



# MAY 2024

## Wellness Center: EAST COLONIAL

Address: 7714 East Colonial Drive, Orlando FL 32807

Phone number: 407-745-4581



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

		<p>9am <b>Zumba</b></p> <p>10am <b>Yoga</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Arts &amp; Crafts</b></p> <p>2pm <b>Education</b></p> <p>3pm <b>Games</b></p>	1	<p>9am <b>Thai Chi</b></p> <p>10am <b>Arts &amp; Crafts</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Educational</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	2	<p>9am <b>Exercise</b></p> <p>10am <b>Socialize</b></p> <p>11am <b>Educational</b></p> <p>1pm <b>Reflection</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	3		
<p>9am <b>Zumba</b></p> <p>10am <b>Yoga</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Arts &amp; Crafts</b></p> <p>2pm <b>Education</b></p> <p>3pm <b>Games</b></p>	6	<p>9am <b>Muscular Exer</b></p> <p>10am <b>Socialize</b></p> <p>11am <b>Arts &amp; Crafts</b></p> <p>1pm <b>Educational</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	7	<p>9am <b>Zumba</b></p> <p>10am <b>Yoga</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Arts &amp; Crafts</b></p> <p>2pm <b>Education</b></p> <p>3pm <b>Games</b></p>	8	<p>9am <b>Thai Chi</b></p> <p>10am <b>Arts &amp; Crafts</b></p> <p>11am <b>"Spotlight on Membership"</b></p> <p>1pm <b>Educational</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	9	<p>9am <b>Reflection</b></p> <p>10am <b>Socialize</b></p> <p>11am <b>4pm Mothers IMA Celebration Habaneros Restaurant Patients IMA Semoran and East Colonial</b></p>	10
<p>9am <b>Zumba</b></p> <p>10am <b>Yoga</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Arts &amp; Crafts</b></p> <p>2pm <b>Education</b></p> <p>3pm <b>Games</b></p>	13	<p>9am <b>Muscular Exer</b></p> <p>10am <b>Socialize</b></p> <p>11am <b>Arts &amp; Crafts</b></p> <p>1pm <b>Educational</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	14	<p>9am <b>Zumba</b></p> <p>10am <b>Yoga</b></p> <p>11:30 am <b>HES (ENG)</b></p> <p>1pm <b>Socialize</b></p> <p>2pm <b>Arts &amp; Crafts</b></p> <p>3pm <b>Games</b></p>	15	<p>9am <b>Thai Chi</b></p> <p>10am <b>Arts &amp; Crafts</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Educational</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	16	<p>9am <b>Exercise</b></p> <p>10am <b>Socialize</b></p> <p>11am <b>Educational</b></p> <p>1pm <b>Reflection</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	17
<p>9am <b>Zumba</b></p> <p>10am <b>Yoga</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Arts &amp; Crafts</b></p> <p>2pm <b>Education</b></p> <p>3pm <b>Games</b></p>	20	<p>9am <b>Muscular Exer</b></p> <p>10am <b>Socialize</b></p> <p>11am <b>Arts &amp; Crafts</b></p> <p>1pm <b>Educational</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	21	<p>9am <b>Zumba</b></p> <p>10am <b>Yoga</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Arts &amp; Crafts</b></p> <p>2pm <b>Education</b></p> <p>3pm <b>Games</b></p>	22	<p>9am <b>Thai Chi</b></p> <p>10am <b>Arts &amp; Crafts</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Educational</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	23	<p>9am <b>Exercise</b></p> <p>10am <b>Socialize</b></p> <p>11am <b>Educational</b></p> <p>1pm <b>Reflection</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	24
Office Closed	27	<p>9am <b>Muscular Exer</b></p> <p>10am <b>Socialize</b></p> <p>11am <b>Arts &amp; Crafts</b></p> <p>1pm <b>Educational</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	28	<p>9am <b>Zumba</b></p> <p>10am <b>Yoga</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Arts &amp; Crafts</b></p> <p>2pm <b>Education</b></p> <p>3pm <b>Games</b></p>	29	<p>9am <b>Thai Chi</b></p> <p>10am <b>Arts &amp; Crafts</b></p> <p>11am <b>Socialize</b></p> <p>1pm <b>Educational</b></p> <p>2pm <b>Games</b></p> <p>3pm <b>Gym</b></p>	30	<p>9am <b>Exercise</b></p> <p>10am <b>Reflection</b></p> <p>11am <b>Games</b></p> <p>12pm- 4pm <b>Birthdays</b></p>	31



## SPECIAL EVENTS

May 9<sup>th</sup> 11am "Spotlight on Membership" by Dr. Norali Hernandez  
English presentation

May 10 – 11am – 4pm  
Mother IMA  
Celebration in Habaneros Restaurant  
Patients IMA Semoran and East Colonial

May 15 11:30 AM – 12PM  
Educational Health Series –Stroke Awareness– Dr. Marti Hernandez  
English presentation

May 31 12pm – 4pm  
Happy Birthday of the month. (Lunch, DJ, Raffle and surprises.

