



Jan 2026

Wellness Center: South Semoran

Address: 2235 S Semoran Blvd, Orlando, FL 32822

Phone Number: 407-845-8060



IMA
Medical Group

Monday Tuesday Wednesday Thursday Friday

			1	2
			Happy New Year	9am Coffee Time 10am Art & Craft 11am Education 1pm Bingo 2pm Dance 3pm Socialize
			Closed	
5	6	7	8	9
9am Coffee Time 10am Coloring 11am Zumba 1pm Yoga 2pm Socialize 3pm Domino	9am Coffee Time 10am Art & Craft 11am Exercise 1pm Crochet 2pm Socialize 3pm Games	9am Coffee Time 10am Exercise 11am Socialize 1pm Education 2pm Arts & Crafts 3pm Games	9am Coffee Time 10am Painting 11am Education 1pm Zumba 2pm Yoga 3pm Socialize	9am Coffee Time 10am Art & Craft 11am Education 1pm Bingo 2pm Dance 3pm Socialize
12	13	14	15	16
9am Coffee Time 10am Coloring 11am Zumba 1pm Yoga 2pm Socialize 3pm Domino	9am Coffee Time 10am Art & Craft 11am Exercise 1pm Crochet 2pm Socialize 3pm Games	9am Coffee Time 10am Exercise 11am Socialize 1pm Education 2pm Arts & Crafts 3pm Games	9am Coffee Time 10am Painting 11am Education 1pm Zumba 2pm HES 3pm Socialize	9am Coffee Time 10am Exercise 11am Arts & Crafts 1pm Bingo 2pm Education 3pm Socialize
19	20	21	22	23
9am Coffee Time 10am Coloring 11am Zumba 1pm Yoga 2pm Socialize 3pm Domino	9am Coffee Time 10am Art & Craft 11am Exercise 1pm Crochet 2pm Socialize 3pm Games	9am Coffee Time 10am Exercise 11am Socialize 1pm Education 2pm Arts & Crafts 3pm Games	9am Coffee Time 10am Painting 11am Education 1pm Zumba 2pm Yoga 3pm Socialize	9am Coffee Time 10am Art & Craft 11am Education 1pm Bingo 2pm Dance 3pm Socialize
26	27	28	29	30
9am Coffee Time 10am Coloring 11am Zumba 1pm Yoga 2pm Socialize 3pm Domino	9am Coffee Time 10am Art & Craft 11am Exercise 1pm Crochet 2pm Socialize 3pm Games	9am Coffee Time 10am Exercise 11am Socialize 1pm Motivational 2pm Arts & Crafts 3pm Games	9am Coffee Time 10am Painting 11am Education 1pm Zumba 2pm Yoga 3pm Socialize	9am Coffee Time 10am Art & Craft 11am Education 12:00-3:30pm Birthday's Celebration

SPECIAL EVENTS

JAN 15 – 2: 00 PM. Healthcare Education Series: Ready, Set, Change, Mind & Motivation with Dr. Rosario (ENG/SPA).

Jan 28 – 1:00 pm. Motivational talk.

Jan 30 – 3:00 pm. Birthday's Celebration
Bring Your Presents!

Jan – Monday and Thursday. Special Zumba Class by Maury.

*Physical Exercises

*Social

*Arts & Crafts

*Educational



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Ene 2026

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Lunes Martes Miercoles Jueves Viernes

EVENTOS ESPECIALES

			1	2
			Feliz Año nuevo Cerrado	9am Cafe 10am Manualidades 11am Educacion 1pm Bingo 2pm Bailar 3pm Socializar
	5	6	7	8
9am Cafe 10am Pintar 11am Zumba 1pm Yoga 2pm Socializar 3pm Domino	9am Cafe 10am Manualidades 11am Ejercicio 1pm Crochet 2pm Socializar 3pm Juegos	9am Cafe 10am Ejercicio 11am Socializar 1pm Educacion 2pm Pintar 3pm Juegos	9am Cafe 10am Pintar 11am Educacion 1pm Zumba 2pm Yoga 3pm Socializar	9am Cafe 10am Manualidades 11am Educacion 1pm Bingo 2pm Bailar 3pm Socializar
	12	13	14	15
9am Cafe 10am Pintar 11am Zumba 1pm Yoga 2pm Socializar 3pm Domino	9am Cafe 10am Manualidades 11am Ejercicio 1pm Crochet 2pm Socializar 3pm Juegos	9am Cafe 10am Ejercicio 11am Socializar 1pm Educacion 2pm Pintar 3pm Juegos	9am Cafe 10am Pintar 11am Educacion 1pm Zumba 2pm HES 3pm Socializar	9am Cafe 10am Ejercicio 11am Manualidades 1pm Bingo 2pm Educacion 3pm Socializar
	19	20	21	22
9am Cafe 10am Pintar 11am Zumba 1pm Yoga 2pm Socializar 3pm Domino	9am Cafe 10am Manualidades 11am Ejercicio 1pm Crochet 2pm Socializar 3pm Juegos	9am Cafe 10am Ejercicio 11am Socializar 1pm Educacion 2pm Pintar 3pm Juegos	9am Cafe 10am Pintar 11am Educacion 1pm Zumba 2pm Yoga 3pm Socializar	9am Cafe 10am Manualidades 11am Educacion 1pm Bingo 2pm Bailar 3pm Socializar
	26	27	28	29
9am Cafe 10am Pintar 11am Zumba 1pm Yoga 2pm Socializar 3pm Domino	9am Cafe 10am Manualidades 11am Ejercicio 1pm Crochet 2pm Socializar 3pm Juegos	9am Cafe 10am Ejercicio 11am Socializar 1pm Motivacional 2pm Pintar 3pm Juegos	9am Cafe 10am Pintar 11am Educacion 1pm Zumba 2pm Yoga 3pm Socializar	9am Cafe 10am Manualidades 11am Educacion 12:00-3:30pm Celebracion de cumpleaños

Ene 15 – 2:00 PM. Serie de Educación de la Salud: Transformando Mente y Cuerpo con el Dr. Rosario (ESP/ING).

Ene 28 – 1:00 pm. Charla Motivacional.

Ene 30 – 3:00 pm. ¡Celebración de cumpleaños! ¡Traigan sus regalos!

Ene– Lunes y Jueves. Clase especial de Zumba con Maury.

*Ejercicios

*Social

*Manualidades

*Educativa



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