



## Wellness Center: East Colonial

Address: 7714 East Colonial Dr Orlando FL 32827

Phone Number: (407) 745-4581



### Monday Tuesday Wednesday Thursday Friday

\*Physical Exercises

\*Social

\*Arts & Crafts

\*Educational

|                                                                                                                                                        |                                                                                                                                                                       |                                                                                                                                                           |                                                                                                                                                                        |                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                        |                                                                                                                                                                       |                                                                                                                                                           |                                                                                                                                                                        | <b>1</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Reflexion</b><br>1pm <b>Weave</b><br>2pm <b>Karaoke</b><br>3pm <b>Rummikub</b>            |
| <b>4</b><br>9am <b>Zumba</b><br>10am <b>Full Body</b><br>11am <b>Social Time</b><br>1pm <b>Weave</b><br>2pm <b>Smoothie class</b><br>3pm <b>Games</b>  | <b>5</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Arts &amp; Craft</b><br>1pm <b>Coloring</b><br>2pm <b>Meal Planning</b><br>3pm <b>GYM</b>  | <b>6</b><br>9am <b>Zumba</b><br>10am <b>Full Body</b><br>11am <b>Time Social</b><br>1pm <b>Weave</b><br>2pm <b>Smoothie Class</b><br>3pm <b>Rummikub</b>  | <b>7</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Health Seminar</b><br>1pm <b>Arts &amp; Craft</b><br>2pm <b>Dominoes</b><br>3pm <b>GYM</b>  | <b>8</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Reflexion</b><br>1pm <b>Weave</b><br>2pm <b>Karaoke</b><br>3pm <b>Rummikub</b>            |
| <b>11</b><br>9am <b>Zumba</b><br>10am <b>Full Body</b><br>11am <b>Social Time</b><br>1pm <b>Weave</b><br>2pm <b>Smoothie class</b><br>3pm <b>Games</b> | <b>12</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Arts &amp; Craft</b><br>1pm <b>Coloring</b><br>2pm <b>Meal Planning</b><br>3pm <b>GYM</b> | <b>13</b><br>9am <b>Zumba</b><br>10am <b>Full Body</b><br>11am <b>Time Social</b><br>1pm <b>Weave</b><br>2pm <b>Smoothie Class</b><br>3pm <b>Rummikub</b> | <b>14</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Health Seminar</b><br>1pm <b>Arts &amp; Craft</b><br>2pm <b>Dominoes</b><br>3pm <b>GYM</b> | <b>15</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Reflexion</b><br>1pm <b>Super Bingo</b><br>2pm <b>Karaoke</b><br>3pm <b>Rummikub</b>     |
| <b>18</b><br>9am <b>Zumba</b><br>10am <b>Full Body</b><br>11am <b>Social Time</b><br>1pm <b>Weave</b><br>2pm <b>Smoothie Class</b><br>3pm <b>Games</b> | <b>19</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Arts &amp; Craft</b><br>1pm <b>Coloring</b><br>2pm <b>Meal Planning</b><br>3pm <b>GYM</b> | <b>20</b><br>9am <b>Zumba</b><br>10am <b>Full Body</b><br>11am <b>Time Social</b><br>1pm <b>Weave</b><br>2pm <b>Smoothie Class</b><br>3pm <b>Rummikub</b> | <b>21</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Health Seminar</b><br>1pm <b>Arts &amp; Craft</b><br>2pm <b>Dominoes</b><br>3pm <b>GYM</b> | <b>22</b><br>9am <b>Social Time</b><br>10am <b>Reflexion</b><br>12pm – 04:00pm<br><b>Happy Birthdays!</b>                                                            |
| <b>25</b><br>9am <b>Zumba</b><br>10am <b>Full Body</b><br>11am <b>Social Time</b><br>1pm <b>Weave</b><br>2pm <b>Smoothie Class</b><br>3pm <b>Games</b> | <b>26</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Arts &amp; Craft</b><br>1pm <b>Coloring</b><br>2pm <b>Meal Planning</b><br>3pm <b>GYM</b> | <b>27</b><br>9am <b>Zumba</b><br>10am <b>Full Body</b><br>11am <b>Time Social</b><br>1pm <b>Weave</b><br>2pm <b>Smoothie Class</b><br>3pm <b>Rummikub</b> | <b>28</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Health Seminar</b><br>1pm <b>Arts &amp; Craft</b><br>2pm <b>Dominoes</b><br>3pm <b>GYM</b> | <b>29</b><br>9am <b>Social Time</b><br>10am <b>Res Exercises</b><br>11am <b>Reflexion</b><br>1pm <b>Art &amp; Craft</b><br>2pm <b>Karaoke</b><br>3pm <b>Rummikub</b> |

## SPECIAL EVENTS

August 14, 2025

Time: 11:00 AM

Healthcare Education Series

### Social Isolation

with Susana Vazquez

August 19, 2025

Time: 1:00 PM

Educational Series

### The Power of Prevention

with Dr. Jorge Reyes

August 22, 2025

Time: 12:00-4:00PM

Celebration Birthdays of the month!



