



# MAY 2024

## Wellness Center: S Semoran

Address: 2285 S Semoran Blvd Orlando FL 32822

Phone number: 407 845-8060



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

		1 9am Education 10am Coffee Time 11am Zumba 12pm Yoga 1pm Arts & Crafts 3pm Socialize	2 9am Exercise 10am Coffee Time 11am Arts & Crafts 1pm Bingo 2pm Education 3pm Socialize	3 9am Exercise 10am Education 11am Socialize 1pm Arts & Crafts 2pm Domino 3pm Dance
6 9am Education 10am Coffee Time 11am Zumba 12pm Yoga 1pm Arts & Crafts 3pm Socialize	7 9am Coffee Time 10am Seminar Diabetes 1pm Arts & Crafts 3pm Socialize	8 9am Education 10am Coffee Time 11am Zumba 12pm Yoga 1pm Arts & Crafts 3pm Socialize	9 9am Exercise 10am Coffee Time 11am Arts & Crafts 1pm Bingo 2pm Education 3pm Socialize	10 9am Education 10am Socialize 11am-4pm Mother IMA Celebration Habanero Rest, Patients IMA Semoran and East Colonial
13 9am Education 10am Coffee Time 11am Zumba 12pm Yoga 1pm Arts & Crafts 3pm Socialize	14 9am Exercise 10am Seminar Diabetes 1pm Arts & Crafts 3pm Socialize	15 9am Education 10am Coffee Time 11am Zumba 12pm Yoga 1pm Arts & Crafts 3pm Socialize	16 9am Exercise 10am Arts & Crafts 1pm Snack 2pm HES (ENG) 2:30pm HES (SPA)	17 9am Exercise 10am Education 11am Coffee Time 12pm Bingo 2pm Arts & Crafts 3pm Socialize
20 9am Education 10am Coffee Time 11am Zumba 12pm Yoga 1pm Arts & Crafts 3pm Socialize	21 9am Coffee Time 10am Seminar Diabetes 1pm Arts & Crafts 3pm Socialize	22 9am Education 10am Coffee Time 11am Zumba 12pm Yoga 1pm Arts & Crafts 3pm Socialize	23 9am Exercise 10am Coffee Time 11am Education 1pm Arts & Crafts 3pm Socialize	24 9am Exercise 10am Education 11am Coffee Time 12pm Bingo 2pm Arts & Crafts 3pm Socialize
27 9am Education 10am Coffee Time 11am Zumba 12pm Yoga 1pm Arts & Crafts 3pm Socialize	28 9am Coffee Time 10am Seminar Diabetes 1pm Arts & Crafts 3pm Socialize	29 9am Education 10am Coffee Time 11am Zumba 12pm Yoga 1pm Arts & Crafts 3pm Socialize	30 9am Exercise 10am Coffee Time 11am Education 1pm Bingo 3pm Socialize	31 9am Education 10am Coffee Time 11am Exercise 1pm-4pm Birthdays



## SPECIAL EVENTS

May 10 – 11am-4pm  
Mothers IMA  
Celebration in Habanero  
Restaurant Patients IMA Semoran And  
East Colonial

May 9, Spotlight on Membership – 2pm

May 16, Health Education Series  
Stroke Awareness by Dr. Javier Rosario  
2:00pm English Presentation  
2:30pm Spanish Presentation

May 31, Birthdays of the Month  
1pm-4pm

\*Physical Exercises

\*Social

\*Arts & Crafts

\*Educational



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## Centro de bienestar: S Semoran

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Teléfono: 407 845-8060



### LUNES

### MARTES

### MIÉRCOLES

### JUEVES

### VIERNES



## EVENTOS ESPECIALES

		1 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Zumba</b> 12pm <b>Yoga</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	2 9am <b>Ejercicios</b> 10am <b>Cafe</b> 11am <b>Manualidad</b> 1pm <b>Bingo</b> 2pm <b>Educacion</b> 3pm <b>Socializar</b>	3 9am <b>Ejercicios</b> 10am <b>Educacion</b> 11am <b>Socializar</b> 1pm <b>Manualidad</b> 2pm <b>Domino</b> 3pm <b>Baile</b>
6 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Zumba</b> 12pm <b>Yoga</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	7 9am <b>Ejercicios</b> 10am <b>Seminario Diabetes</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	8 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Zumba</b> 12pm <b>Yoga</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	9 9am <b>Ejercicios</b> 10am <b>Cafe</b> 11am <b>Manualidad</b> 1pm <b>Bingo</b> 2pm <b>Educacion</b> 3pm <b>Socializar</b>	10 9am <b>Educacion</b> 10am <b>Socializar</b> 11am-4pm <b>Celebracion de Madre IMA, Rest Habaneros Pacientes IMA SEMORAN y EAST COLONIAL</b>
13 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Zumba</b> 12pm <b>Yoga</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	14 9am <b>Ejercicios</b> 10am <b>Seminario Diabetes</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	15 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Zumba</b> 12pm <b>Yoga</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	16 9am <b>Ejercicios</b> 10am <b>Manualidad</b> 1pm <b>Merienda</b> 2pm <b>HES (ING)</b> 2:30pm <b>HES (ESP)</b>	17 9am <b>Ejercicios</b> 10am <b>Educacion</b> 11am <b>Café</b> 12pm <b>Bingo</b> 2pm <b>Manualidad</b> 3pm <b>Socializar</b>
20 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Zumba</b> 12pm <b>Yoga</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	21 9am <b>Ejercicios</b> 10am <b>Seminario Diabetes</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	22 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Zumba</b> 12pm <b>Yoga</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	23 9am <b>Ejercicios</b> 10am <b>Cafe</b> 11am <b>Educacion</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	24 9am <b>Ejercicios</b> 10am <b>Educacion</b> 11am <b>Cafe</b> 12pm <b>Bingo</b> 2pm <b>Manualidad</b> 3pm <b>Socializar</b>
27 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Zumba</b> 12pm <b>Yoga</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	28 9am <b>Ejercicios</b> 10am <b>Seminario Diabetes</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	29 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Zumba</b> 12pm <b>Yoga</b> 1pm <b>Manualidad</b> 3pm <b>Socializar</b>	30 9am <b>Ejercicios</b> 10am <b>Cafe</b> 11am <b>Educacion</b> 1pm <b>Bingo</b> 3pm <b>Socializar</b>	31 9am <b>Educacion</b> 10am <b>Cafe</b> 11am <b>Ejercicios</b> 1pm-4pm <b>Cumpleanos del mes</b>

Mayo 10 – 11am - 4pm  
Dia de MADRES IMA, Celebracion en Restaurante Habaneros Pacientes IMA SEMORAN y EAST COLONIAL

May 9, Spotlight on Membership – 2pm

Mayo 16 - Serie de Educación de la Salud: Accidente Cerebrovascular con el Dr. Javier Rosario  
2:00pm Inglés  
2:30pm Español

Mayo 31 Cumpleanos del Mes  
1:00pm-4pm

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



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