



# Dec 2025

**Wellness Center: South Semoran**

**Address: 2235 S Semoran Blvd, Orlando, FL 32822**

**Phone Number: 407-845-8060**



| Monday                                                                                                                                           | Tuesday                                                                                                                                                      | Wednesday                                                                                                                                                            | Thursday                                                                                                                                            | Friday                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>9am <b>Coffee Time</b><br>10am <b>Coloring</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socialize</b><br>3pm <b>Domino</b>  | <b>2</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Exercise</b><br>1pm <b>Crochet</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b>  | <b>3</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>English classes</b><br>1pm <b>Exercise</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b>  | <b>4</b><br>9am <b>Coffee Time</b><br>10am <b>Painting</b><br>11am <b>Education</b><br>1pm <b>Zumba</b><br>2pm <b>Yoga</b><br>3pm <b>Socialize</b>  | <b>5</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Education</b><br>12:00-3:30pm<br><b>Parranda Navideña</b>                            |
| <b>8</b><br>9am <b>Coffee Time</b><br>10am <b>Coloring</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socialize</b><br>3pm <b>Domino</b>  | <b>9</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Exercise</b><br>1pm <b>Crochet</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b>  | <b>10</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>English classes</b><br>1pm <b>Exercise</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b> | <b>11</b><br>9am <b>Coffee Time</b><br>10am <b>Painting</b><br>11am <b>Education</b><br>1pm <b>Zumba</b><br>2pm <b>HES</b><br>3pm <b>Socialize</b>  | <b>12</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Exercise</b><br>1pm <b>Motivational</b><br>2pm <b>Socialize</b><br>3pm <b>Bingo</b> |
| <b>15</b><br>9am <b>Coffee Time</b><br>10am <b>Coloring</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socialize</b><br>3pm <b>Domino</b> | <b>16</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Exercise</b><br>1pm <b>Crochet</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b> | <b>17</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>English classes</b><br>1pm <b>Exercise</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b> | <b>18</b><br>9am <b>Coffee Time</b><br>10am <b>Painting</b><br>11am <b>Education</b><br>1pm <b>Zumba</b><br>2pm <b>Yoga</b><br>3pm <b>Socialize</b> | <b>19</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Education</b><br>12:00-3:30pm<br><b>Christmas Dinner &amp; Bday celebration</b>     |
| <b>22</b><br>9am <b>Coffee Time</b><br>10am <b>Coloring</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socialize</b><br>3pm <b>Domino</b> | <b>23</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Exercise</b><br>1pm <b>Crochet</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b> | <b>24</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>English classes</b><br>1pm <b>Exercise</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b> | <b>25</b><br><b>Happy Holidays Closed</b>                                                                                                           | <b>26</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Education</b><br>1pm <b>Bingo</b><br>2pm <b>Dance</b><br>3pm <b>Socialize</b>       |
| <b>29</b><br>9am <b>Coffee Time</b><br>10am <b>Coloring</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socialize</b><br>3pm <b>Domino</b> | <b>30</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Exercise</b><br>1pm <b>Crochet</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b> | <b>31</b><br>9am <b>Coffee Time</b><br>10am <b>Art &amp; Craft</b><br>11am <b>English classes</b><br>1pm <b>Exercise</b><br>2pm <b>Socialize</b><br>3pm <b>Games</b> | *Physical Exercises<br>*Social<br>*Arts & Crafts<br>*Educational                                                                                    |                                                                                                                                                                   |



