



Wellness Center: South Semoran
Address: 2235 S Semoran Blvd, Orlando FL 32822
Phone Number: 407-845-8060



Monday Tuesday Wednesday Thursday Friday



SPECIAL EVENTS

<p>2</p> <p>9am Coffee Time 10am Coloring 12pm Zumba 1pm Yoga 2pm Socialize 3pm Domino</p>	<p>3</p> <p>9am Coffee Time 10am Art & Craft 11am Exercise 1pm Crochet 2pm Socialize 3pm Games</p>	<p>4</p> <p>9am Coffee Time 10am Coloring 12pm Zumba 1pm Yoga 2pm Socialize 3pm Domino</p>	<p>5</p> <p>9am Coffee Time 10am Art & Craft 11am Education 1pm Exercise 2pm Socialize 3pm Games</p>	<p>6</p> <p>9am Coffee Time 10am Art & Craft 11am Education 12:00-3:30pm VITAS</p>
<p>9</p> <p>9am Coffee Time 10am Coloring 12pm Zumba 1pm Yoga 2pm Socialize 3pm Domino</p>	<p>10</p> <p>9am Coffee Time 10am Art & Craft 11am Exercise 1pm Crochet 2pm Socialize 3pm Games</p>	<p>11</p> <p>9am Coffee Time 10am Coloring 12pm Zumba 1pm Yoga 2pm Socialize 3pm Domino</p>	<p>12</p> <p>9am Coffee Time 10am Art & Craft 11am Education 1pm Exercise 2pm Socialize 3pm Games</p>	<p>13</p> <p>9am Coffee Time 10am Art & Craft 11am Education 12:00-3:30pm WOMEN OF VALUE</p>
<p>16</p> <p>9am Coffee Time 10am Coloring 12pm Zumba 1pm Yoga 2pm Socialize 3pm Domino</p>	<p>17</p> <p>9am Coffee Time 10am Art & Craft 11am Exercise 1pm Crochet 2pm Socialize 3pm Games</p>	<p>18</p> <p>9am Coffee Time 10am Coloring 12pm Zumba 1pm Yoga 2pm Socialize 3pm Domino</p>	<p>19</p> <p>9am Coffee Time 10am Art & Craft 11am Education 1pm Exercise 2pm Socialize 3pm Games</p>	<p>20</p> <p>9am Coffee Time 10am Art & Craft 11am Education 12:00-3:30pm ST. PATRICK'S DAY CELEBRATION</p>
<p>23</p> <p>9am Coffee Time 10am Coloring 12pm Zumba 1pm Yoga 2pm Socialize 3pm Domino</p>	<p>24</p> <p>9am Coffee Time 10am Art & Craft 11am Exercise 1pm Crochet 2pm Socialize 3pm Games</p>	<p>25</p> <p>9am Coffee Time 10am Coloring 12pm Zumba 1pm Yoga 2pm Socialize 3pm Domino</p>	<p>26</p> <p>9am Coffee Time 10am Art & Craft 11am Education 1pm Exercise 2pm Socialize 3pm Games</p>	<p>27</p> <p>9am Coffee Time 10am Art & Craft 11am Education 12:00-3:30pm Birthday celebration</p>
<p>30</p> <p>9am Coffee Time 10am Coloring 12pm Zumba 1pm Yoga 2pm Socialize 3pm Domino</p>	<p>31</p> <p>9am Coffee Time 10am Art & Craft 11am Exercise 1pm Crochet 2pm Socialize 3pm Games</p>			

MAR 06– 12: 00-3:00 PM. VITAS ORIENTATION

MAR 13 – 12:00-3:00 pm. WOMEN OF VALUE MOTIVATIONAL TALK

MAR 20 – 12:00-3:00 pm. ST PATRICKS DAY CELEBRATION-WEAR GREEN

MAR 27– 12:00-3:00 pm. Birthday's Celebration Bring Your Presents!

