



Wellness Center: East Colonial

Address: 7714 East Colonial Dr, Orlando FL 32807

Phone Number: (407) 745-4581



Monday Tuesday Wednesday Thursday Friday

<p>1</p> <p>9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub</p>	<p>2</p> <p>9am GYM 10am Ejer Muscular 11am Arts & Craft 1pm Education 2pm Social 3pm Domino</p>	<p>3</p> <p>9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub</p>	<p>4</p> <p>9am GYM 10am Ejerc Muscular 11am Arts & Crafts 1pm Education 2pm T Social 3pm Domino</p>	<p>5</p> <p>9am Balance 10am T Social 11am Educacion 1pm Manualidad 2pm Karaoke 3pm Rummikub</p>
<p>8</p> <p>9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub</p>	<p>9</p> <p>9am GYM 10am Ejer Muscular 11am Arts & Crafts 1pm Education 2pm Social 3pm Domino</p>	<p>10</p> <p>9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub</p>	<p>11</p> <p>9am GYM 10am Ejerc Muscular 11am Arts & Crafts 1pm Education 2pm Social 3pm Domino</p>	<p>12</p> <p>9am Balance 10am Education 11am Arts & Crafts 1pm Super Bingo 2pm Karaoke 3pm Rummikub</p>
<p>15</p> <p>9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub</p>	<p>16</p> <p>9am Ejer Muscular 10am GYM 11am Arts & Crafts 1pm Education 2pm Social Time 3pm Domino</p>	<p>17</p> <p>9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub</p>	<p>18</p> <p>9am GYM 10am Ejerc Muscular 11am Arts & Crafts 1pm Education 2pm Social 3pm Domino</p>	<p>19</p> <p>9am Reflection 10am Social Time 11am-3pm Sharing Like a FATHER's DAY</p>
<p>22</p> <p>9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub</p>	<p>23</p> <p>9am GYM 10am Ejer Muscular 11am Arts & Crafts 1pm Education 2pm Social 3pm Domino</p>	<p>24</p> <p>9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub</p>	<p>25</p> <p>9am GYM 10am Ejerc Muscular 11am Education 1pm Arts & Crafts 2pm Social 3pm Domino</p>	<p>26</p> <p>9am Reflection 10am Work-Find's 11am-3pm Birthdays of the Month</p>
<p>29</p> <p>9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub</p>	<p>30</p> <p>9am GYM 10am Ejer Muscular 11am Arts 1pm Education 2pm Social 3pm Domino</p>	<p>*Physical Exercises *Social *Arts & Crafts *Educational</p>		

SPECIAL EVENTS

June 8, 12pm, To Become Younger though cells
By Ceci

June 12, 1:00pm
Super Bingo

June 16, 1:00pm: HES
By. Dra Lajara

June 18, 1:00pm: Vitas Healthcare
By, Golden Arches

June 19, 11am 3:00pm
Sharing like a Father's

June 25, 11 am Alzheimer
(Careplus)
By, Susana Vazq.

June 26, 11am 3:00pm
Birthdays of the Month
Music,Cake





Jun 2026

Centro de Bienestar: East Colonial

Dirección: 7714 East Colonial Dr, FL 32807

Teléfono: (407)745-4581



IMA

Medical Group

Lunes

Martes

Miercoles

Jueves

Viernes

9am Zumba 10am Total Body 11am Social 1pm Education 2pm Arts & Crafts 3pm Rummikub	9am GYM 10am Ejerc/Fuerza 11am Manualidad 1pm Educacion 2pm T Social 3pm Domino	9am Zumba 10am Total Body 11am T Social 1pm Educacion 2pm Tejer o Pintura 3pm Rummikub	9am GYM 10am Ejerc/Fuerza 11am Manualidad 1pm Educacion 2pm T Social 3pm Domino	9am Balance 10am T Social 11am Educacion 1pm Manualidad 2pm Karaoke 3pm Rummikub
9am Zumba 10am Total Body 11am Tiempo social 1pm Educacion 2pm Manualidad 3pm Rummikub	9am GYM 10am Ejerc/Fuerza 11am Manualidad 1pm Educacion 2pm T Social 3pm Domino	9am Zumba 10am Total Body 11am T Social 1pm Educacion 2pm Manualidad 3pm Rummikub	9am GYM 10am Ejerc/Fuerza 11am Manualidad 1pm Educacion 2pm T Social 3pm Domino	9am Balance 10am Educacion 11am Manualidad 1pm Super Bingo 2pm Karaoke 3pm Rummikub
9am Zumba 10am Total Body 11am Tiempo social 1pm Educacion 2pm Tejer 3pm Rummikub	9am Ejer Muscular 10am GYM 11am Manualidad 1pm Educacion 2pm T Social 3pm Domino	9am Zumba 10am Total Body 11am T Social 1pm Educacion 2pm Tejer 3pm Rummikub	9am Ejer Muscular 10am GYM 11am Manualidad 1pm Educacion 2pm Social Time 3pm Domino	9am Reflection 10am Social Time 11am-3pm Compartir de PADRES
9am Zumba 10am Total Body 11am Tiempo Social 1pm Educacion 2pm Manualidad 3pm Rummikub	9am GYM 10am Ejerc/Fuerza 11am Manualidad 1pm Educacion 2pm T Social 3pm Domino	9am Zumba 10am Total Body 11am T Social 1pm Educacion 2pm Manualidad 3pm Rummikub	9am GYM 10am Ejer/Muscular 11am Educacion 1pm Manualidad 2pm T Social 3pm Domino	9am Reflection 10am Work-Find's 11am-3pm Celebracion cumpl del Mes Junio
9am Zumba 10am Total Body 11am Tiempo Social 1pm Educacion 2pm Tejer 3pm Rummikub	9am GYM 10am Ejerc/Fuerza 11am Manualidad 1pm Educacion 2pm T Social 3pm Domino			

EVENTOS ESPECIALES

Junio 8, 12pm; Ponerse mas Joven por las Celulas.
By Ceci

Junio 12, 1:00pm; Super Bingo
2pm Karaoke

Junio 16, 1:00pm : HES
By: Dra Lajara

Junio 18; 1:00pm Vitas Healthcare
By Ancherin & Anie

Junio 19, 11am a 3pm
Compatir de Padre

June 25, 11am Alzheimer
(Caraplus)
By, Susana Vazq.

Junio 26 11am a 3pm
Celebracion de
Cumpleaños del mes
Musica, Cake

- *Ejercicios
- *Social
- *Manualidades
- *Educatonal



@imamedicalgroup