



MAY 2024

Wellness Center: Poinciana

Address: 3360 W Southport Rd. Kissimmee, FL 34746

Phone number: 321-250-1806



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	1	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	2	9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Karaoke 3pm Games	3
6	7	8	9	10			
9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Mother's Day Celebration 3pm Games			
13	14	15	16	17			
9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Arts & Craft 2pm Educational 3pm Games	9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Karaoke 3pm Games			
20	21	22	23	24			
9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm HES 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Karaoke 3pm Games			
27	28	29	30	31			
9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft 10am Exercise 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Crafts 10am Exercise 12pm Socialize 1pm Karaoke 2pm Birthday's 3pm Games			



SPECIAL EVENTS

May 1-9 –9:00am–2:00pm Mother's Day Special Craft

May 10-1:00pm Mother's Day Celebration

May 16- 2:00pm Group Therapy

May 21-1:00pm
Healthcare Education Series: Stroke Awareness with Dr. Delgado
English and Spanish Presentation

*Physical Exercises

*Social

*Arts & Crafts

*Educational



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LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

		1 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	2 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	3 9am Manualidades 10am Exercise 12pm Social 1pm Karaoke 3pm Juegos
6 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	7 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	8 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	9 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	10 9am Manualidades 10am Exercise 12pm Social 1pm Celebramos El Dia De Las Madres 2pm Arts & Crafts 3pm Juegos
13 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	14 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	15 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	16 9am Manualidades 10am Exercise 12pm Social 1pm Manualidades 2pm Educativo 3pm Juegos	17 9am Manualidades 10am Exercise 12pm Social 1pm Karaoke 3pm Juegos
20 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	21 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	22 9am Manualidades 10am Exercise 12pm Social 1pm HES 2pm Arts & Crafts 3pm Juegos	23 9am Manualidades 10am Exercise 12pm Social 1pm Manualidades 2pm Arts & Crafts 3pm Juegos	24 9am Manualidades 10am Exercise 12pm Social 1pm Karaoke 3pm Juegos
27 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	28 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	29 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	30 9am Manualidades 10am Exercise 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	31 9am Manualidades 10am Exercise 12pm Social 1pm Karaoke 2pm Celebracion de cumpleaños 3pm Juegos



EVENTOS ESPECIALES

May 1-9 –9:00am–2:00pm Especial De Manualidades para las madres

May 10-1:00pm Celebramos el Dia de Las Madres

May 16-2:00pm Terapia en grupo

May 21-1:00pm

Serie de Educacion de la Salud: Accidente Cerebrovascular con la Dra. Delgado.

Presentacion en Inglés y español

*Ejercicios

*Social

*Manualidades

*Educativa



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