



# Sep 2025

## Wellness Center: BVL CALENDAR

**Address:** 1044 Plaza Drive Kissimmee, FL 34743

**Phone Number:** (407) 917-6413



### Monday Tuesday Wednesday Thursday Friday

|                                                                                                                                                   |                                                                                                                                                            |                                                                                                                                                                 |                                                                                                                                                       |                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><br><b>Labor Day</b><br><b>Closed</b>                                                                                                 | <b>2</b><br>9am <b>Coffee</b><br>10am <b>Stretching</b><br>11am <b>Word Search</b><br>1pm <b>Zumba</b><br>2pm <b>Wellness Rules</b><br>3pm <b>Dominoes</b> | <b>3</b><br>9am <b>Coffee</b><br>10am <b>Tai-Chi</b><br>11am <b>Arts &amp; Crafts</b><br>1pm <b>News</b><br>2pm <b>Caligraphy</b><br>3pm <b>Dominoes</b>        | <b>4</b><br>9am <b>Coffee</b><br>10am <b>Cardio</b><br>11am <b>Healthy Snack</b><br>1pm <b>Zumba</b><br>2pm <b>Technology</b><br>3pm <b>Dominoes</b>  | <b>5</b><br>9am <b>Coffee</b><br>10am <b>Walking</b><br>11am <b>Motivation</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Dominoes</b>               |
| <b>8</b><br>9am <b>Coffee</b><br>10am <b>Tai-Chi</b><br>11am <b>Memory Game</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Dominoes</b>  | <b>9</b><br>9am <b>Coffee</b><br>10am <b>Stretching</b><br>11am <b>Puzzle</b><br>1pm <b>Zumba</b><br>2pm <b>Reading</b><br>3pm <b>Dominoes</b>             | <b>10</b><br>9am <b>Coffee</b><br>10am <b>Tai-Chi</b><br>11am <b>Arts &amp; Crafts</b><br>1pm <b>News</b><br>2pm <b>Caligraphy</b><br>3pm <b>Dominoes</b>       | <b>11</b><br>9am <b>Coffee</b><br>10am <b>Cardio</b><br>11am <b>Healthy Snack</b><br>1pm <b>Zumba</b><br>2pm <b>Technology</b><br>3pm <b>Dominoes</b> | <b>12</b><br>9am <b>Coffee</b><br>10am <b>Walking</b><br>11am <b>Motivation</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Dominoes</b>              |
| <b>15</b><br>9am <b>Coffee</b><br>10am <b>Tai-Chi</b><br>11am <b>Memory Game</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Dominoes</b> | <b>16</b><br>9am <b>Coffee</b><br>10am <b>Stretching</b><br>11am <b>Word Search</b><br>1pm <b>Zumba</b><br>2pm <b>Reading</b><br>3pm <b>Dominoes</b>       | <b>17</b><br>9am <b>Coffee</b><br>10am <b>Tai-Chi</b><br>11am <b>Arts &amp; Crafts</b><br>12pm <b>HES (SPA)</b><br>2pm <b>Caligraphy</b><br>3pm <b>Dominoes</b> | <b>18</b><br>9am <b>Coffee</b><br>10am <b>Cardio</b><br>11am <b>Healthy Snack</b><br>1pm <b>Zumba</b><br>2pm <b>Technology</b><br>3pm <b>Dominoes</b> | <b>19</b><br>9am <b>Coffee</b><br>10am <b>Walking</b><br>11am <b>Motivation</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Dominoes</b>              |
| <b>22</b><br>9am <b>Coffee</b><br>10am <b>Tai-Chi</b><br>11am <b>Memory Game</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Dominoes</b> | <b>23</b><br>9am <b>Coffee</b><br>10am <b>Stretching</b><br>11am <b>Puzzle</b><br>1pm <b>Zumba</b><br>2pm <b>Reading</b><br>3pm <b>Dominoes</b>            | <b>24</b><br>9am <b>Coffee</b><br>10am <b>Tai-Chi</b><br>11am <b>Arts &amp; Crafts</b><br>1pm <b>News</b><br>2pm <b>Caligraphy</b><br>3pm <b>Dominoes</b>       | <b>25</b><br>9am <b>Coffee</b><br>10am <b>Cardio</b><br>11am <b>Healthy Snack</b><br>1pm <b>Zumba</b><br>2pm <b>Technology</b><br>3pm <b>Dominoes</b> | <b>26</b><br>9am <b>Coffee</b><br>10am <b>Walking</b><br>11am <b>Motivation</b><br>1pm <b>BINGO</b><br>2pm <b>Birthday Celebration</b><br>3pm <b>Dominoes</b> |
| <b>29</b><br>9am <b>Coffee</b><br>10am <b>Tai-Chi</b><br>11am <b>Memory Game</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Dominoes</b> | <b>30</b><br>9am <b>Coffee</b><br>10am <b>Stretching</b><br>11am <b>Word Search</b><br>1pm <b>Zumba</b><br>2pm <b>Reading</b><br>3pm <b>Dominoes</b>       |                                                                                                                                                                 |                                                                                                                                                       |                                                                                                                                                               |

\*Physical Exercises  
 \*Social  
 \*Arts & Crafts  
 \*Educational

## SPECIAL EVENTS

August 3,10,17,24 at 12:00 pm Arts and Crafts by Socorro and Carmen

August 17 at 12:00pm Educational Serie Managing Everyday Pain by Dr. Cortijo – Spanish presentation