- *Physical Exercises
- *Social
- *Arts & Crafts
- *Educational





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Lunes Martes Miercoles Jueves Viernes

<p>9am Cafe 10am Pintar 12pm Zumba 1pm Yoga 2pm Socializar 3pm Domino</p>	<p>2</p> <p>9am Cafe 10am Manualidades 11am Ejercicio 1pm Crochet 2pm Socializar 3pm Juegos</p>	<p>3</p> <p>9am Cafe 10am Pintar 12pm Zumba 1pm Yoga 2pm Socializar 3pm Domino</p>	<p>4</p> <p>9am Cafe 10am Manualidades 11am Educación 1pm Ejercicio 2pm Socializar 3pm Juegos</p>	<p>5</p> <p>9am Cafe 10am Manualidades 11am Educación 12:00-3:30pm VITAS</p>	<p>6</p> <p>9am Cafe 10am Manualidades 11am Educación 12:00-3:30pm VITAS</p>
<p>9</p> <p>9am Cafe 10am Pintar 12pm Zumba 1pm Yoga 2pm Socializar 3pm Domino</p>	<p>10</p> <p>9am Cafe 10am Manualidades 11am Ejercicio 1pm Crochet 2pm Socializar 3pm Juegos</p>	<p>11</p> <p>9am Cafe 10am Pintar 12pm Zumba 1pm Yoga 2pm Socializar 3pm Domino</p>	<p>12</p> <p>9am Cafe 10am Manualidades 11am Educación 1pm Ejercicio 2pm Socializar 3pm Juegos</p>	<p>13</p> <p>9am Cafe 10am Manualidades 11am Educación 12:00-3:30pm Mujeres de valor</p>	
<p>16</p> <p>9am Cafe 10am Pintar 12pm Zumba 1pm Yoga 2pm Socializar 3pm Domino</p>	<p>17</p> <p>9am Cafe 10am Manualidades 11am Ejercicio 1pm Crochet 2pm Socializar 3pm Juegos</p>	<p>18</p> <p>9am Cafe 10am Pintar 12pm Zumba 1pm Yoga 2pm Socializar 3pm Domino</p>	<p>19</p> <p>9am Cafe 10am Manualidades 11am Educación 1pm Ejercicio 2pm Socializar 3pm Juegos</p>	<p>20</p> <p>9am Cafe 10am Manualidades 11am Educación 12:00-3:30pm Celebración del día de San Patrick</p>	
<p>23</p> <p>9am Cafe 10am Pintar 12pm Zumba 1pm Yoga 2pm Socializar 3pm Domino</p>	<p>24</p> <p>9am Cafe 10am Manualidades 11am Ejercicio 1pm Crochet 2pm Socializar 3pm Juegos</p>	<p>25</p> <p>9am Cafe 10am Pintar 12pm Zumba 1pm Yoga 2pm Socializar 3pm Domino</p>	<p>26</p> <p>9am Cafe 10am Manualidades 11am Educación 1pm Ejercicio 2pm Socializar 3pm Juegos</p>	<p>27</p> <p>9am Cafe 10am Manualidades 11am Educación 12:00-3:30pm Celebración de cumpleaños</p>	
<p>30</p> <p>9am Cafe 10am Pintar 12pm Zumba 1pm Yoga 2pm Socializar 3pm Domino</p>	<p>31</p> <p>9am Cafe 10am Manualidades 11am Ejercicio 1pm Crochet 2pm Socializar 3pm Juegos</p>				

*Ejercicios
 *Social
 *Manualidades
 *Educativa



EVENTOS ESPECIALES

MAR 06 – 12: 00-3:00 PM.
 ORIENTACION CON VITAS.

MAR 13 – 12:00-3:00 pm. CHARLA
 MOTIVACIONAL MUJER DE VALOR.

MAR 20 – 12:00-3:00 pm.
 CELEBRACION DEL DIA DE SAN
 PATRICIO-USAR VERDE.

MAR 27– 12:00-3:00 pm.
 CELEBRACION DE CUMPLEAÑOS TRAE
 TU REGALO.



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