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**Centro de Bienestar: East Colonial**

**Dirección:** 7714 East Colonial Dr, Orlando, FL 32827

**Teléfono:** 407-745-4581



**Lunes**

**Martes**

**Miercoles**

**Jueves**

**Viernes**

\*Ejercicios  
\*Social  
\*Manualidades  
\*Educativa

9am **Zumba** 4  
10am **Full body**  
11am **Time Social**  
1pm **Tejer**  
2pm **Clases de Batidos**  
3pm **Juegos**

9am **Tiempo Social**  
10am **Ejercicios Res**  
11am **Manualidades**  
1pm **Coloring**  
2pm **Planificacion comidas**  
3pm **Gym**

9am **Zumba** 6  
10am **Full body**  
11am **Time Social**  
1pm **Tejer**  
2pm **Clases de Batidos**  
3pm **Juegos**

9am **Tiempo Social** 7  
10am **Ejercicios Res**  
11am **Seminario Salud**  
1pm **Manualidades**  
2pm **Dominoes**  
3pm **Gym**

9am **Tiempo Social** 8  
10am **Ejercicios Res**  
11am **Reflexion**  
1pm **Manualidades**  
2pm **Karaoke**  
3pm **Rummikub**

9am **Zumba** 11  
10am **Full body**  
11am **Time Social**  
1pm **Tejer**  
2pm **Clases de Batidos**  
3pm **Juegos**

9am **Tiempo Social** 12  
10am **Ejercicios Res**  
11am **Manualidades**  
1pm **Coloring**  
2pm **Planificacion comidas**  
3pm **Gym**

9am **Zumba** 13  
10am **Full body**  
11am **Time Social**  
1pm **Tejer**  
2pm **Clases de Batidos**  
3pm **Juegos**

9am **Tiempo Social** 14  
10am **Ejercicios Res**  
11am **Seminario Salud**  
1pm **Manualidades**  
2pm **Dominoes**  
3pm **Gym**

9am **Tiempo Social** 15  
10am **Ejercicios Res**  
11am **Reflexion**  
1pm **Sup Bingo**  
2pm **Karaoke**  
3pm **Rummikub**

9am **Zumba** 18  
10am **Full body**  
11am **Time Social**  
1pm **Tejer**  
2pm **Clases de Batidos**  
3pm **Juegos**

9am **Tiempo Social** 19  
10am **Ejercicios Res**  
11am **Manualidades**  
1pm **HES**  
2pm **Planificacion comidas**  
3pm **Gym**

9am **Zumba** 20  
10am **Full body**  
11am **Time Social**  
1pm **Tejer**  
2pm **Clases de Batidos**  
3pm **Juegos**

9am **Tiempo Social** 21  
10am **Ejercicios Res**  
11am **Seminario Salud**  
1pm **Manualidades**  
2pm **Dominoes**  
3pm **Gym**

9am **Tiempo Social** 22  
10am **Reflexion**  
12am -4:00PM **Cumpleaños del Mes**

9am **Zumba** 25  
10am **Full body**  
11am **Time Social**  
1pm **Tejer**  
2pm **Clases de Batidos**  
3pm **Juegos**

9am **Tiempo Social** 26  
10am **Ejercicios Res**  
11am **Manualidades**  
1pm **Coloring**  
2pm **Planificacion comidas**  
3pm **Gym**

9am **Zumba** 27  
10am **Full body**  
11am **Time Social**  
1pm **Tejer**  
2pm **Clases de Batidos**  
3pm **Juegos**

9am **Tiempo Social** 28  
10am **Ejercicios Res**  
11am **Seminario Salud**  
1pm **Manualidades**  
2pm **Dominoes**  
3pm **Gym**

9am **Tiempo Social** 29  
10am **Ejercicios Res**  
11am **Reflexion**  
1pm **Manualidades**  
2pm **Karaoke**  
3pm **Rummikub**

## EVENTOS ESPECIALES

Agosto 14, 2025

Hora: 11:00 AM

Educacion para el Bienestar

**Aislamiento Social**

Con Susana Vazquez

Agosto 19, 2025

Hora: 1:00 PM

Serie Educativa

**El Poder de la Prevencion**

Con Dr. Jorge Reyes

Agosto 22, 2025

12:00-4:00PM

**Cumpleaños del Mes**



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