



# Wellness Center: ST CLOUD

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

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



## Monday Tuesday Wednesday Thursday Friday

|   |  |  |   |   |           |
|---|--|--|---|---|-----------|
|   |  | <b>9am Exercise</b><br><b>10am Painting</b><br><b>11am Lunch</b><br><b>1pm Socialize</b><br><b>2pm Coloring</b><br><b>3pm Coffee Time</b>              | <b>1</b><br><b>9am Exercise</b><br><b>10am Jewelry</b><br><b>11am Lunch</b><br><b>1pm Word-Find</b><br><b>2pm Walk</b><br><b>3pm Coffee Time</b>  | <b>2</b><br><b>9am Dance</b><br><b>10am Karaoke</b><br><b>11am-3pm</b><br><b>Easter day</b><br><b>Celebration</b>                               | <b>3</b>  |
| <b>9am Motivational Talk</b><br><b>10am Socialize</b><br><b>11am Zumba</b><br><b>1pm Word-Find</b><br><b>2pm Domino</b><br><b>3pm Coffee Time</b> | <b>6</b><br><b>9am Tai Chi</b><br><b>10am Handicrafts</b><br><b>11am Lunch</b><br><b>1pm Rummikub</b><br><b>2pm Dance</b><br><b>3pm Coffee Time</b>  | <b>7</b><br><b>9am Exercise</b><br><b>10am Painting</b><br><b>11am Lunch</b><br><b>1pm Socialize</b><br><b>2pm Coloring</b><br><b>3pm Coffee Time</b>  | <b>8</b><br><b>9am Exercise</b><br><b>10am Jewelry</b><br><b>11am Lunch</b><br><b>1pm Word-Find</b><br><b>2pm Walk</b><br><b>3pm Coffee Time</b>  | <b>9</b><br><b>9am Dance</b><br><b>10am Karaoke</b><br><b>11am Education</b><br><b>1pm Bingo</b><br><b>2pm Socialize</b><br><b>3pm Coloring</b> | <b>10</b> |
| <b>9am Exercise</b><br><b>10am Socialize</b><br><b>11am Lunch</b><br><b>1pm Word-Find</b><br><b>2pm Domino</b><br><b>3pm Coffee Time</b>          | <b>13</b><br><b>9am Tai Chi</b><br><b>10am Handicrafts</b><br><b>11am Lunch</b><br><b>1pm Rummikub</b><br><b>2pm Dance</b><br><b>3pm Coffee Time</b> | <b>14</b><br><b>9am Exercise</b><br><b>10am Painting</b><br><b>11am Lunch</b><br><b>1pm Socialize</b><br><b>2pm Coloring</b><br><b>3pm Coffee Time</b> | <b>15</b><br><b>9am Exercise</b><br><b>10am Jewelry</b><br><b>11am Lunch</b><br><b>1pm-2pm HES (Education)</b><br><b>3pm Coffee Time</b>          | <b>16</b><br><b>9am Dance</b><br><b>10am Karaoke</b><br><b>11am Lunch</b><br><b>1pm Bingo</b><br><b>2pm Socialize</b><br><b>3pm Coloring</b>    | <b>17</b> |
| <b>9am Motivational Talk</b><br><b>10am Socialize</b><br><b>11am Zumba</b><br><b>1pm Word-Find</b><br><b>2pm Domino</b><br><b>3pm Coffee Time</b> | <b>20</b><br><b>9am Tai Chi</b><br><b>10am Handicrafts</b><br><b>11am Lunch</b><br><b>1pm Rummikub</b><br><b>2pm Dance</b><br><b>3pm Coffee Time</b> | <b>21</b><br><b>9am Exercise</b><br><b>10am Painting</b><br><b>11am Lunch</b><br><b>1pm Socialize</b><br><b>2pm Coloring</b><br><b>3pm Coffee Time</b> | <b>22</b><br><b>9am Exercise</b><br><b>10am Jewelry</b><br><b>11am Lunch</b><br><b>1pm Word-Find</b><br><b>2pm Walk</b><br><b>3pm Coffee Time</b> | <b>23</b><br><b>9am Dance</b><br><b>10am Karaoke</b><br><b>11am-3pm</b><br><b>Birthday's</b><br><b>Celebration</b>                              | <b>24</b> |
| <b>9am Exercise</b><br><b>10am Socialize</b><br><b>11am Lunch</b><br><b>1pm Word-Find</b><br><b>2pm Domino</b><br><b>3pm Coffee Time</b>          | <b>27</b><br><b>9am Tai Chi</b><br><b>10am Handicrafts</b><br><b>11am Lunch</b><br><b>1pm Rummikub</b><br><b>2pm Dance</b><br><b>3pm Coffee Time</b> | <b>28</b><br><b>9am Exercise</b><br><b>10am Painting</b><br><b>11am Lunch</b><br><b>1pm Socialize</b><br><b>2pm Coloring</b><br><b>3pm Coffee Time</b> | <b>29</b><br><b>9am Exercise</b><br><b>10am Jewelry</b><br><b>11am Lunch</b><br><b>1pm Word-Find</b><br><b>2pm Walk</b><br><b>3pm Coffee Time</b> | <b>30</b>   |           |

## SPECIAL EVENTS

Apr 9 - 11:00 am Zumba

Apr 10 - 11:00 am Education by Cornerstone, General guidelines For qualifying for Hospice. By Carlos Rivera

Apr 16 - Health Education Series: Home Safety & Strong Bones Present by Dr. Osvaldo Aviles (Spanish Presentation)

