



Wellness Center: BVL

Address: 1044 Plaza Drive Kissimmee FL 34743

Phone Number: 407 917-6413



Monday Tuesday Wednesday Thursday Friday

<p>9am Coffee 10am Cardio 11am Puzzle 1pm Bingo 2pm Reading 3pm Dominos</p> <p>1</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Zumba 2pm Reading 3pm Domino</p> <p>2</p>	<p>9am Coffee 10am Cardio 11am Art and Craft 1pm Games 2pm Educational 3pm Dominos</p> <p>3</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Zumba 2pm Educational 3pm Dominos</p> <p>4</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Bingo 2pm Party 3pm Dominos</p> <p>5</p>
<p>9am Coffee 10am Cardio 11am Puzzle 1pm Bingo 2pm Reading 3pm Dominos</p> <p>8</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Zumba 2pm Reading 3pm Domino</p> <p>9</p>	<p>9am Coffee 10am Cardio 11am Art and Craft 1pm Games 2pm Educational 3pm Dominos</p> <p>10</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Zumba 2pm Educational 3pm Dominos</p> <p>11</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Bingo 2pm Karaoke 3pm Dominos</p> <p>12</p>
<p>9am Coffee 10am Cardio 11am Puzzle 1pm Bingo 2pm Reading 3pm Dominos</p> <p>15</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Zumba 2pm Reading 3pm Domino</p> <p>16</p>	<p>9am Coffee 10am Cardio 11am Art and Craft 1pm Games 2pm Educational 3pm Dominos</p> <p>17</p>	<p>9am Coffee 10am Cardio 12pm HES 1pm Zumba 3pm Dominos</p> <p>18</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Bingo 2pm Karaoke 3pm Dominos</p> <p>19</p>
<p>9am Coffee 10am Cardio 11am Puzzle 1pm Bingo 2pm Reading 3pm Dominos</p> <p>22</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Zumba 2pm Reading 3pm Domino</p> <p>23</p>	<p>9am Coffee 10am Cardio 11am Art and Craft 1pm Games 2pm Vitas 3pm Dominos</p> <p>24</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Zumba 2pm Educational 3pm Dominos</p> <p>25</p>	<p>9am Coffee 10am Karaoke 11am-3pm Birthday's Celebration</p> <p>26</p>
<p>9am Coffee 10am Cardio 11am Puzzle 1pm Bingo 2pm Reading 3pm Dominos</p> <p>29</p>	<p>9am Coffee 10am Cardio 11am Puzzle 1pm Zumba 2pm Reading 3pm Domino</p> <p>30</p>	<p>*Physical Exercises *Social *Arts & Crafts *Educational</p>		

SPECIAL EVENTS

- Jun 5 2:00 p m Summer Party
- Jun 18 - 12:00 pm Health Education Series: Brain health & Aging: Memory & Cognition by Dr. Pinero
- Jun 24 2:00pm Talking about Osteoporosis with Vitas
- Jun 26 - Birthday's Celebration



@imamedicalgroup



Jun 2026

Centro de Bienestar: BVL

Dirección: 1044 Plaza Drive Kissimmee, FL 34743

Teléfono: 407- 917-6413



IMA

Medical Group

Lunes

Martes

Miercoles

Jueves

Viernes

9am Café 10am Cardio 11am Rompecabezas 1pm Bingo 2pm Lectura 3pm Dominos	1	9am Cafe 10am Cardio 11am Rompecabezas 1pm Zumba 2pm Lectura 3pm Dominos	2	9am Café 10am Cardio 11amManualidad 1pm Juegos 2pmEducatonal 3pm Dominos	3	9am Café 10am Cardio 11amRompecabezas 1pm Zumba 2pm Educatonal 3pm Dominos	4	9am Café 10am Cardio 11am Rompecabezas 1pmBingo 2pm Fiesta 3pm Dominos	5
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EVENTOS ESPECIALES

Jun 5- 2: pm Fiesta De Verano

Jun 18- Serie Educatonal Salud Cerebral y envejecimiento con Dr. Pinero

Jun 24- 2:00 m Educación con Vitas: Hablando sobre la Osteroporosis

Jun 26 - Celebración de Cumpleaños

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



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