



# Mar 2026

## Wellness Center: ST CLOUD

Address: 1495 Budinger Ave, St Cloud, FL 34769

Phone Number: 407-593-9890



### Monday Tuesday Wednesday Thursday Friday



### SPECIAL EVENTS

<p>9am <b>Exercise</b> 2 10am <b>Motivational Talk</b> 11am <b>Lunch</b> 1pm <b>Handicrafts</b> 2pm <b>Domino</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Tai Chi</b> 3 10am <b>Handicrafts</b> 11am <b>Lunch</b> 1pm <b>Word-Find</b> 2pm <b>Dance</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Exercise</b> 4 10am <b>Painting</b> 11am <b>Lunch</b> 1pm <b>Socialize</b> 2pm <b>Coloring</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Exercise</b> 5 10am <b>Jewelry</b> 11am <b>Education</b> 1pm <b>Rummikub</b> 2pm <b>Walk</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Dance</b> 6 10am <b>Karaoke</b> 11am <b>Lunch</b> 1pm <b>Bingo</b> 2pm <b>Socialize</b> 3pm <b>Coloring</b></p>
<p>9am <b>Motivational Talk</b> 9 10am <b>Rummikub</b> 11am <b>Zumba</b> 1pm <b>Handicrafts</b> 2pm <b>Domino</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Tai Chi</b> 10 10am <b>Handicrafts</b> 11am <b>Lunch</b> 1pm <b>Word-Find</b> 2pm <b>Dance</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Exercise</b> 11 10am <b>Painting</b> 11am <b>Lunch</b> 1pm <b>Socialize</b> 2pm <b>Coloring</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Exercise</b> 12 10am <b>Jewelry</b> 11am <b>Lunch</b> 1pm <b>Rummikub</b> 2pm <b>Walk</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Dance</b> 13 10am <b>Karaoke</b> 11am <b>Lunch</b> 1pm <b>Bingo</b> 2pm <b>Socialize</b> 3pm <b>Coloring</b></p>
<p>9am <b>Exercise</b> 16 10am <b>Motivational Talk</b> 11am <b>Lunch</b> 1pm <b>Handicrafts</b> 2pm <b>Domino</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Tai Chi</b> 17 10am <b>Handicrafts</b> 11am <b>Lunch</b> 1pm <b>Word-Find</b> 2pm <b>Dance</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Exercise</b> 18 10am <b>Painting</b> 11am <b>Lunch</b> 1pm <b>Socialize</b> 2pm <b>Coloring</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Exercise</b> 19 10am <b>Jewelry</b> 11am <b>Lunch</b> 1pm <b>Rummikub</b> 2pm <b>Walk</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Dance</b> 20 10am <b>Karaoke</b> 11am <b>Lunch</b> 1pm <b>Bingo</b> 2pm <b>Socialize</b> 3pm <b>Coloring</b></p>
<p>9am <b>Motivational Talk</b> 23 10am <b>Rummikub</b> 11am <b>Zumba</b> 1pm <b>Handicrafts</b> 2pm <b>Domino</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Tai Chi</b> 24 10am <b>Handicrafts</b> 11am <b>Lunch</b> 1pm <b>Word-Find</b> 2pm <b>Dance</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Exercise</b> 25 10am <b>Painting</b> 11am <b>Lunch</b> 1pm <b>Socialize</b> 2pm <b>Coloring</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Exercise</b> 26 10am <b>Jewelry</b> 11am <b>Lunch</b> 1pm <b>Rummikub</b> 2pm <b>Walk</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Dance</b> 27 10am <b>Karaoke</b> 11am-3pm <b>Birthday's Celebration</b></p>
<p>9am <b>Exercise</b> 30 10am <b>Motivational Talk</b> 11am <b>Lunch</b> 1pm <b>Handicrafts</b> 2pm <b>Domino</b> 3pm <b>Coffee Time</b></p>	<p>9am <b>Tai Chi</b> 31 10am <b>Handicrafts</b> 11am <b>Lunch</b> 1pm <b>Word-Find</b> 2pm <b>Dance</b> 3pm <b>Coffee Time</b></p>			

Mar 5- 11:00 am Education by Vitas: Planning before a Crisis, presented by Bernice Negron.

