoles – 10:00am a 3:00pm
Salón de Cabello (solo por citas)

Todos los Jueves – 11:00am
Almuerzo Saludable

Abril 18 – Serie de Educación de la Salud:
Envejeciendo con Seguridad con Dr. Crespo
1:00pm a 2:00pm– presentación en español

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



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