



# Jan 2026

## Wellness Center: ST CLOUD

**Address:** 1495 Budinger Ave, St Cloud, FL 34769

**Phone Number:** 407-593-9890



# IMA

Medical Group

**Monday    Tuesday    Wednesday    Thursday    Friday**

|                                                                                                          |                                                                                               |                                                                                        |                                                                                         |                                                                                 |
|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|
|                                                                                                          |                                                                                               |                                                                                        | 1<br>Happy<br>New Year<br><br>Closed                                                    | 2<br>9amDance<br>10amKaraoke<br>11amLunch<br>1pmBingo<br>2pmColoring<br>3pmWalk |
| 9amExercise 5<br>10amMotivational<br>Talk<br>11amLunch<br>1pmHandicrafts<br>2pmDomino<br>3pmCoffee Time  | 9amTai Chi 6<br>10amHandicrafts<br>11am-3pmThree<br>Kings Day<br>Celebration                  | 9amExercise 7<br>10amPuzzle<br>11amLunch<br>1pmPainting<br>2pmDance<br>3pmCoffee Time  | 9amExercise 8<br>10amJewelry<br>11amLunch<br>1pmWord-Find<br>2pmWalk<br>3pmCoffee Time  | 9amDance 9<br>10amKaraoke<br>11amLunch<br>1pmBingo<br>2pmColoring<br>3pmWalk    |
| 9amMotivational 12<br>Talk<br>10amRummikub<br>11amZumba<br>1pmHandicrafts<br>2pmDomino<br>3pmCoffee Time | 9amTai Chi 13<br>10amHandicrafts<br>11amEducation<br>1pmRummikub<br>2pmWalk<br>3pmCoffee Time | 9amExercise 14<br>10amPuzzle<br>11amLunch<br>1pmPainting<br>2pmDance<br>3pmCoffee Time | 9amExercise 15<br>10amJewelry<br>11amLunch<br>1pmWord-Find<br>2pmWalk<br>3pmCoffee Time | 9amDance 16<br>10amKaraoke<br>11amLunch<br>1pmBingo<br>2pmColoring<br>3pmWalk   |
| 9amExercise 19<br>10amMotivational<br>Talk<br>11amLunch<br>1pmHandicrafts<br>2pmDomino<br>3pmCoffee Time | 9amTai Chi 20<br>10amHandicrafts<br>11amLunch<br>1pmRummikub<br>2pmWalk<br>3pmCoffee Time     | 9amExercise 21<br>10amPuzzle<br>11amLunch<br>1pmPainting<br>2pmDance<br>3pmCoffee Time | 9amExercise 22<br>10amJewelry<br>11amLunch<br>1pmHES (SPA)<br>2pmWalk<br>3pmCoffee Time | 9amDance 23<br>10amKaraoke<br>11amLunch<br>1pmBingo<br>2pmColoring<br>3pmWalk   |
| 9amMotivational 26<br>Talk<br>10amRummikub<br>11amZumba<br>1pmHandicraft<br>2pmDomino<br>3pmCoffee Time  | 9amTai Chi 27<br>10amHandicrafts<br>11amLunch<br>1pmRummikub<br>2pmWalk<br>3pmCoffee Time     | 9amExercise 28<br>10amPuzzle<br>11amLunch<br>1pmPainting<br>2pmDance<br>3pmCoffee Time | 9amExercise 29<br>10amJewelry<br>11amLunch<br>1pmWord-Find<br>2pmWalk<br>3pmCoffee Time | 9amDance 30<br>10amKaraoke<br>11am-3pm<br>Birthday's<br>Celebration             |

## SPECIAL EVENTS

Jan 6 - Three Kings Day Celebration

Jan 12 - 11:00 am Zumba

Jan 13 - 11:00 am Education by  
Vitas: The Role of Hospice-Quality of  
Life by Bernice Negron.

Jan 22- 1:00 pm Healthcare  
Education Series: Ready, Set,  
Change! by Dr. Agustin Caballero  
(Spanish)

