



# AUG2026

Wellness Center: **SANFORD OFFICE**

Address: 2432 S French Ave., Sanford, FL 32771

Phone number: 407-768-4464



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

|                                                                                                                                                            |                                                                                                                                                                |                                                                                                                                                          |                                                                                                                                                                 |                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>9am <b>30 walks</b><br>10am <b>Stretching</b><br>11am <b>Relaxing</b><br>1pm <b>Paint</b><br>2pm <b>Rummikub</b><br>3pm <b>Dominos</b>         | <b>4</b><br>9am <b>Get moving</b><br>10am <b>Stress out</b><br>11am <b>Coffee Time</b><br>1pm <b>Relaxing</b><br>2pm <b>Paint canvas</b><br>3pm <b>Dominos</b> | <b>5</b><br>9am <b>30 steps</b><br>10am <b>Crochet</b><br>11am <b>Tea time</b><br>1pm <b>Play Cards</b><br>2pm <b>Singing</b><br>3pm <b>Dance</b>        | <b>6</b><br>9am <b>Stress out</b><br>10am <b>Stretching</b><br>11am <b>Coffee Time</b><br>1pm <b>Walking</b><br>2pm <b>BINGO</b><br>3pm <b>Relaxing</b>         | <b>7</b><br>9am <b>Get moving</b><br>10am <b>Stress Out</b><br>11am <b>Yoga Class</b><br>1pm <b>Rummikub</b><br>2pm <b>Coloring break</b>                |
| <b>10</b><br>9am <b>30 Steps</b><br>10am <b>Stretching</b><br>11am <b>Relaxing</b><br>1pm <b>Rummikub</b><br>2pm <b>Dominos</b><br>3pm <b>Coffee time</b>  | <b>11</b><br>9am <b>Stress out</b><br>10am <b>Exercises</b><br>11am <b>Tea Time</b><br>1pm <b>Trouble</b><br>2pm <b>Play Cards</b><br>3pm <b>Dominos</b>       | <b>12</b><br>9am <b>Get Moving</b><br>10am <b>30 steps</b><br>11am <b>Coffee Time</b><br>1pm <b>Rummikub</b><br>2pm <b>Dance</b><br>3pm <b>Dominos</b>   | <b>13</b><br>9am <b>Get moving</b><br>10am <b>Art &amp; Craft</b><br>11am <b>Relaxing</b><br>1pm <b>Monopolio</b><br>2pm <b>Stop Game</b><br>3pm <b>Puzzle</b>  | <b>14</b><br>9am <b>30 Steps</b><br>10am <b>Stress Out</b><br>11am <b>Zumba Class</b><br>1pm <b>UNO</b><br>3pm <b>Trouble</b><br>3pm <b>Play Cards</b>   |
| <b>17</b><br>9am <b>50 Steps</b><br>10am <b>Stretching</b><br>11am <b>Dumbbell</b><br>1pm <b>Puzzle</b><br>2pm <b>Rummikub</b><br>3pm <b>Dominos</b>       | <b>18</b><br>9am <b>Get moving</b><br>10am <b>Exercises</b><br>11am <b>Dumbbell</b><br>1pm <b>Guess Who?</b><br>2pm <b>Tea Time</b><br>3pm <b>Dominos</b>      | <b>19</b><br>9am <b>Get moving</b><br>10am <b>Dumbbell</b><br>11am <b>Relaxing</b><br>1pm <b>Guess Who?</b><br>2pm <b>Rummikub</b><br>3pm <b>Dominos</b> | <b>20</b><br>9am <b>30 steps</b><br>10am <b>Painting</b><br>11am <b>Crochet</b><br>1pm <b>Relaxing</b><br>2pm <b>Monopolio</b><br>3pm <b>Stop Game</b>          | <b>21</b><br>9am <b>30 steps</b><br>10am <b>Yoga Class</b><br>11am <b>HES</b><br>1pm <b>HES</b><br>2pm <b>BINGO</b><br>3pm <b>Relaxing</b>               |
| <b>24</b><br>9am <b>Stress Out</b><br>10am <b>Get Moving</b><br>11am <b>Relaxing</b><br>1pm <b>Dominos</b><br>2pm <b>Rummikub</b><br>3pm <b>Play cards</b> | <b>25</b><br>9am <b>Stress out</b><br>10am <b>Conference with Fire Department of Sanford about Hurcan Season</b>                                               | <b>26</b><br>9am <b>50 steps</b><br>10am <b>Exercises</b><br>11am <b>Coffee Time</b><br>1pm <b>Puzzle</b><br>2pm <b>Play cards</b><br>3pm <b>Dominos</b> | <b>27</b><br>9am <b>Get moving</b><br>10am <b>Stress out</b><br>11am <b>Coffee Time</b><br>1pm <b>Tumble tower</b><br>2pm <b>Dominos</b><br>3pm <b>Relaxing</b> | <b>28</b><br>9am <b>Walking</b><br>10am <b>Stress Out</b><br>11am <b>Zumba Class</b><br>1pm <b>Relaxing</b><br>2pm <b>Painting</b><br>3pm <b>Dominos</b> |
| <b>31</b><br>9am <b>Get moving</b><br>10am <b>Exercises</b><br>11am <b>Relaxing</b><br>1pm <b>Puzzle</b><br>2pm <b>Monopolio</b><br>3pm <b>Coffee Time</b> |                                                                                                                                                                |                                                                                                                                                          |                                                                                                                                                                 |                                                                                                                                                          |