Apr 20 - 11:00 am Zumba

Apr 24 - Birthday's Celebration

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



@imamedicalgroup

**Lunes      Martes      Miercoles      Jueves      Viernes**

|   |   |   |  |  |
|---|---|---|--|--|
|   |   | <b>9am Ejercicios</b><br><b>10am Pintura</b><br><b>11am Merienda</b><br><b>1pm Socializar</b><br><b>2pm Colorear</b><br><b>3pm Hora del Café</b>              | <b>1</b><br><b>9am Ejercicios</b><br><b>10am Joyeria</b><br><b>11am Merienda</b><br><b>1pm Busca Palabras</b><br><b>2pm A Caminar</b><br><b>3pm Hora del Café</b>  | <b>2</b><br><b>9am A Bailar</b><br><b>10am Karaoke</b><br><b>11am-3pm</b><br><b>Celebración de Pascua Dia de Resurrección</b>                            |
| <b>9am Charla Motivadora</b><br><b>10am Socializar</b><br><b>11am Zumba</b><br><b>1pm Busca Palabras</b><br><b>2pm Domino</b><br><b>3pm Hora del Café</b> | <b>6</b><br><b>9am Tai Chi</b><br><b>10am Manualidades</b><br><b>11am Merienda</b><br><b>1pm Rummikub</b><br><b>2pm A Bailar</b><br><b>3pm Hora del Café</b>  | <b>7</b><br><b>9am Ejercicios</b><br><b>10am Pintura</b><br><b>11am Merienda</b><br><b>1pm Socializar</b><br><b>2pm Colorear</b><br><b>3pm Hora del Café</b>  | <b>8</b><br><b>9am Ejercicios</b><br><b>10am Joyeria</b><br><b>11am Merienda</b><br><b>1pm Busca Palabras</b><br><b>2pm A Caminar</b><br><b>3pm Hora del Café</b>  | <b>9</b><br><b>9am A Bailar</b><br><b>10am Karaoke</b><br><b>11am Educación</b><br><b>1pm Bingo</b><br><b>2pm Socializar</b><br><b>3pm Hora del Café</b> |
| <b>9am Ejercicios</b><br><b>10am Socializar</b><br><b>11am Merienda</b><br><b>1pm Busca palabras</b><br><b>2pm Domino</b><br><b>3pm Hora del Café</b>     | <b>13</b><br><b>9am Tai Chi</b><br><b>10am Manualidades</b><br><b>11am Merienda</b><br><b>1pm Rummikub</b><br><b>2pm A Bailar</b><br><b>3pm Hora del Café</b> | <b>14</b><br><b>9am Ejercicios</b><br><b>10am Pintura</b><br><b>11am Merienda</b><br><b>1pm Socializar</b><br><b>2pm Colorear</b><br><b>3pm Hora del Café</b> | <b>15</b><br><b>9am Ejercicios</b><br><b>10am Joyeria</b><br><b>11am Merienda</b><br><b>1pm-2pm HES Educación</b><br><b>3pm Hora del Café</b>                      | <b>16</b><br><b>9am A Bailar</b><br><b>10am Karaoke</b><br><b>11am Merienda</b><br><b>1pm Bingo</b><br><b>2pm Socializar</b><br><b>3pm Hora del Café</b> |
| <b>9am Charla Motivadora</b><br><b>10am Socializar</b><br><b>11am Zumba</b><br><b>1pm Busca Palabras</b><br><b>2pm Domino</b><br><b>3pm Hora del Café</b> | <b>20</b><br><b>9am Tai Chi</b><br><b>10am Manualidades</b><br><b>11am Merienda</b><br><b>1pm Rummikub</b><br><b>2pm A Bailar</b><br><b>3pm Hora del Café</b> | <b>21</b><br><b>9am Ejercicios</b><br><b>10am Pintura</b><br><b>11am Merienda</b><br><b>1pm Socializar</b><br><b>2pm Colorear</b><br><b>3pm Hora del Café</b> | <b>22</b><br><b>9am Ejercicios</b><br><b>10am Joyeria</b><br><b>11am Merienda</b><br><b>1pm Busca Palabras</b><br><b>2pm A Caminar</b><br><b>3pm Hora del Café</b> | <b>23</b><br><b>9am A Bailar</b><br><b>10am Karaoke</b><br><b>11am-3pm</b><br><b>Celebración de Cumpleaños</b>   |
| <b>9am Ejercicios</b><br><b>10am Socializar</b><br><b>11am Merienda</b><br><b>1pm Busca Palabras</b><br><b>2pm Domino</b><br><b>3pm Hora del Café</b>     | <b>27</b><br><b>9am Tai Chi</b><br><b>10am Manualidades</b><br><b>11am Merienda</b><br><b>1pm Rummikub</b><br><b>2pm A Bailar</b><br><b>3pm Hora del Café</b> | <b>28</b><br><b>9am Ejercicios</b><br><b>10am Pintura</b><br><b>11am Merienda</b><br><b>1pm Socializar</b><br><b>2pm Colorear</b><br><b>3pm Hora del Café</b> | <b>29</b><br><b>9am Ejercicios</b><br><b>10am Joyeria</b><br><b>11am Merienda</b><br><b>1pm Busca Palabras</b><br><b>2pm A Caminar</b><br><b>3pm Hora del Café</b> | <b>30</b><br><b>9am Ejercicios</b><br><b>10am Karaoke</b><br><b>11am-3pm</b><br><b>Celebración de Cumpleaños</b>   |

## EVENTOS ESPECIALES

Abril 9 - 11:00 am Zumba

Abril 10 - 11:00 am Educación Con Cornerstone Gias generales Para cualificar para Hospicio presentado por Carlos Rivera (Account Development Liaison)

Abril 16 - 1:00 pm Serie de Educación de la Salud: Seguridad En el hogar y huesos Fuertes , Presentado por el Dr. Osvaldo Aviles

Abril 20 - 11:00 am Zumba

Abril 24 - Celebración de Cumpleaños