\*Physical Exercises

\*Social

\*Arts & Crafts

\*Educational



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# MAY 2024

## Centro de bienestar: EAST COLONIAL

Dirección: 7714 East Colonial Drive, orlando FL 32807

Teléfono: 407-745-4581



### LUNES

### MARTES

### MIÉRCOLES

### JUEVES

### VIERNES



## EVENTOS ESPECIALES

		<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	1	<p>9am Thai Chi</p> <p>10am Manualidades</p> <p>11am Socializar</p> <p>1pm Educational</p> <p>2pm Games</p> <p>3pmGym</p>	2	<p>9am Balance</p> <p>10am Socializar</p> <p>11am Educacion</p> <p>1pm Refleccion</p> <p>2pm Juegos</p> <p>3pm Gym</p>	3		
<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	6	<p>9am Ejer. Muscular</p> <p>10am Manualidades</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Juegos</p> <p>3pm Gimnasio</p>	7	<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	8	<p>9am Thai Chi</p> <p>10am Manualidades</p> <p>11am "Enfoque en la membresía"</p> <p>1pm Educational</p> <p>2pm Games</p> <p>3pmGym</p>	9	<p>9am Balance</p> <p>10am Socializar</p> <p>11am- 4pm Celebracion Madre IMA Restaurante Habaneros Pacientes IMA Semoran y East Colonial</p>	10
<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	13	<p>9am Ejer. Muscular</p> <p>10am Manualidades</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Juegos</p> <p>3pm Gimnasio</p>	14	<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Socializar</p> <p>1pm HES (ING)</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	15	<p>9am Thai Chi</p> <p>10am Manualidades</p> <p>11am Socializar</p> <p>1pm Educational</p> <p>2pm Games</p> <p>3pmGym</p>	16	<p>9am Balance</p> <p>10am Socializar</p> <p>11am Educacion</p> <p>1pm Refleccion</p> <p>2pm Juegos</p> <p>3pm Gym</p>	17
<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	20	<p>9am Ejer. Muscular</p> <p>10am Manualidades</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Juegos</p> <p>3pm Gimnasio</p>	21	<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	22	<p>9am Thai Chi</p> <p>10am Manualidades</p> <p>11am Socializar</p> <p>1pm Educational</p> <p>2pm Games</p> <p>3pmGym</p>	23	<p>9am Balance</p> <p>10am Socializar</p> <p>11am Educacion</p> <p>1pm Refleccion</p> <p>2pm Juegos</p> <p>3pm Gym</p>	24
Oficina cerrada	27	<p>9am Ejer. Muscular</p> <p>10am Manualidades</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Juegos</p> <p>3pm Gimnasio</p>	28	<p>9am Zumba</p> <p>10am Yoga</p> <p>11am Socializar</p> <p>1pm Educacion</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	29	<p>9am Thai Chi</p> <p>10am Manualidades</p> <p>11am Socializar</p> <p>1pm Educational</p> <p>2pm Games</p> <p>3pmGym</p>	30	<p>9am Balance</p> <p>10am Refleccion</p> <p>11am Juegos</p> <p>12pm- 4pm Cumpleanos</p>	31

May 9<sup>th</sup> 11am "Enfoque en la membresía"  
 Dr. Norali Hernandez  
 Presentación en inglés

May 10 – 11am – 4pm  
 Celebracion de las Madres IMA  
 en Habaneros Restaurant  
 Pacientes IMA Semoran y East Colonial

May 15 11:00 – 11:30 AM – Serie de salud educativa– Conciencia sobre el ACV  
 – Dr. Marti Hernandez  
 Presentación en inglés

May 31 12pm – 4pm Celebracion del Cumpleanos del mes. (Almuerzo, DJ, rifa y sorpresas

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



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