



MAY 2024

Wellness Center: SANFORD OFFICE

Address: 2432 S French Ave., Sanford, FL 32771

Phone number: 407-768-4464



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>9am Waking</p> <p>10am Motor Skills</p> <p>11am Yoga Class</p> <p>1pm Painting</p> <p>2pm Puzzle</p> <p>3pm Games</p>	<p>2</p> <p>9am Exercises</p> <p>10am Stretching</p> <p>11am Coffee Time</p> <p>1pm Painting</p> <p>2pm Games</p> <p>3pm Puzzle</p>	<p>3</p> <p>9am Hand & Foot</p> <p>10am Motor Skills</p> <p>11am Coffee Time</p> <p>1pm Rummikub</p> <p>2pm Bingo Day</p> <p>3pm Tech Savvy</p>
<p>6</p> <p>9am Exercises</p> <p>10am Motor Skills</p> <p>11am Coffee Time</p> <p>1pm Games</p> <p>2pm Painting</p> <p>3pm Puzzles</p>	<p>7</p> <p>9am Exercises</p> <p>10am Motor Skills</p> <p>11am Relaxing</p> <p>1pm Games</p> <p>2pm Painting</p> <p>3pm Puzzles</p>	<p>8</p> <p>9am Walking</p> <p>10am Exercises</p> <p>11am Painting</p> <p>1pm Games</p> <p>2pm Puzzles</p> <p>3pm Coffee Time</p>	<p>9</p> <p>9am Stretching</p> <p>10am Exercises</p> <p>11am Coffee Time</p> <p>1pm Games</p> <p>2pm Painting</p> <p>3pm Domino</p>	<p>10</p> <p>9am Hand & Foot</p> <p>10am Exercises</p> <p>11am Mother Day</p> <p>1pm Games</p> <p>2pm Painting</p> <p>3pm Puzzle</p>
<p>13</p> <p>9am Exercises</p> <p>10am Motor Skill</p> <p>11am Coffee Time</p> <p>1pm Games</p> <p>2pm Painting</p> <p>3pm Relaxing</p>	<p>14</p> <p>9am Exercises</p> <p>10am Walking</p> <p>11am Relaxing</p> <p>1pm Games</p> <p>2pm Domino</p> <p>3pm Puzzles</p>	<p>15</p> <p>9am Exercises</p> <p>10am Walking</p> <p>11am Zumba Class</p> <p>1pm Painting</p> <p>2pm Domino</p> <p>3pm Relaxing</p>	<p>16</p> <p>9am Exercises</p> <p>10am HES (SPA)</p> <p>1pm HES (ENG)</p> <p>2pm Painting</p> <p>3pm Puzzle</p>	<p>17</p> <p>9am Exercises</p> <p>10am Hand & foot</p> <p>11am Relaxing</p> <p>1pm Games</p> <p>2pm Rummikub</p> <p>3pm Puzzle</p>
<p>20</p> <p>9am Exercises</p> <p>10am Motor Skills</p> <p>11am Games</p> <p>1pm Painting</p> <p>2pm Relaxing</p> <p>3pm Domino</p>	<p>21</p> <p>9am Exercise</p> <p>10am Walking</p> <p>11am Relaxing</p> <p>1pm Domino</p> <p>2pm Puzzle</p> <p>3pm Relaxing</p>	<p>22</p> <p>9am Exercises</p> <p>10am Hamd & Foot</p> <p>11am Tai Chi Class</p> <p>1pm Relaxing</p> <p>2pm Puzzle</p> <p>3pm Relaxing</p>	<p>23</p> <p>9am Exercises</p> <p>10am Walking</p> <p>11am Cooking</p> <p>1pm Painting</p> <p>2pm Puzzle</p> <p>3pm Domino</p>	<p>24</p> <p>9am Walking</p> <p>10am hand & Foot</p> <p>11am Relaxing</p> <p>1pm Painting</p> <p>2pm Puzzle</p> <p>3pm Domino</p>
<p>27</p> <p>9am Motor Skills</p> <p>10am Walking</p> <p>11am Relaxing</p> <p>1pm Domino</p> <p>2pm Rummikub</p> <p>3pm Puzzles</p>	<p>28</p> <p>9am Hand & Foot</p> <p>10am Motor Skill</p> <p>11am Relaxing</p> <p>1pm Domino</p> <p>2pm Puzzles</p> <p>3pm Rummikub</p>	<p>29</p> <p>9am Exercises</p> <p>10am Walking</p> <p>11am Coffee Time</p> <p>1pm Domino</p> <p>2pm Puzzle</p> <p>3pm Domino</p>	<p>30</p> <p>9am Exercises</p> <p>10am Walking</p> <p>11am Relaxing</p> <p>1pm Domino</p> <p>2pm Puzzle</p> <p>3pm Domino</p>	<p>31</p> <p>9am Walking</p> <p>10am Motor Skill</p> <p>11am Relaxing</p> <p>1pm Painting</p> <p>2pm Domino</p> <p>3pm Coffee Time</p>



