



Wellness Center: Poinciana

Address: 3360 W Southport Rd. Kissimmee, FL 34746

Phone Number: 321-250-1806



Monday Tuesday Wednesday Thursday Friday

		<p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games</p>	<p>1</p> <p>9am Arts & Crafts 11am Exercises 12pm Socialize 1pm Zumba 2pm Arts & Crafts 3pm Games</p>	<p>2</p> <p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Karaoke 2pm Group Therapy 3pm Games</p>
<p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games</p>	<p>6</p> <p>9am Arts & Crafts 11am Exercises 12pm Socialize 1pm Zumba 2pm Arts & Crafts 3pm Games</p>	<p>7</p> <p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games</p>	<p>8</p> <p>9am Arts & Crafts 11am Exercises 12pm Socialize 1pm Zumba 2pm Arts & Crafts 3pm Games</p>	<p>9</p> <p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Karaoke 2pm Exercise 3pm Games</p>
<p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games</p>	<p>13</p> <p>9am Arts & Crafts 11am Exercises 12pm Socialize 1pm Zumba 2pm Arts & Crafts 3pm Games</p>	<p>14</p> <p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games</p>	<p>15</p> <p>9am Arts & Crafts 11am Exercises 12pm Socialize 1pm Zumba 2pm Educational 3pm Games</p>	<p>16</p> <p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Karaoke 2pm Group Therapy 3pm Games</p>
<p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games</p>	<p>20</p> <p>9am Arts & Crafts 11am Exercises 12pm Socialize 1pm Zumba 2pm Arts & Crafts 3pm Games</p>	<p>21</p> <p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games</p>	<p>22</p> <p>9am Arts & Crafts 11am Exercises 12pm Socialize 1pm HES Educational 2pm Zumba 3pm Games</p>	<p>23</p> <p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Karaoke 2pm Exercise 3pm Games</p>
<p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games</p>	<p>27</p> <p>9am Arts & Crafts 11am Exercises 12pm Socialize 1pm Zumba 2pm Arts & Crafts 3pm Games</p>	<p>28</p> <p>9am Arts & Crafts 11am Exercise 12pm Socialize 1pm Educational 2pm Arts & Crafts 3pm Games</p>	<p>29</p> <p>9am Arts & Crafts 11am Exercises 12pm Socialize 1pm Zumba 2pm Arts & Crafts 3pm Games</p>	<p>30</p> <p>9am Arts & Crafts 11am Socialize 1pm Zumba 2pm Arts & Crafts 3pm Games</p>

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

SPECIAL EVENTS

Special Craft For Easter
9:00am & 2:00pm

April 23-1:00pm Healthcare Education Series:
Home Safety & Strong Bones
With Dr. Delgado- Spanish Presentation

April 16- 2:00pm
Healthy Bones- By: Vitas

Zumba - Tuesday & Thursday @ 1:00pm

Hair salon open: Call for appointment
321-250-1806



@imamedicalgroup

Lunes Martes Miercoles Jueves Viernes

		<p>9am Manualidades 1</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 2</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Zumba</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 3</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Karaoke</p> <p>2pm Terapia en Grupo</p> <p>3pm Games</p>
<p>9am Manualidades 6</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 7</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Zumba</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 8</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 9</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Zumba</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 10</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Karaoke</p> <p>2pm Ejercicios</p> <p>3pm Juegos</p>
<p>9am Manualidades 13</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 14</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Zumba</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 15</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 16</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Zumba</p> <p>2pm Educativo</p> <p>3pm Juegos</p>	<p>9am Manualidades 17</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Karaoke</p> <p>2pm Terapia en Grupo</p> <p>3pm Games</p>
<p>9am Manualidades 20</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 21</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Zumba</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 22</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 23</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm SES Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 24</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Karaoke</p> <p>2pm Ejercicios</p> <p>3pm Juegos</p>
<p>9am Manualidades 27</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 28</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Zumba</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 29</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Educativo</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>9am Manualidades 30</p> <p>11am Ejercicios</p> <p>12pm Socializar</p> <p>1pm Zumba</p> <p>2pm Manualidades</p> <p>3pm Juegos</p>	<p>*Ejercicios</p> <p>*Social</p> <p>*Manualidades</p> <p>*Educacional</p>

EVENTOS ESPECIALES

Especial de Manualidades De Pascua-
9:00am & 2:00pm

Abril 23-1:00pm Serie de Educacion de la Salud::
Seguridad en el Hogar & Huesos Fuertes
Con Dr. Delgado- Presentacion en Espanol

April 16- 2:00pm
Huesos Fuertes- Por: Vitas

Zumba - Martes & Jueves @ 1:00pm

Salon de belleza, favor de llamar para citas

321-250-1806

