



APR 2024

Wellness Center: Poinciana

Address: 3360W Southport Rd. Kissimmee, FL 34746

Phone number: 321-250-1806



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	2 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	3 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	4 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Group Therapy 2pm Arts & Crafts 3pm Games	5 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Karaoke 3pm Games
8 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	9 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	10 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Group Therapy 2pm Arts & Crafts 3pm Games	11 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	12 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Techy Senior 2pm Arts & Crafts 3pm Games
15 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	16 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	17 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm HES 2pm Arts & Crafts 3pm Games	18 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	19 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Karaoke 3pm Games
22 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	23 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Group Therapy 2pm Arts & Crafts 3pm Games	24 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	25 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	26 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Karaoke 2pm Birthday's 3pm Games
29 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games	30 9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games			



SPECIAL EVENTS

April 1-26- 9:00am-2:00pm Special Craft

April 17 -1:00pm Healthcare Education Series: Aging Safely with Dr. Rentas Spanish presentation

April 26-2:00pm Birthday's Celebration

*Physical Exercises

*Social

*Arts & Crafts

*Educational



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ABR 2024

Centro de Bienestar: Poinciana

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Teléfono: 321-250-1806



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

<p>1</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>2</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>3</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>4</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Terapia en Grupo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>5</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Karaoke</p> <p>3pm Juegos</p>
<p>8</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>9</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>10</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Terapia en grupo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>11</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>12</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Tecnología para jubilados</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>
<p>15</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>16</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>17</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm HES</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>18</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>19</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Karaoke</p> <p>3pm Juegos</p>
<p>22</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>23</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Terapia en Grupo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>24</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>25</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>26</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Karaoke</p> <p>2pm Celebracion de cumpleaños</p> <p>3pm Juegos</p>
<p>29</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>	<p>30</p> <p>9am Manualidades</p> <p>10am Exercise</p> <p>12pm Social</p> <p>1pm Educativo</p> <p>2pm Arts & Crafts</p> <p>3pm Juegos</p>			



EVENTOS ESPECIALES

April 1-26- 9:00am-2:00pm Especial de Manualidades

Abril 17-1:00pm Series de Educacion de la salud: Envejecimiento Seguro Con el Dr. Rentas
Presentacion en Español

April 26-2:00pm Celebracion de Cumpleaños

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



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