



Wellness Center: DAVENPORT

Address: 161 Webb Dr Suit 100, Davenport, FL 33837

Phone Number: 407-789-1309



Monday Tuesday Wednesday Thursday Friday

		9am Art & Craft 11am News 1pm Education 2pm Briscas 3pm Dominos	1 9am Bingo 10am Art & Craft 1pm Calisthenic 2pm Education 3pm Dominos	2 9am Socializar 10am Cardio 1pm Kareoke 3pm Dominos	3 9am Socialize 10am Zumba 11am News 1pm Bingo 3pm Dominos
6 9am Socialize 10am Zumba 11am News 1pm Bingo 3pm Dominos	7 9am Art & Craft 11am News 1pm Education 3pm Dominos	8 9am Art & Craft 11am News 1pm Rumming 500 3pm Dominos	9 9am Socialize 10am Art & Craft 1pm Calisthenic 2pm Education 3pm Dominos	10 9am Coffee & Plus 10am Movie 1pm Education 2pm Dance 3pm Dominos	
13 9am Socialize 10am Zumba 11am News 1pm Art & Craft 3pm Dominos	14 9am Coffee & Plus 10am Art & Craft 11am News 1pm Education 3pm Dominos	15 9am Art & Craft 11am News 1pm Stretching 2pm E.H.S 3pm Dominos	16 9am Socialize 10am Education 1pm Calisthenic 2pm Tri-omonios 3pm Dominos	17 9am Coffee & Plus 10am Cardio 11am News 1pm Puzzle 3pm Dominos	
20 9am Socialize 10am Zumba 11am News 1pm Art & Craft 3pm Dominos	21 9am Education 10am Yoga Seat 11am News 1pm Art & Craft 2pm Mancala 3pm Dominos	22 9am Art & Craft 11am News 1pm Streaching 2pm Board Games 3pm Dominos	23 9am Socialize 10am Art & Craft 1pm Calisthenic 2pm Bingo 3pm Dominos	24 9am Coffee & Plus 10am Cardio 11am News 1pm Kareoke 3pm Dominos	
27 9am Socialize 10am Zumba 11am News 1pm Art & Craft 3pm Dominos	28 9am Socialize 10am Yoga Seat 11am News 1pm Education 3pm Dominos	29 9am Art & Carft 11am News 1pm Streaching 2pm Education 3pm Bingo	30 9am Socialize 10am Art & Craft 1pm Calisthenic 2pm Education 3pm Cumpleaños		

SPECIAL EVENTS

Monday 6, 13, 20 y 27 Zumba Class with Norma Figueroa.

Thrusday 2, 9, 16, 23 y 30 Calisthenic Class with Norma Figueroa.

April 15 2026 @ 2pm Dr. Ruiz Topic: Healthy Gut Foods.

*Physical Exercises

*Social

*Arts & Crafts

*Educational



@imamedicalgroup