



APR 2024

Wellness Center: S Semoran

Address: 2285 S Semoran Blvd Orlando FL 32822

Phone number: (407) 845-8060



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>9am Education ¹</p> <p>10am Coffee Time</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Arts & Crafts</p> <p>3pm Socialize</p>	<p>9am Exercise ²</p> <p>10am Arts & Craft</p> <p>11am Socialize</p> <p>1pm Education</p> <p>2pm Board Games</p> <p>3pm Coffee Time</p>	<p>9am Exercise ³</p> <p>10am Socialize</p> <p>11am Education</p> <p>1pm Arts & Crafts</p> <p>2pm Board Games</p> <p>3pm Dance</p>	<p>9am Education ⁴</p> <p>10am Coffee Time</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Arts & Crafts</p> <p>3pm Socialize</p>	<p>9am Exercise ⁵</p> <p>10am Arts & Crafts</p> <p>11am Education</p> <p>1pm Bingo</p> <p>2pm Karaoke</p>
<p>9am Education ⁸</p> <p>10am Coffee Time</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Arts & Crafts</p> <p>3pm Socialize</p>	<p>9am Exercise ⁹</p> <p>10am Arts & Craft</p> <p>11am Socialize</p> <p>1pm Education</p> <p>2pm Board Games</p> <p>3pm Coffee Time</p>	<p>9am muscular ¹⁰ exercise</p> <p>10am Socialize</p> <p>11am Reflection</p> <p>1pm Board Games</p> <p>3pm Dance</p>	<p>9am Education ¹¹</p> <p>10am Coffee Time</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Arts & Crafts</p> <p>3pm Socialize</p>	<p>9am Exercise ¹²</p> <p>10am Arts & Crafts</p> <p>11am Education</p> <p>1pm Bingo</p> <p>2pm Karaoke</p>
<p>9am Education ¹⁵</p> <p>10am Coffee Time</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Arts & Crafts</p> <p>3pm Socialize</p>	<p>9am Exercise ¹⁶</p> <p>10am Arts & Craft</p> <p>11am Socialize</p> <p>1pm Education</p> <p>2pm Board Games</p> <p>3pm Coffee Time</p>	<p>9am Education ¹⁷</p> <p>10am Coffee Time</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Arts & Crafts</p> <p>3pm Socialize</p>	<p>9am Muscle Stretch ¹⁸</p> <p>10am Education</p> <p>11am Arts & Crafts</p> <p>1pm Bingo</p> <p>2pm Dance</p>	<p>9am Exercise ¹⁹</p> <p>10am Arts & Crafts</p> <p>1pm Snacks</p> <p>2pm HES (English)</p> <p>3pm HES (Spanish)</p>
<p>9am Education ²²</p> <p>10am Coffee Time</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Arts & Crafts</p> <p>3pm Socialize</p>	<p>9am Exercise ²³</p> <p>10am Arts & Craft</p> <p>11am Socialize</p> <p>1pm Education</p> <p>2pm Board Games</p> <p>3pm Coffee Time</p>	<p>9am Education ²⁴</p> <p>10am Socialize</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Arts & Crafts</p> <p>3pm Socialize</p>	<p>9am Muscle Stretch ²⁵</p> <p>10am Education</p> <p>11am Reflexion</p> <p>1pm Bingo</p> <p>2pm Dance</p>	<p>9am Education ²⁶</p> <p>10am Exercise</p> <p>1pm Birthdays of the month</p>
<p>9am Education ²⁹</p> <p>10am Coffee Time</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Arts & Crafts</p> <p>3pm Socialize</p>	<p>9am Exercise ³⁰</p> <p>10am Arts & Craft</p> <p>11am Education</p> <p>1pm Bingo</p> <p>2pm Dance</p>			

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



SPECIAL EVENTS

April 19,2024 –Health Education Series- Aging Safely by Dr. Marisel Gutierrez

2:20PM – 2:50PM English Presentation
2:50PM – 3:20 PM Spanish Presentation

April 26,2024 – Birthdays of the month
1:00 pm -3:00 pm (music, dance)



