



Dec 2025

Wellness Center: Poinciana

Address: 3360 W Southport Rd. Kissimmee FL 34746

Phone Number: 321-250-1806



Monday

Tuesday

Wednesday

Thursday

Friday

1 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	2 9am Arts & Craft 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	3 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	4 9am Arts & Craft 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	5 9am Arts & Craft 10am Exercise 12pm Socialize 1pm Karaoke 2pm Group Therapy 3pm Games
8 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	9 9am Arts & Craft 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	10 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	11 9am Arts & Craft 10am Exercise 12pm Socialize 1:00pm HES 2pm Educational 3pm Games	12 9am Arts & Craft 10am Exercise 12pm Socialize 1pm Karaoke 2pm Group Therapy 3pm Games
15 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	16 9am Arts & Craft 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	17 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	18 9am Arts & Craft 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Educational 3pm Games	19 9am Arts & Craft 10am Exercise 11am Games 12pm Socialize 1pm Karaoke 3pm Games
22 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	23 9am Arts & Craft 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	24 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	25 Happy Holidays Closed	26 9am Arts & Craft 10am Exercise 11am Games 12pm Socialize 1pm Karaoke 3pm Games
29 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	30 9am Arts & Craft 10am Exercise 12pm Socialize 1pm Zumba & Weights 2pm Arts & Craft 3pm Games	31 9am Arts & Craft 11am Yoga 12pm Socialize 1pm Educational 2pm Arts & Craft 3pm Games	*Physical Exercises *Social *Arts & Crafts *Educational	



SPECIAL EVENTS

Special Christmas Craft

9:00am & 2:00pm

Group Therapy- 5,12 -2:00pm

Dec 11- 1:00pm **Healthcare Education**

Series: Mindful Holidays

With Dr. Rodriguez

Spanish Presentation

Dec. 11-2:00pm- Fraud to your credit cards-

By: TD Bank

Dec. 18-2:00pm Giving for the holidays By:

Vitas

Hair Salon open, call for appointment

321-250-1806

Yoga Monday & Wednesday @ 11:00am

Zumba Tuesday & Thursday @ 1:00pm



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Dic 2025

Centro de Bienestar: Poinciana

Dirección: 3360 W Southport Rd. Kissimmee, FL 34746

Teléfono: 321-250-1806



EVENTOS ESPECIALES

Especial Manualidades de Navidad:

9:00am & 2:00pm

Terapia en grupo- 5&12 -2:00pm

Dec 11-100pm **Serie de Educacion de la**

Salud: Libre de Estres en las fiestas

Con: Dr Rodriguez

Presentacion en Espanol

Dec. 11-2:00pm –Fraude a sus tarjetas de credito- Por: TD Bank

Dec. 18- 2:00pm- Luto por las fiestas- Por: Vitas

Yoga- Lunes & Miercoles@ 11:00am

Zumba- Martes & Jueves @ 1:00p

Salon de belleza, por favor llamar para citas

321-250-1806

Lunes

Martes

Miercoles

Jueves

Viernes

1 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	2 9am Manualidades 10am Ejercicios 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	3 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Manualidades 3pm Juegos	4 9am Manualidades 10am Juegos 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	5 9am Manualidades 10am Ejercicios 12pm Social 1pm Karaoke 2pm Terapia en Grupo 3pm Juegos
8 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	9 9am Manualidades 10am Ejercicios 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	10 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Manualidades 3pm Juegos	11 9am Manualidades 10am Juegos 12pm Social 1pm HES 2pm Educativo 3pm Juegos	12 9am Manualidades 10am Ejercicios 12pm Social 1pm Karaoke 2pm Terapia en Grupo 3pm Juegos
15 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	16 9am Manualidades 10am Ejercicios 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	17 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Manualidades 3pm Juegos	18 9am Manualidades 10am Juegos 12pm Social 1pm Zumba & Pesas 2pm Educativo 3pm Juegos	19 9am Manualidades 10am Ejercicios 11am Juegos 12pm Social 1pm Karaoke 3pm Juegos
22 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	23 9am Manualidades 10am Ejercicios 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	24 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Manualidades 3pm Juegos	25 Feliz Navidad Cerrado	26 9am Manualidades 10am Ejercicios 11am Juegos 12pm Social 1pm Karaoke 3pm Juegos
29 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Arts & Crafts 3pm Juegos	30 9am Manualidades 10am Ejercicios 12pm Social 1pm Zumba & Pesas 2pm Manualidades 3pm Juegos	31 9am Manualidades 11am Yoga 12pm Social 1pm Educativo 2pm Manualidades 3pm Juegos	*Ejercicios *Social *Manualidades *Educativo	



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