## SPECIAL EVENTS

**DIC 03-10-17-24-31: 11:00 AM.** English classes to learn the basics.

**DIC 02-09-16-23-30 : 1:00 PM.** Crochet class every Tuesday.

**DIC 12-26- 1:00 PM.** Regular Bingo

**DIC 11– 2:00 PM.** Healthcare Education Series: Mindful Holidays Staying Stress Free with Dr. Tomas Ferrer (ENG).

**DIC 12– 1:00 PM.** Motivational talk.

**DIC 19-1:00 PM.** Christmas Dinner & Birthday Celebration.



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# Dic 2025

**Centro de Bienestar: South Semoran**

**Dirección: 2235 S Semoran Blvd, Orlando, FL 32822**

**Teléfono: 407-845-8060**



**Lunes**

**Martes**

**Miercoles**

**Jueves**

**Viernes**

|                                                                                                                                          |                                                                                                                                                       |                                                                                                                                                               |                                                                                                                                             |                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>9am <b>Cafe</b><br>10am <b>Pintar</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socializar</b><br>3pm <b>Domino</b>  | <b>2</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Ejercicio</b><br>1pm <b>Crochet</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b>  | <b>3</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Clase de Ingles</b><br>1pm <b>Ejercicio</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b>  | <b>4</b><br>9am <b>Cafe</b><br>10am <b>Pintar</b><br>11am <b>Educación</b><br>1pm <b>Zumba</b><br>2pm <b>Yoga</b><br>3pm <b>Socializar</b>  | <b>5</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Educación</b><br>12:00-3:30pm<br><b>Parranda Navideña</b>                              |
| <b>8</b><br>9am <b>Cafe</b><br>10am <b>Pintar</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socializar</b><br>3pm <b>Domino</b>  | <b>9</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Ejercicio</b><br>1pm <b>Crochet</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b>  | <b>10</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Clase de Ingles</b><br>1pm <b>Ejercicio</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b> | <b>11</b><br>9am <b>Cafe</b><br>10am <b>Pintar</b><br>11am <b>Educación</b><br>1pm <b>Zumba</b><br>2pm <b>HES</b><br>3pm <b>Socializar</b>  | <b>12</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Ejercicio</b><br>1pm <b>Motivacional</b><br>2pm <b>Socializar</b><br>3pm <b>Bingo</b> |
| <b>15</b><br>9am <b>Cafe</b><br>10am <b>Pintar</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socializar</b><br>3pm <b>Domino</b> | <b>16</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Ejercicio</b><br>1pm <b>Crochet</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b> | <b>17</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Clase de Ingles</b><br>1pm <b>Ejercicio</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b> | <b>18</b><br>9am <b>Cafe</b><br>10am <b>Pintar</b><br>11am <b>Educación</b><br>1pm <b>Zumba</b><br>2pm <b>Yoga</b><br>3pm <b>Socializar</b> | <b>19</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Educación</b><br>12:00-3:30pm<br><b>Cena Navideña y Cumpleaños</b>                    |
| <b>22</b><br>9am <b>Cafe</b><br>10am <b>Pintar</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socializar</b><br>3pm <b>Domino</b> | <b>23</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Ejercicio</b><br>1pm <b>Crochet</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b> | <b>24</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Clase de Ingles</b><br>1pm <b>Ejercicio</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b> | <b>25</b><br><b>Feliz Navidad Cerrado</b>                                                                                                   | <b>26</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Educación</b><br>1pm <b>Bingo</b><br>2pm <b>Bailar</b><br>3pm <b>Socializar</b>       |
| <b>29</b><br>9am <b>Cafe</b><br>10am <b>Pintar</b><br>11am <b>Zumba</b><br>1pm <b>Yoga</b><br>2pm <b>Socializar</b><br>3pm <b>Domino</b> | <b>30</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Ejercicio</b><br>1pm <b>Crochet</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b> | <b>31</b><br>9am <b>Cafe</b><br>10am <b>Manualidades</b><br>11am <b>Clase de Ingles</b><br>1pm <b>Ejercicio</b><br>2pm <b>Socializar</b><br>3pm <b>Juegos</b> | *Ejercicios<br>*Social<br>*Manualidades<br>*Educativa                                                                                       |                                                                                                                                                           |



## EVENTOS ESPECIALES

**DIC 03-10-17-24-31: 11:00 AM.** Clases de inglés para aprender lo básico.

**DIC 02-09-16-23-30: 1:00 PM.** Clase de crochet todos los Martes.

**DIC 12-26-12:00 PM.** Bingo Regular

**DIC 11-2:00 PM.** Serie de Educación en Salud: Vacaciones consistentes: Mantengase libre de Estrés con el Dr. Tomas Ferrer (SPA).

**DIC 12-1:00 PM** Charla Motivacional.

**DIC 19-1:00 PM.** Cena Navideña y Cumpleaños



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