SPECIAL EVENTS

May 10, 2024- Celebrate Mother's Day in Wellness center

May 23, 2024- Cooking Healthy in the Wellness Center

May 16, 2024- Healthcare Education Series: Stroke Awareness with Dr. Edgar George
10 to 11 am -Spanish presentation
12 to 1 pm- English presentation

*Physical Exercises

*Social

*Arts & Crafts

*Educational



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LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

		1	2	3
		9am Caminando 10am Destrezas 11am Clase Yoga 1pm Pintar 2pm Puzzles" 3pm juego Mesa	9am Ejercicios 10am Estirarse 11am Hora Cafe 1pm Pintando 2pm Juegos Mesa 3pm Puzzles"	9am Mano y Pie 10am Destrezas 11am Hora Cafe 1pm Rummikub 2pm Dia Bingo 3pm Tecnologia
6	7	8	9	10
9am Ejercicios 10am Destrezas 11am Hora Cafe 1pm Juegos 2pm Pintando 3pm Puzzles"	9am Ejercicios 10am Destrezas 11am Relajados 1pm Juegos 2pm pintura 3pm Puzzles"	9am Caminando 10am Ejercicios 11am Pintura 1pm Juegos 2pm Puzzles" 3pm Hora Cafe	9am Estirarse 10am Ejercicios 11am Hora Cafe 1pm Juegos 2pm Pintando 3pm Domino	9am Pie y Mano 10am Ejercicios 11am Dia Madres 1pm Juegos 2pm Pintar 3pm Puzzles"
13	14	15	16	17
9am Ejercicios 10am Destrezas 11am Hora Cafe 1pm Juegos 2pm Pintar 3pm Relajados	9am Ejercicios 10am Caminando 11am Relajados 1pm Juego Mesa 2pm Domino 3pm Puzzles"	9am Ejercicios 10am Caminar 11am Clase Zumba 1pm Pintar 2pm Domino 3pm Relajados	9am Ejercicios 10am HES(ESP) 12pm HES(ENG) 2pm Pintar 3pm Puzzles"	9am Ejercicios 10am Pie y Mano 11am Relajados 1pm Juegos 2pm Rummikub 3pm Puzzle"
20	21	22	23	24
9am Ejercicios 10am Destrezas 11am Juegos 1pm Pintura 2pm Relajados 3pm Domino	9am Ejercicios 10am Caminar 11am Relajados 1pm Domino 2pm Puzzles" 3pm Hora Cafe	9am Ejercicios 10am Mano y Pie 11am Clase Tai Chi 1pm Relajados 2pm Puzzles" 3pm Hora Cafe	9am Ejercicios 10am Caminar 11am Cocinando 1pm Pintando 2pm Puzzles" 3pm Domino	9am Caminar 10am Mano y Pie 11am Relajados 1pm Pintar 2pm Puzzles" 3pm Dominos
27	28	29	30	31
9am Destrezas 10am Caminar 11am Relajados 1pm Domino 2pm Rummikub 3pm Puzzles"	9am Mano y Pie 10am Destrezas 11am Relajados 1pm Domino 2pm Puzzles" 3pm Rummikub	9am Ejercicios 10am Caminar 11am Hora Cafe 1pm Domino 2pm Puzzles" 3pm Rummikub	9am Ejercicios 10am Caminar 11am Relajados 1pm Domino 2pm Puzzles" 3pm Domino	9am Caminar 10am Destrezas 11am Relajados 1pm Pintando 2pm Domino 3pm Hora Cafe



EVENTOS ESPECIALES

May 10, 2024- Celebracion Dia de Madres en el Wellness Center

May 16, 2024- Serie de Educación de la Salud: Accidente Cerebrovascular con el Dr. Edgar George

- 10 a 11am Presentación en español
- 12 a 1pm Presentación en inglés

May 23, 2024- Cocinando Saludable en el Wellness Center

*Ejercicios

*Social

*Manualidades

*Educativa



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