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ABR 2024

Centro de Bienestar: S Semoran

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LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

<p>1</p> <p>9am Educacion</p> <p>10am Cafe</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Manualidad</p> <p>3pm Socializar</p>	<p>2</p> <p>9am Ejercicios</p> <p>10am Manualidad</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Juegos mesa</p> <p>3pm Cafe</p>	<p>3</p> <p>9am Ejercicios</p> <p>10am Socializar</p> <p>11am Educacion</p> <p>1pm Manualidad</p> <p>2pm Juegos mesas</p> <p>3pm Baile</p>	<p>4</p> <p>9am Educacion</p> <p>10am Cafe</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Manualidad</p> <p>3pm Socializar</p>	<p>5</p> <p>9am Ejercicios</p> <p>10am Manualidad</p> <p>11am Educacion</p> <p>1pm Bingo</p> <p>2pm Karaoke</p>
<p>8</p> <p>9am Educacion</p> <p>10am Cafe</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Manualidad</p> <p>3pm Socializar</p>	<p>9</p> <p>9am Ejercicios</p> <p>10am Manualidad</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Bingo</p> <p>3pm Cafe</p>	<p>10</p> <p>9am Ejercicios</p> <p>10am Socializar</p> <p>11am Reflecion</p> <p>1pm Juegos mesa</p> <p>3pm Baile</p>	<p>11</p> <p>9am Educacion</p> <p>10am Cafe</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Manualidad</p> <p>3pm Socializar</p>	<p>12</p> <p>9am Ejercicios</p> <p>10am Manualidad</p> <p>11am Educacion</p> <p>1pm Bingo</p> <p>2pm Karaoke</p>
<p>15</p> <p>9am Educacion</p> <p>10am Cafe</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Manualidad</p> <p>3pm Socializar</p>	<p>16</p> <p>9am Ejercicios</p> <p>10am Manualidad</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Juego mesa</p> <p>3pm Cafe</p>	<p>17</p> <p>9am Educacion</p> <p>10am Cafe</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Manualidad</p> <p>3pm Socializar</p>	<p>18</p> <p>9am Ejercicio</p> <p>10am Educacion</p> <p>11am Manualidad</p> <p>1pm Bingo</p> <p>2pm Baile</p>	<p>19</p> <p>9am Ejercicios</p> <p>10am Manualidad</p> <p>1pm Socializar</p> <p>2pm HES (ingles)</p> <p>3pm HES(Espanol)</p>
<p>22</p> <p>9am Educacion</p> <p>10am Cafe</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Manualidad</p> <p>3pm Socializar</p>	<p>23</p> <p>9am Ejercicios</p> <p>10am Manualidad</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Juego mesa</p> <p>3pm Cafe</p>	<p>24</p> <p>9am Educacion</p> <p>10am Cafe</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Manualidad</p> <p>3pm Socializar</p>	<p>25</p> <p>9am Ejercicios</p> <p>10am Educacion</p> <p>11am Reflecion</p> <p>1pm Bingo</p> <p>2pm Baile</p>	<p>26</p> <p>9am Educacion</p> <p>10am Ejercicios</p> <p>1pm Cumpleanos del mes</p>
<p>29</p> <p>9am Educacion</p> <p>10am Cafe</p> <p>11am Zumba</p> <p>1pm Yoga</p> <p>2pm Manualidad</p> <p>3pm Socializar</p>	<p>30</p> <p>9am Ejercicios</p> <p>10am Manualidad</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Bingo</p> <p>3pm Baile</p>			



EVENTOS ESPECIALES

Abril 19,2024 Educacion de Salud –
Envejecer de Forma Segura.
Dra. M Gutierrez

2:20PM -2:50PM Presentacion en Ingles
2:50PM -3:20PM Presentacion Espanol

Abril 26, 2024 Cumpleanos del Mes
1:00 pm -3:00pm (musica y baile)

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



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