



Wellness Center: BVL Calendar

Address: 1044 Plaza Drive Kissimmee, FL 34743

Phone Number: 407-917-6413



Monday Tuesday Wednesday Thursday Friday

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| | | <p>9am Coffee time ¹</p> <p>10am Thai Chi</p> <p>11am Arts & Crafts</p> <p>1pm Self Care</p> <p>2pm Decoration</p> <p>3pm Dominoes</p> | <p>9am Coffee time ²</p> <p>10am Cardio</p> <p>11am Socialize</p> <p>1pm Zumba</p> <p>2pm Rummikub</p> <p>3pm Dominoes</p> | <p>9am Coffee time ³</p> <p>10am Cardio</p> <p>11am Stop Game</p> <p>1pm BINGO</p> <p>2pm Karaoke</p> <p>3pm Dominoes</p> |
| <p>9am Coffee time ⁶</p> <p>10am Thai Chi</p> <p>11am Puzzle</p> <p>1pm BINGO</p> <p>2pm News</p> <p>3pm Dominoes</p> | <p>9am Coffee time ⁷</p> <p>10am Cardio</p> <p>11am Word Search</p> <p>1pm Zumba</p> <p>2pm Reading</p> <p>3pm Dominoes</p> | <p>9am Coffee time ⁸</p> <p>10am Thai Chi</p> <p>11am Arts & Crafts</p> <p>1pm Self Care</p> <p>2pm Decoration</p> <p>3pm Dominoes</p> | <p>9am Coffee time ⁹</p> <p>10am Cardio</p> <p>11am Socialize</p> <p>1pm Zumba</p> <p>2pm Rummikub</p> <p>3pm Dominoes</p> | <p>9am Coffee time ¹⁰</p> <p>10am Cardio</p> <p>11am Stop Game</p> <p>1pm BINGO</p> <p>2pm Karaoke</p> <p>3pm Dominoes</p> |
| <p>9am Coffee time ¹³</p> <p>10am Thai Chi</p> <p>11am Puzzle</p> <p>1pm BINGO</p> <p>2pm News</p> <p>3pm Dominoes</p> | <p>9am Coffee time ¹⁴</p> <p>10am Cardio</p> <p>11am Word Search</p> <p>1pm Zumba</p> <p>2pm Reading</p> <p>3pm Dominoes</p> | <p>9am Coffee time ¹⁵</p> <p>10am Thai Chi</p> <p>11am Arts & Crafts</p> <p>1pm Self Care</p> <p>2pm Decoration</p> <p>3pm Dominoes</p> | <p>9am Coffee time ¹⁶</p> <p>10am Cardio</p> <p>12am HES</p> <p>1pm Zumba</p> <p>2pm Rummikub</p> <p>3pm Dominoes</p> | <p>9am Coffee time ¹⁷</p> <p>10am Cardio</p> <p>11am Stop Game</p> <p>1pm BINGO</p> <p>2pm Karaoke</p> <p>3pm Dominoes</p> |
| <p>9am Coffee time ²⁰</p> <p>10am Thai Chi</p> <p>11am Puzzle</p> <p>1pm BINGO</p> <p>2pm News</p> <p>3pm Dominoes</p> | <p>9am Coffee time ²¹</p> <p>10am Cardio</p> <p>11am Word Search</p> <p>1pm Zumba</p> <p>2pm Reading</p> <p>3pm Dominoes</p> | <p>9am Coffee time ²²</p> <p>10am Thai Chi</p> <p>11am Arts & Crafts</p> <p>1pm Self Care</p> <p>2pm Decoration</p> <p>3pm Dominoes</p> | <p>9am Coffee time ²³</p> <p>10am Cardio</p> <p>11am Socialize</p> <p>1pm Zumba</p> <p>2pm Rummikub</p> <p>3pm Dominoes</p> | <p>9am Coffee time ²⁴</p> <p>10am Cardio</p> <p>11am Stop Game</p> <p>1pm BINGO</p> <p>2pm Birthday's</p> <p>3pm Dominoes</p> |
| <p>9am Coffee time ²⁷</p> <p>10am Thai Chi</p> <p>11am Puzzle</p> <p>1pm BINGO</p> <p>2pm News</p> <p>3pm Dominoes</p> | <p>9am Coffee time ²⁸</p> <p>10am Cardio</p> <p>11am Word Search</p> <p>1pm Zumba</p> <p>2pm Reading</p> <p>3pm Dominoes</p> | <p>9am Coffee time ²⁹</p> <p>10am Thai Chi</p> <p>11am Arts & Crafts</p> <p>1pm Self Care</p> <p>2pm Decoration</p> <p>3pm Dominoes</p> | <p>9am Coffee time ³⁰</p> <p>10am Cardio</p> <p>11am Socialize</p> <p>1pm Zumba</p> <p>2pm Rummikub</p> <p>3pm Dominoes</p> | <p>*Physical Exercises</p> <p>*Social</p> <p>*Arts & Crafts</p> <p>*Educational</p> |

