



Nov 2025

Wellness Center: Poinciana

Address: 3360 W Southport Rd. Kissimmee, FL 34746

Phone Number: 321-250-1806



SPECIAL EVENTS

Special Christmas Craft

9:00am & 2:00pm

Group Therapy- 5,7,12,14,19 -2&3pm

Nov.- 13-1:00pm **Healthcare Education**

Series: Living Well with Diabetes

With Dr. Thompson

English & Spanish

Presentation

Yoga Monday & Wednesday @ 11:00am

Zumba Tuesday & Thursday @ 1:00pm

Hair Salon open, please call for

appointment

321-250-1806

Monday Tuesday Wednesday Thursday Friday

9am Arts & Craft ³ 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft ⁴ 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	9am Arts & Craft ⁵ 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Group Therapy 4pm Games	9am Arts & Craft ⁶ 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	9am Arts & Craft ⁷ 10am Exercise 12pm Socialize 1pm Karaoke 2pm Group Therapy 3pm Games
9am Arts & Craft ¹⁰ 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft ¹¹ 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	9am Arts & Craft ¹² 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Group Therapy 4pm Games	9am Arts & Craft ¹³ 10am Exercise 12pm Socialize 1pm HES 2pm Arts & Craft 3pm Games	9am Arts & Craft ¹⁴ 10am Exercise 12pm Socialize 1pm Karaoke 2pm Group Therapy 3pm Games
9am Arts & Craft ¹⁷ 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft ¹⁸ 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	9am Arts & Craft ¹⁹ 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Group Therapy 4pm Games	9am Arts & Craft ²⁰ 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	9am Arts & Craft ²¹ 10am Exercise 11am Games 12pm Socialize 1pm Karaoke 3pm Games
9am Arts & Craft ²⁴ 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9am Arts & Craft ²⁵ 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	9am Arts & Craft ²⁶ 11am Yoga 12pm Socialize 1pm Thanksgiving Celebration 4pm Games	27 Happy Thanksgiving Closed	9am Arts & Craft ²⁸ 10am Exercise 11am Games 12pm Socialize 1pm Karaoke 3pm Games

*Physical Exercises

*Social

*Arts & Crafts

*Educational



@imamedicalgroup



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Centro de Bienestar: Poinciana

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Teléfono: 321-250-1806



EVENTOS ESPECIALES

Especial Manualidades de Navidad:
9:00am & 2:00pm

Terapia en grupo- 5,7,12,14,19, -2&3pm

Nov-13-1:00pm Serie de Educacion de la Salud: Viviendo con Diabetes
Con: Dr Thompson
Ingles & Espanol

Yoga Lunes & Miercoles@ 11:00am
Zumba Martes & Jueves @ 1:00pm

Salon de belleza, por favor llamar para citas
321-250-1806



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Lunes

Martes

Miercoles

Jueves

Viernes

9am Manualidades 3 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	9am Manualidades 4 10am Ejercicios 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	9am Manualidades 5 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Terapia en Grupo 4pm Juegos	9am Manualidades 6 10am Juegos 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	9am Manualidades 7 10am Ejercicios 12pm Social 1pm Karaoke 2pm Terapia en Grupo 3pm Juegos
9am Manualidades 10 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	9am Manualidades 11 10am Ejercicios 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	9am Manualidades 12 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Terapia en Grupo 4pm Juegos	9am Manualidades 13 10am Juegos 12pm Social 1pm SES 2pm Manualidades 3pm Juegos	9am Manualidades 14 10am Ejercicios 12pm Social 1pm Karaoke 2pm Terapia en Grupo 3pm Juegos
9am Manualidades 17 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	9am Manualidades 18 10am Ejercicios 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	9am Manualidades 19 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Terapia en Grupo 4pm Juegos	9am Manualidades 20 10am Juegos 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	9am Manualidades 21 10am Ejercicios 11am Juegos 12pm Social 1pm Karaoke 3pm Juegos
9am Manualidades 24 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	9am Manualidades 25 10am Ejercicios 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	9am Manualidades 26 11am Yoga 12pm Social 1pm Celebramos el dia de accion de gracias 4pm Juegos	27 Dia de acción de Gracias Cerrado	9am Manualidades 28 10am Ejercicios 11am Juegos 12pm Social 1pm Karaoke 3pm Juegos

*Physical Exercises

*Social

*Arts & Crafts

*Educational