



Wellness Center: BVL Calendar

Address: 1044 Plaza Drive Kissimmee, FL

Phone Number: 407-917-6413



Monday Tuesday Wednesday Thursday Friday

2 9am Coffee time 10am Walking 11am Memory 1pm BINGO 2pm Rules 3pm Domino	3 9am Coffee time 10am Diabetes Program 1pm Zumba 2pm Puzzle 3pm Domino	4 9am Coffee time 10am Walking 11am Art & Craft 1pm Self Care 2pm Calligraphy 3pm Domino	5 9am Coffee time 10am Cardio 11am Rummi Kub 1pm Zumba 2pm Word Search 3pm Domino	6 9am Coffee time 10am Walking 11am Stop 1pm BINGO 2pm Karaoke 3pm Domino
9 9am Coffee time 10am Walking 11am Memory 1pm BINGO 2pm Rules 3pm Domino	10 9am Coffee time 10am Diabetes Program 1pm Zumba 2pm Puzzle 3pm Domino	11 9am Coffee time 10am Walking 11am Art & Craft 1pm Self Care 2pm Calligraphy 3pm Domino	12 9am Coffee time 10am Cardio 11am Rummi Kub 1pm Zumba 2pm Word Search 3pm Domino	13 9am Coffee time 10am Walking 11am Stop 1pm BINGO 2pm Love and Friendship 3pm Domino
16 9am Coffee time 10am Walking 11am Memory 1pm BINGO 2pm Rules 3pm Domino	17 9am Coffee time 10am Diabetes Program 1pm Zumba 2pm Puzzle 3pm Domino	18 9am Coffee time 10am Walking 11am Art & Craft 1pm Self Care 2pm Calligraphy 3pm Domino	19 9am Coffee time 10am Rummi Kub 11am Zumba 1pm HES 2pm Karaoke 3pm Domino	20 9am Coffee time 10am Walking 11am Stop 1pm BINGO 2pm Karaoke 3pm Domino
23 9am Coffee time 10am Walking 11am Memory 1pm BINGO 2pm Rules 3pm Domino	24 9am Coffee time 10am Diabetes Program 1pm Zumba 2pm Puzzle 3pm Domino	25 9am Coffee time 10am Cardio 11am Art & Craft 1pm Self Care 2pm Calligraphy 3pm Domino	26 9am Coffee time 10am Walking 11am Rummi Kub 1pm Zumba 2pm Word Search 3pm Domino	27 9am Coffee time 10am Cardio 11am Stop 1pm BINGO 2pm Birthday's 3pm Domino

*Physical Exercises

*Social

*Arts & Crafts

*Educational

SPECIAL EVENTS

February 3,10,17 and 24 at 10:00 am to 12:00pm Diabetes Program by Seniors Resource Alliance

February 13 at 2:00 pm Celebration "Love and Friendship"

February 19 at 1:00 pm Education Health Serie by Maria Alfaro by Stability Health (Heart and Kidney Health)

February 27 at 2:00 pm Monthly Birthday Celebration

Hairs Style Available please call to schedule appointment at (407)917-6413



@imamedicalgroup



Feb 2026

Centro de Bienestar: BVL

Dirección: 1044 Plaza Drive Kissimmee, FL

Teléfono: 407-917-6413



Lunes Martes Miercoles Jueves Viernes

2 9am Cafecito 10am Caminata 11am Memoria 1pm BINGO 2pm Rules 3pm Dominoes	3 9am Cafecito 10am Programa Diabetes 1pm Zumba 2pm Rompecabeza 3pm Dominoes	4 9am Cafecito 10am Caminata 11am Manualidades 1pm Cuidadopersonal 2pm Caligrafía 3pm Dominoes	5 9am Cafecito 10am Cardio 11am Rummi Kub 1pm Zumba 2pm Búscala palabras 3pm Dominoes	6 9am Cafecito 10am Caminata 11am Para 1pm BINGO 2pm Karaoke 3pm Dominoes
9 9am Cafecito 10am Caminata 11am Memoria 1pm BINGO 2pm Rules 3pm Dominoes	10 9am Cafecito 10am Programa Diabetes 1pm Zumba 2pm Rompecabeza 3pm Dominoes	11 9am Cafecito 10am Caminata 11am Manualidades 1pm Cuidadopersonal 2pm Caligrafía 3pm Dominoes	12 9am Cafecito 10am Cardio 11am Rummi Kub 1pm Zumba 2pm Búscala palabras 3pm Dominoes	13 9am Cafecito 10am Caminata 11am Para 1pm BINGO 2pm Amor y Amistad 3pm Dominoes
16 9am Cafecito 10am Caminata 11am Memoria 1pm BINGO 2pm Rules 3pm Dominoes	17 9am Cafecito 10am Programa Diabetes 1pm Zumba 2pm Rompecabeza 3pm Dominoes	18 9am Cafecito 10am Caminata 11am Manualidades 1pm Cuidadopersonal 2pm Caligrafía 3pm Dominoes	19 9am Cafecito 10am Rummi Kub 11am Zumba 1pm HES 2pm Karaoke 3pm Dominoes	20 9am Cafecito 10am Caminata 11am Para 1pm BINGO 2pm Karaoke 3pm Dominoes
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*Ejercicios

*Social

*Manualidades

*Educativa

EVENTOS ESPECIALES

February 3, 10, 17 y 24 a las 10:00 am hasta 12:00pm Programa de diabetes a cargo de Seniors Resource Alliance

February 13 a las 2:00 pm Celebración de "Amor y Amistad"

February 19 a las 1:00 pm Serie de educación para la salud a cargo del Maria Alfaro by Stability Health (Salud cardíaca y renal)

February 27 a las 2:00 pm Celebración Mensual de Cumpleaños

Servicio de peluquería disponible. Llame para programar una cita al (407) 917-6413



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