SPECIAL EVENTS

April 1, 6, 8, 13, 15, 20, 22, 27 and 29
at 10:00am Tai-Chi Class

April at 12:00pm Healthcare
Education Series: Home Safety &
Strong Bones by Dr. Clavell

April 24 at 2:00pm Birthday's
Celebration



@imamedicalgroup

Lunes Martes Miercoles Jueves Viernes

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| | | 9am Cafecito 1 10am Thai Chi 11am Manualidade 1pm Auto Cuidado 2pm Decoración 3pm Domino | 9am Cafecito 2 10am Cardio 11am Socializar 1pm Zumba 2pm Rummikub 3pm Domino | 9am Cafecito 3 10am Cardio 11am Juego PARA 1pm BINGO 2pm Karaoke 3pm Domino |
| 9am Cafecito 6 10am Thai Chi 11am Rompecabeza 1pm BINGO 2pm Noticias 3pm Domino | 9am Cafecito 7 10am Cardio 11am Búsqueda palabras 1pm Zumba 2pm Lectura 3pm Domino | 9am Cafecito 8 10am Thai Chi 11am Manualidade 1pm Auto Cuidado 2pm Decoración 3pm Domino | 9am Cafecito 9 10am Cardio 11am Socializar 1pm Zumba 2pm Rummikub 3pm Domino | 9am Cafecito 10 10am Cardio 11am Juego PARA 1pm BINGO 2pm Karaoke 3pm Domino |
| 9am Cafecito 13 10am Thai Chi 11am Rompecabeza 1pm BINGO 2pm Noticias 3pm Domino | 9am Cafecito 14 10am Cardio 11am Búsqueda palabras 1pm Zumba 2pm Lectura 3pm Domino | 9am Cafecito 15 10am Thai Chi 11am Manualidade 1pm Auto Cuidado 2pm Decoración 3pm Domino | 9am Cafecito 16 10am Cardio 12am HES 1pm Zumba 2pm Rummikub 3pm Domino | 9am Cafecito 17 10am Cardio 11am Juego PARA 1pm BINGO 2pm Karaoke 3pm Domino |
| 9am Cafecito 20 10am Thai Chi 11am Rompecabeza 1pm BINGO 2pm Noticias 3pm Domino | 9am Cafecito 21 10am Cardio 11am Búsqueda palabras 1pm Zumba 2pm Lectura 3pm Domino | 9am Cafecito 22 10am Thai Chi 11am Manualidade 1pm Auto Cuidado 2pm Decoración 3pm Domino | 9am Cafecito 23 10am Cardio 11am Socializar 1pm Zumba 2pm Rummikub 3pm Domino | 9am Cafecito 24 10am Cardio 11am Juego PARA 1pm BINGO 2pm Cumpleaños 3pm Domino |
| 9am Cafecito 27 10am Thai Chi 11am Rompecabeza 1pm BINGO 2pm Noticias 3pm Domino | 9am Cafecito 28 10am Cardio 11am Búsqueda palabras 1pm Zumba 2pm Lectura 3pm Domino | 9am Cafecito 29 10am Thai Chi 11am Manualidade 1pm Auto Cuidado 2pm Decoración 3pm Domino | 9am Cafecito 30 10am Cardio 11am Socializar 1pm Zumba 2pm Rummikub 3pm Domino | *Ejercicios *Social *Manualidades *Educativa |

EVENTOS ESPECIALES

April 1, 6, 8, 13, 15, 20, 22, 27 y 29
a las 10:00am Tai-Chi Class

April at 12:00pm Serie
Educativa: Seguridad en el
hogar y huesos fuertes por Dr.
Clavell

April 24 a las 2:00pm
Celebración de Cumpleaños