August 26 at 12:00pm Monthly Birthday's Celebration

**\*\*Hairstyle Available for appointment call (407) 917-6413**



@imamedicalgroup



# Sep 2025

**Centro de Bienestar: BVL CALENDARIO**

**Dirección:** 1044 Plaza Drive Kissimmee, FL 34743

**Teléfono:** (407) 917-6413



**iMA**  
Medical Group

| Lunes                                                                                                                                                   | Martes                                                                                                                                                         | Miercoles                                                                                                                                                  | Jueves                                                                                                                                                     | Viernes                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><br><b>Dia del trabajo Cerrado</b>                                                                                                          | <b>2</b><br>9am <b>Cafecito</b><br>10am <b>Estiramiento</b><br>11am <b>Buscapalabra</b><br>1pm <b>Zumba</b><br>2pm <b>Reglas Wellness</b><br>3pm <b>Domino</b> | <b>3</b><br>9am <b>Cafecito</b><br>10am <b>Tai-Chi</b><br>11am <b>Manualidades</b><br>1pm <b>Noticias</b><br>2pm <b>Caligrafia</b><br>3pm <b>Domino</b>    | <b>4</b><br>9am <b>Cafecito</b><br>10am <b>Cardio</b><br>11am <b>Merienda Saludable</b><br>1pm <b>Zumba</b><br>2pm <b>Tecnologia</b><br>3pm <b>Domino</b>  | <b>5</b><br>9am <b>Cafecito</b><br>10am <b>Caminata</b><br>11am <b>Motivacional</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Domino</b>                 |
| <b>8</b><br>9am <b>Cafecito</b><br>10am <b>Tai-Chi</b><br>11am <b>Juego de Memorias</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Domino</b>  | <b>9</b><br>9am <b>Cafecito</b><br>10am <b>Estiramiento</b><br>11am <b>Rompecabeza</b><br>1pm <b>Zumba</b><br>2pm <b>Lectura</b><br>3pm <b>Domino</b>          | <b>10</b><br>9am <b>Cafecito</b><br>10am <b>Tai-Chi</b><br>11am <b>Manualidades</b><br>1pm <b>Noticias</b><br>2pm <b>Caligrafia</b><br>3pm <b>Domino</b>   | <b>11</b><br>9am <b>Cafecito</b><br>10am <b>Cardio</b><br>11am <b>Merienda Saludable</b><br>1pm <b>Zumba</b><br>2pm <b>Tecnologia</b><br>3pm <b>Domino</b> | <b>12</b><br>9am <b>Cafecito</b><br>10am <b>Caminata</b><br>11am <b>Motivacional</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Domino</b>                |
| <b>15</b><br>9am <b>Cafecito</b><br>10am <b>Tai-Chi</b><br>11am <b>Juego de Memorias</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Domino</b> | <b>16</b><br>9am <b>Cafecito</b><br>10am <b>Estiramiento</b><br>11am <b>Buscapalabra</b><br>1pm <b>Zumba</b><br>2pm <b>Lectura</b><br>3pm <b>Domino</b>        | <b>17</b><br>9am <b>Cafecito</b><br>10am <b>Tai-Chi</b><br>11am <b>Manualidades</b><br>12pm <b>HES (ESP)</b><br>2pm <b>Caligrafia</b><br>3pm <b>Domino</b> | <b>18</b><br>9am <b>Cafecito</b><br>10am <b>Cardio</b><br>11am <b>Merienda Saludable</b><br>1pm <b>Zumba</b><br>2pm <b>Tecnologia</b><br>3pm <b>Domino</b> | <b>19</b><br>9am <b>Cafecito</b><br>10am <b>Caminata</b><br>11am <b>Motivacional</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Domino</b>                |
| <b>22</b><br>9am <b>Cafecito</b><br>10am <b>Tai-Chi</b><br>11am <b>Juego de Memorias</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Domino</b> | <b>23</b><br>9am <b>Cafecito</b><br>10am <b>Estiramiento</b><br>11am <b>Rompecabeza</b><br>1pm <b>Zumba</b><br>2pm <b>Lectura</b><br>3pm <b>Domino</b>         | <b>24</b><br>9am <b>Cafecito</b><br>10am <b>Tai-Chi</b><br>11am <b>Manualidades</b><br>1pm <b>Noticias</b><br>2pm <b>Caligrafia</b><br>3pm <b>Domino</b>   | <b>25</b><br>9am <b>Cafecito</b><br>10am <b>Cardio</b><br>11am <b>Merienda saludable</b><br>1pm <b>Zumba</b><br>2pm <b>Tecnologia</b><br>3pm <b>Domino</b> | <b>26</b><br>9am <b>Cafecito</b><br>10am <b>Caminata</b><br>11am <b>Motivacional</b><br>1pm <b>BINGO</b><br>2pm <b>Celebración Cumpleaños</b><br>3pm <b>Domino</b> |
| <b>29</b><br>9am <b>Cafecito</b><br>10am <b>Tai-Chi</b><br>11am <b>Juego de Memorias</b><br>1pm <b>BINGO</b><br>2pm <b>Karaoke</b><br>3pm <b>Domino</b> | <b>30</b><br>9am <b>Cafecito</b><br>10am <b>Estiramiento</b><br>11am <b>Buscapalabra</b><br>1pm <b>Zumba</b><br>2pm <b>Lectura</b><br>3pm <b>Domino</b>        |                                                                                                                                                            |                                                                                                                                                            |                                                                                                                                                                    |

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

## EVENTOS ESPECIALES

Agosto 3,10,17,24 a las 12:00 pm  
Manualidades por Socorro and Carmen

Agosto 17 a las 12:00pm Serie  
Educativa Manejando el Dolor a Diario  
por Dr. Cortijo – presentación en español

Agosto 26 a las 12:00pm Celebración  
Mensual de Cumpleaños

\*\*\*Estilista Disponible para citas llamar  
al (407) 917-6413



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