Mar 9 - 11:00 Zumba

Mar 23 - 11:00am Zumba

Mar 27 - Birthday's Celebration

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





# Centro de Bienestar:

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

**Teléfono:** 407-593-9890



## EVENTOS ESPECIALES

### Lunes      Martes      Miercoles      Jueves      Viernes

<b>9am Ejercicios</b> 2 <b>10am Charla Motivadora</b> <b>11am Merienda</b> <b>1pm Manualidades</b> <b>2pm Domino</b> <b>3pm Hora del Café</b>	<b>9am Tai Chi</b> 3 <b>10am Manualidades</b> <b>11am Merienda</b> <b>1pm Busca Palabras</b> <b>2pm A Bailar</b> <b>3pm Hora del Café</b>	<b>9am Ejercicios</b> 4 <b>10am Pintura</b> <b>11am Mirienda</b> <b>1pm Socializar</b> <b>2pm Colorear</b> <b>3pm Hora del Café</b>	<b>9am Ejercicios</b> 5 <b>10am Joyería</b> <b>11am Education</b> <b>1pm Rummikub</b> <b>2pm Walk</b> <b>3pm Hora del Café</b>	<b>9am A Bailar</b> 6 <b>10am Karaoke</b> <b>11am Merienda</b> <b>1pm Bingo</b> <b>2pm Socializar</b> <b>3pm Coloring</b>
<b>9am Charla Motivadora</b> 9 <b>10am Rummikub</b> <b>11am Zumba</b> <b>1pm Manualidades</b> <b>2pm Domino</b> <b>3pm Hora del Café</b>	<b>9am Tai Chi</b> 10 <b>10am Manualidades</b> <b>11am Merienda</b> <b>1pm Busca Palabras</b> <b>2pm A Bailar</b> <b>3pm Hora del Café</b>	<b>9am Ejercicios</b> 11 <b>10am Pintura</b> <b>11am Merienda</b> <b>1pm Socializar</b> <b>2pm Colorear</b> <b>3pm Hora del Café</b>	<b>9am Ejercicios</b> 12 <b>10am Joyería</b> <b>11am Merienda</b> <b>1pm Rummikub</b> <b>2pm Walk</b> <b>3pm Hora del Café</b>	<b>9am A Bailar</b> 13 <b>10am Karaoke</b> <b>11am Merienda</b> <b>1pm Bingo</b> <b>2pm Socializar</b> <b>3pm Coloring</b>
<b>9am Ejercicios</b> 16 <b>10am Charla Motivadora</b> <b>11am Merienda</b> <b>1pm Manualidades</b> <b>2pm Domino</b> <b>3pm Hora del Café</b>	<b>9am Tai Chi</b> 17 <b>10am Manualidades</b> <b>11am Merienda</b> <b>1pm Busca Palabras</b> <b>2pm A Bailar</b> <b>3pm Hora del Café</b>	<b>9am Ejercicios</b> 18 <b>10am Pintura</b> <b>11am Merienda</b> <b>1pm Socializar</b> <b>2pm Colorear</b> <b>3pm Hora del Café</b>	<b>9am Ejercicios</b> 19 <b>10am Joyería</b> <b>11am Merienda</b> <b>1pm Rummikub</b> <b>2pm Walk</b> <b>3pm Hora del Café</b>	<b>9am A Bailar</b> 20 <b>10am Karaoke</b> <b>11am Merienda</b> <b>1pm Bingo</b> <b>2pm Socializar</b> <b>3pm Coloring</b>
<b>9am Charla Motivadora</b> 23 <b>10am Rummikub</b> <b>11am Zumba</b> <b>1pm Manualidades</b> <b>2pm Domino</b> <b>3pm Hora del Café</b>	<b>9am Tai Chi</b> 24 <b>10am Manualidades</b> <b>11am Merienda</b> <b>1pm Busca Palabras</b> <b>2pm A Bailar</b> <b>3pm Hora del Café</b>	<b>9am Ejercicios</b> 25 <b>10am Pintura</b> <b>11am Merienda</b> <b>1pm Socializar</b> <b>2pm Colorear</b> <b>3pm Hora del Café</b>	<b>9am Ejercicios</b> 26 <b>10am Joyería</b> <b>11am Merienda</b> <b>1pm Rummikub</b> <b>2pm Walk</b> <b>3pm Hora del Café</b>	<b>9am A Bailar</b> 27 <b>10am Karaoke</b> <b>11am-3pm Celebración de Cumpleaños</b>
<b>9am Ejercicios</b> 30 <b>10am Charla Motivadora</b> <b>11am Merienda</b> <b>1pm Manualidades</b> <b>2pm Domino</b> <b>3pm Hora del Café</b>	<b>9am Tai Chi</b> 31 <b>10am Manualidades</b> <b>11am Merienda</b> <b>1pm Busca Palabras</b> <b>2pm A Bailar</b> <b>3pm Hora del Café</b>			

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

Mar 5 - 11:00 am Educación Con Vitas: Planificación Antes de Una Crisis, presentada por Bernice Negron

Mar 9 - 11:00 am Zumba

Mar 23 - 11:00 am

Mar 27 - Celebración de Cumpleaños



@imamedicalgroup