



# ABR2024

Centro de Bienestar: SW ORLANDO

Dirección: 8803 Futures Drive suite 13 Orlando Fl 32819

Teléfono: 407-240-2361



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



## EVENTOS ESPECIALES

<p>9am <b>Ejercicios</b> 11am <b>Social</b> 1pm <b>Memoria</b> 2pm <b>Club del libro</b> 3pm <b>Manualidades</b></p>	1	<p>9am <b>Zumba</b> 11am <b>Social</b> 1pm <b>motor fino</b> 2pm <b>Manualidades</b> 3pm <b>Juegos</b></p>	2	<p>9am <b>Ejercicios</b> 11am <b>Social</b> 1pm <b>comida saludable</b> 2pm <b>Manualidades</b> 3pm <b>Juegos</b></p>	3	<p>9am <b>Ejercicios</b> 11am <b>Manualidades</b> 1pm <b>Social</b> 2pm <b>Educativo</b> 3pm <b>Decoracion</b></p>	4	<p>9am <b>Ejercicios</b> 11am <b>Manualidades</b> 1pm <b>Social</b> 2pm <b>Juegos</b></p>	5
<p>9am <b>Ejercicios</b> 11am <b>Social</b> 1pm <b>Memoria</b> 2pm <b>Club del libro</b> 3pm <b>Manualidades</b></p>	8	<p>9am <b>Zumba</b> 11am <b>Social</b> 1pm <b>motor fino</b> 2pm <b>Manualidades</b> 3pm <b>Juegos</b></p>	9	<p>9am <b>Ejercicios</b> 11am <b>Social</b> 1pm <b>comida saludable</b> 2pm <b>Manualidades</b> 3pm <b>Juegos</b></p>	10	<p>9am <b>Ejercicios</b> 11am <b>Manualidades</b> 1pm <b>Social</b> 2pm <b>Educativo</b> 3pm <b>Decoracion</b></p>	11	<p>9am <b>Ejercicios</b> 11am <b>Manualidades</b> 1pm <b>Social</b> 2pm <b>Juegos</b></p>	12
<p>9am <b>Ejercicios</b> 11am <b>Social</b> 1pm <b>Memoria</b> 2pm <b>Club del libro</b> 3pm <b>Manualidades</b></p>	15	<p>9am <b>Zumba</b> 11am <b>Social</b> 1pm <b>motor fino</b> 2pm <b>Manualidades</b> 3pm <b>Juegos</b></p>	16	<p>9am <b>Ejercicios</b> 11am <b>Social</b> 1pm <b>comida saludable</b> 2pm <b>Manualidades</b> 3pm <b>Juegos</b></p>	17	<p>9am <b>Ejercicios</b> 11am <b>Manualidades</b> 1pm <b>Educativo</b> 2pm <b>Social</b> 3pm <b>Decoracion</b></p>	18	<p>9am <b>Ejercicios</b> 11am <b>Manualidades</b> 1pm <b>Social</b> 2pm <b>Juegos</b></p>	19
<p>9am <b>Ejercicios</b> 11am <b>Social</b> 1pm <b>Memoria</b> 2pm <b>Club del libro</b> 3pm <b>Manualidades</b></p>	22	<p>9am <b>Zumba</b> 11am <b>Social</b> 1pm <b>motor fino</b> 2pm <b>Manualidades</b> 3pm <b>Juegos</b></p>	23	<p>9am <b>Ejercicios</b> 11am <b>Social</b> 1pm <b>comida saludable</b> 2pm <b>Manualidades</b> 3pm <b>Juegos</b></p>	24	<p>9am <b>Ejercicios</b> 11am <b>Manualidades</b> 1pm <b>Social</b> 2pm <b>Educativo</b> 3pm <b>Decoracion</b></p>	25	<p>9am <b>Ejercicios</b> 11am <b>Manualidades</b> 1pm <b>Social</b> 2pm <b>Celebracion de cumpleaños</b></p>	26
<p>9am <b>Ejercicios</b> 11am <b>Social</b> 1pm <b>Memoria</b> 2pm <b>Club del libro</b> 3pm <b>Manualidades</b></p>	29	<p>9am <b>Zumba</b> 11am <b>Social</b> 1pm <b>motor fino</b> 2pm <b>Manualidades</b> 3pm <b>Juegos</b></p>	30						

\*Ejercicios  
\*Social  
\*Manualidades  
\*Educativo

**ABR 18 –1pm** Series educativas de salud: Envejecer de forma Segura, Presentado por Dr. Dilcia Hernandez

**ABR 26-2pm** Celebracion de cumpleaños, traiga un obsequio



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# APR 2024

Wellness Center: SW ORLANDO

Address: 8803 FUTURES Drive, suite 13, Orlando Fl 32819

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



## SPECIAL EVENTS

<p>9am Exercises 11am Painting 1pm Memory games 2pm Book club 3pm Arts and craft</p>	<p>9am Zumba 11am socialize 1pm motor fine 2pm Arts and crafts 3pm Games</p>	<p>9am Exercises 11am socialize 1pm Healthy food 2pm Arts and crafts 3pm Games</p>	<p>9am Exercises 11am Arts and crafts 1pm socialize 2pm Educational 3pm Decoration</p>	<p>9am exercises 11am Arts and crafts 1pm socialize 2pm Games</p>
<p>9am Exercises 11am Painting 1pm Memory games 2pm Book Club 3pm Arts and crafts</p>	<p>9am Zumba 11am socialize 1pm motor fine 2pm Arts and crafts 3pm Games</p>	<p>9am Exercises 11am socialize 1pm Healthy food 2pm Arts and crafts 3pm Games</p>	<p>9am Exercises 11am Arts and crafts 1pm socialize 2pm Educational 3pm Decoration</p>	<p>9am exercises 11am Arts and crafts 1pm socialize 2pm Games</p>
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<p>9am Exercises 11am Paint 1pm Memory games 2pm Book Club 3pm Arts and crafts</p>	<p>9am Zumba 11am socialize 1pm motor fine 2pm Arts and crafts 3pm Games</p>	<p>9am Exercises 11am socialize 1pm Healthy food 2pm Arts and crafts 3pm Games</p>	<p>9am Exercises 11am Arts and crafts 1pm socialize 2pm Educational 3pm Decoration</p>	<p>9am Exercises 11am Arts and crafts 1pm socialize 2pm Birthday celebration</p>
<p>9am Exercises 11am Painting 1pm Memory games 2pm Book Club 3pm Arts and crafts</p>	<p>9am Zumba 11am socialize 1pm motor fine 2pm Arts and crafts 3pm Games</p>	<p>9am Exercises 11am socialize 1pm Healthy food 2pm Arts and crafts 3pm Games</p>	<p>*Physical Exercises *Arts &amp; Crafts *Educational</p>	

**ABRIL 18- 1pm** Healthcare Educational Series Aging Safely. Presented by Dr. Dilcia Hernandez

**ABRIL 26- 1pm** Birthday Celebration bring your present

**Title:** Ensuring Quality of Life- Honoring Your Goals of Care through Hospice

**Topics covered:** Hospice 101, Debunking myths, Empowering patients, families and caregivers, and Five Wishes



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