Jan 26 - 11:00 am Zumba

Jan 30 - Birthday's Celebration

\*Physical Exercises

\*Social

\*Arts & Crafts

\*Educational



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# Ene 2026

## Centro de Bienestar: ST CLOUD

**Dirección:** 1495 Budinger Ave, St Cloud, FL 34769

**Teléfono:** 407-593-9890



# IMA

Medical Group

**Lunes**

**Martes**

**Miercoles**

**Jueves**

**Viernes**

|                                                                                                                                                                         |                                                                                                                                                       |                                                                                                                                                        |                                                                                                                                                         |                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                         |                                                                                                                                                       |                                                                                                                                                        | 1                                                                                                                                                       | 2                                                                                                                                        |
|                                                                                                                                                                         |                                                                                                                                                       |                                                                                                                                                        | Feliz<br>Año nuevo                                                                                                                                      | 9am <b>A Bailar</b><br>10am <b>Karaoke</b><br>11am <b>Merienda</b><br>1pm <b>Bingo</b><br>2pm <b>Colorear</b><br>3pm <b>A Caminar</b>    |
|                                                                                                                                                                         |                                                                                                                                                       |                                                                                                                                                        | Cerrado                                                                                                                                                 |                                                                                                                                          |
| 9am <b>Ejercicios</b> 5<br>10am <b>Charla</b><br><b>Motivadora</b><br>11am <b>Merienda</b><br>1pm <b>Manualidades</b><br>2pm <b>Domino</b><br>3pm <b>Hora del café</b>  | 9am <b>Tai Chi</b> 6<br>10am <b>Manualidades</b><br>11am-3pm<br><b>Celebración</b><br><b>del Día de Reyes</b>                                         | 9am <b>Ejercicios</b> 7<br>10am <b>Rompe cabezas</b><br>11am <b>Merienda</b><br>1pm <b>Pintura</b><br>2pm <b>A Bailar</b><br>3pm <b>Hora del Café</b>  | 9am <b>Ejercicios</b> 8<br>10am <b>Joyería</b><br>11am <b>Merienda</b><br>1pm <b>Busca Palabras</b><br>2pm <b>A Caminar</b><br>3pm <b>Hora del Café</b> | 9am <b>A Bailar</b> 9<br>10am <b>Karaoke</b><br>11am <b>Merienda</b><br>1pm <b>Bingo</b><br>2pm <b>Colorear</b><br>3pm <b>A Caminar</b>  |
| 9am <b>Charla</b> 12<br><b>Motivadora</b><br>10am <b>Rummikub</b><br>11am <b>Zumba</b><br>1pm <b>Manualidades</b><br>2pm <b>Domino</b><br>3pm <b>Hora del Café</b>      | 9am <b>Tai Chi</b> 13<br>10am <b>Manualidades</b><br>11am <b>Educación</b><br>1pm <b>Rummikub</b><br>2pm <b>A Caminar</b><br>3pm <b>Hora del Café</b> | 9am <b>Ejercicios</b> 14<br>10am <b>Rompe Cabezas</b><br>11am <b>Merienda</b><br>1pm <b>Pintura</b><br>2pm <b>A Bailar</b><br>3pm <b>Hora del Café</b> | 9am <b>Ejercicios</b> 15<br>10am <b>Joyería</b><br>11am <b>Merienda</b><br>1pm <b>Busca Palabras</b><br>2pm <b>A Bailar</b><br>3pm <b>Hora del Café</b> | 9am <b>A Bailar</b> 16<br>10am <b>Karaoke</b><br>11am <b>Merienda</b><br>1pm <b>Bingo</b><br>2pm <b>Colorear</b><br>3pm <b>A Caminar</b> |
| 9am <b>Ejercicios</b> 19<br>10am <b>Charla</b><br><b>Motivadora</b><br>11am <b>Merienda</b><br>1pm <b>Manualidades</b><br>2pm <b>Domino</b><br>3pm <b>Hora del Café</b> | 9am <b>Tai Chi</b> 20<br>10am <b>Manualidades</b><br>11am <b>Merienda</b><br>1pm <b>Rummikub</b><br>2pm <b>A Caminar</b><br>3pm <b>Hora del Café</b>  | 9am <b>Ejercicios</b> 21<br>10am <b>Rompe Cabezas</b><br>11am <b>Merienda</b><br>1pm <b>Pintura</b><br>2pm <b>A Bailar</b><br>3pm <b>Hora del Café</b> | 9am <b>Ejercicios</b> 22<br>10am <b>Joyería</b><br>11am <b>Merienda</b><br>1pm <b>HES (ESP)</b><br>2pm <b>A Baila</b><br>3pm <b>Hora del Café</b>       | 9am <b>A Bailar</b> 23<br>10am <b>Karaoke</b><br>11am <b>Merienda</b><br>1pm <b>Bingo</b><br>2pm <b>Colorear</b><br>3pm <b>A Caminar</b> |
| 9am <b>Charla</b> 26<br><b>Motivadora</b><br>10am <b>Rummikub</b><br>11am <b>Zumba</b><br>1pm <b>Manualidades</b><br>2pm <b>Domino</b><br>3pm <b>Hora del Café</b>      | 9am <b>Tai Chi</b> 27<br>10am <b>Manualidades</b><br>11am <b>Merienda</b><br>1pm <b>Rummikub</b><br>2pm <b>A Caminar</b><br>3pm <b>Hora del Café</b>  | 9am <b>Ejercicios</b> 28<br>10am <b>Rompe Cabezas</b><br>11am <b>Merienda</b><br>1pm <b>Pintura</b><br>2pm <b>A Bailar</b><br>3pm <b>Hora del Café</b> | 9am <b>Ejercicios</b> 29<br>10am <b>Joyería</b><br>11am <b>Merienda</b><br>1pm <b>Busca Palabras</b><br>2pm <b>A Bailar</b><br>3pm <b>Hora del Café</b> | 9am <b>A Bailar</b> 30<br>10am <b>Karaoke</b><br>11am-3pm<br><b>Celebración de</b><br><b>Cumpleaños</b>                                  |

## EVENTOS ESPECIALES

Ene 6 - Celebración del Dia de Los Reyes Mago

Ene 12 - 11: pm Zumba

Ene 13 - Educación Con Vitas: El Papel de Hospicio Calidad de Vida. Por Bernice Negrón

Ene 22 - 1: pm Serie de Educación de la Salud: Transformando Mente y Cuerpo Por el Dr. Agustin Caballero.(Presentación en Español)

Ene 26 - 11: am Zumba

Ene 30 - Celebración de cumpleaños

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



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