



MAY 2024

Wellness Center: SW ORLANDO

Address: 8803 Futures Drive, Orlando FL, 32919

Phone number: 407-240-2361



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>9am Exercises</p> <p>11am socialize</p> <p>1pm Memory Games</p> <p>2pm Arts and crafts</p> <p>3pm Games</p>	<p>2</p> <p>9am Exercises</p> <p>11am Paintin</p> <p>1pm socialize</p> <p>2pm Educational</p> <p>3pm Decoration</p>	<p>3</p> <p>9am Exercises</p> <p>11am Arts and crafts</p> <p>1pm socialize</p> <p>2pm Domino</p>
<p>6</p> <p>9am Exercises</p> <p>11am Painting</p> <p>1pm Memory Games</p> <p>2pm Book Club</p> <p>3pm Arts and crafts</p>	<p>7</p> <p>9am Zumba</p> <p>11am socialize</p> <p>1pm Motor fine</p> <p>2pm Arts and crafts</p> <p>3pm Games</p>	<p>8</p> <p>9am Exercises</p> <p>11am socialize</p> <p>1pm Memory Games</p> <p>2pm Arts and crafts</p> <p>3pm Games</p>	<p>9</p> <p>9am Exercises</p> <p>11am Painting</p> <p>1pm socialize</p> <p>2pm Educational</p> <p>3pm Decoration</p>	<p>10</p> <p>9am Exercises</p> <p>11am Arts and crafts</p> <p>1pm socialize</p> <p>2pm Mother's day celebration</p>
<p>13</p> <p>9am Exercises</p> <p>11am Painting</p> <p>1pm Memory Games</p> <p>2pm Book Club</p> <p>3pm Arts and crafts</p>	<p>14</p> <p>9am Zumba</p> <p>11am socialize</p> <p>1pm Motor fine</p> <p>2pm Arts and crafts</p> <p>3pm Games</p>	<p>15</p> <p>9am Exercises</p> <p>11am socialize</p> <p>1pm Memory Games</p> <p>2pm Arts and crafts</p> <p>3pm</p>	<p>16</p> <p>9am Exercises</p> <p>11am Painting</p> <p>12pm HES (SPA)</p> <p>1pm socialize</p> <p>3pm Decoration</p>	<p>17</p> <p>9am Exercises</p> <p>11am Arts and crafts</p> <p>1pm socialize</p> <p>2pm Domino</p>
<p>20</p> <p>9am Exercises</p> <p>11am Painting</p> <p>1pm Memory Games</p> <p>2pm Book Club</p> <p>3pm Arts and crafts</p>	<p>21</p> <p>9am Zumba</p> <p>11am socialize</p> <p>1pm Motor fine</p> <p>2pm Arts and crafts</p> <p>3pm Games</p>	<p>22</p> <p>9am Exercises</p> <p>11am socialize</p> <p>1pm Memory Games</p> <p>2pm Arts and crafts</p> <p>3pm Games</p>	<p>23</p> <p>9am Exercises</p> <p>11am Painting</p> <p>1pm socialize</p> <p>2pm Educational</p> <p>3pm Decoration</p>	<p>24</p> <p>9am Exercises</p> <p>11am Arts and crafts</p> <p>1pm socialize</p> <p>2pm Bingo</p>
<p>27</p> <p>9am Exercises</p> <p>11am Painting</p> <p>1pm Memory Games</p> <p>2pm Book Club</p> <p>3pm Arts and crafts</p>	<p>28</p> <p>9am Zumba</p> <p>11am socialize</p> <p>1pm Motor fine</p> <p>2pm Arts and crafts</p> <p>3pm Games</p>	<p>29</p> <p>9am Exercises</p> <p>11am socialize</p> <p>1pm Memory Games</p> <p>2pm Arts and crafts</p> <p>3pm Games</p>	<p>30</p> <p>9am Exercises</p> <p>11am Pianting</p> <p>1pm socialize</p> <p>2pm Educational</p> <p>3pm Decoration</p>	<p>31</p> <p>9am Exercises</p> <p>11am Arts and crafts</p> <p>1pm socialize</p> <p>2pm Birthday Celebration</p>



SPECIAL EVENTS

May – 10 – 2 pm Mother's day celebration, bring your present

May – 16 - 12pm Healthcare Education Series: Stroke Awareness with Dr. Betania Reyes - Spanish presentation

May - 31 - 1pm Birthday Celebration bring your present

*Physical Exercises

*Social

*Arts & Crafts

*Educational



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MAY 2024

Centro de bienestar: SW ORLANDO

Dirección: 8803 Futures Drive suite 13 Orlando FL 32819

Teléfono: 407-240-2361



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



EVENTOS ESPECIALES

		1 9amEjercicios 11amsocial 1pmMemoria 2pmManualidades 3pmJuegos	2 9amEjercicios 11amPintura 1pmsocial 2pmEducativo 3pmDecoracion	3 9amEjercicios 11amManualidades 1pm social 2pmDOMINO
6 9amEjercicios 11am Pintura 1pm Memoria 2pmClub del libro 3pmManualidades	7 9amZumba 11amsocial 1pmmotor fino 2pmManualidades 3pm Juegos	8 9amEjercicios 11amsocial 1pmMemoria 2pmManualidades 3pmJuegos	9 9amEjercicios 11amPintura 1pmsocial 2pmEducativo 3pmDecoracion	10 9amEjercicios 11amManualidades 1pmsocial Celebracion dia de la madre
13 9amEjercicios 11amPintura 1pmMemoria 2pmClub del libro 3pmManualidades	14 9amZumba 11amsocial 1pmmotor fino 2pm Manualidades 3pmJuegos	15 9amEjercicios 11amsocial 1pmMemoria 2pm Manualidades 3pmJuegos	16 9amEjercicios 11amPintura 12pm HES (ESP) 1pmsocial 3pmDecoracion	17 9amEjercicios 11amManualidades 1pmsocial 2pmDOMINO 3pm
20 9amEjercicios 11 am Pintura 1pmMemoria 2pmClub del libro 3pmManualidades	21 9amZumba 11amsocial 1pmmotor fino 2pmManualidades 3pmJuegos	22 9amEjercicios 11amsocial 1pmMemoria 2pmManualidades 3pmJuegos	23 9amEjercicios 11amPintura 1pmsocial 2pmEducativo 3pmDecoracion	24 9amEjercicios 11amManualidades 1pmsocial 2pmBINGO 3pm
27 9amEjercicios 11am Pintura 1pmMemoria 2pm Club del libro 3pmManualidades	28 9amZumba 11amsocial 1pmmotor fino 2pmManualidades 3pmJuegos	29 9amEjercicios 10am 11amsocial 1pmMemoria 2pmManualidades 3pmJuegos	30 9amEjercicios 11amPintura 1pmsocial 2pmEducativo 3pmDecoracion	31 9amEjercicios 11amManualidades 1pmsocial Celebracion de cumpleaños

Mayo10- 1pm Celebracion dia de la madre
Traiga un obsequio

Mayo16- 12pm Serie de Educación de la Salud: Accidente Cerebrovascular con la Dra. Betania Reyes
Presentación en español

Mayo31- 1pm Celebracion de cumpleaños. Traiga un obsequio

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



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