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



## SPECIAL EVENTS

August 21, 2026- Healthcare Education Series Pain Management 101 with Dra. Dilcia Hernandez at 11- 12 am

August 25, 2026- Conference with Fire Department of Sanford 10-12 about Huracan Season



@imamedicalgroup



# AGO 2026

Centro de Bienestar: **SANFORD OFFICE**

Dirección: 2432 S French Ave., Sanford, FL 32771

Teléfono: 407X-768-4464



**LUNES**

**MARTES**

**MIÉRCOLES**

**JUEVES**

**VIERNES**

|                                                                                                                           |                                                                                                                                      |                                                                                                                            |                                                                                                                               |                                                                                                                           |
|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <p>3</p> <p>9am 30 Pasos<br/>10am Estirarse<br/>11am Relajarse<br/>1pm Pintar<br/>2pm Rummikub<br/>3pm Dominos</p>        | <p>4</p> <p>9am Muevete<br/>10am Fuera Stress<br/>11am Hora Cafe<br/>1pm Relajados<br/>2pm Pintar Canvas<br/>3pm Dominos</p>         | <p>5</p> <p>9am 30 Pasos<br/>10am Tejidos<br/>11am Hora del Te<br/>1pm Juego Carta<br/>2pm Cantar<br/>3pm Bailar Salsa</p> | <p>6</p> <p>9am Ejercitarse<br/>10am Estirarse<br/>11am Hora Cafe<br/>1pm Caminando<br/>2pm BINGO<br/>3pm Relajarnos</p>      | <p>7</p> <p>9am Muevete Mas<br/>10am Fuera Stress<br/>11am Clase Yoga<br/>1pm Rummikub<br/>2pm Hora Colorear</p>          |
| <p>10</p> <p>9am 30 Pasos<br/>10am Estirarse<br/>11am Relajados<br/>1pm Rummikub<br/>2pm Dominos<br/>3pm Hora Cafe</p>    | <p>11</p> <p>9am Fuera Stress<br/>10am Ejercicios<br/>11am Hora del Te<br/>1pm Juego Trouble<br/>2pm Juego Carta<br/>3pm Dominos</p> | <p>12</p> <p>9am Muevete<br/>10am 30 Pasos<br/>11am Hora Cafe<br/>1pm Rummikub<br/>2pm Bailar<br/>3pm Dominos</p>          | <p>13</p> <p>9am Muevete<br/>10am Artes Grafica<br/>11am Relajados<br/>1pm Monopolio<br/>2pm Juego Parar<br/>3pm "Puzzle"</p> | <p>14</p> <p>9am 30 Pasos<br/>10am Fuera Stress<br/>11am Zumba<br/>1pm Juego UNO<br/>2pm Trouble<br/>3pm Juego Carta</p>  |
| <p>17</p> <p>9am 50 Pasos<br/>10am Estirarse<br/>11am 5 lb Pesa<br/>1pm "Puzzle"<br/>2pm Rummikub<br/>3pm Dominos</p>     | <p>18</p> <p>9am Muevete<br/>10am Ejercicios<br/>11am 5 lb Pesas<br/>1pm Guess Who?<br/>2pm Hora del Te<br/>3pm Dominos</p>          | <p>19</p> <p>9am Muevete<br/>10am 5 lb Pesas<br/>11am Relajados<br/>1pm Guess Who?<br/>2pm Rummikub<br/>3pm Dominos</p>    | <p>20</p> <p>9am 30 Pasos<br/>10am Pintando<br/>11am Tejidos<br/>1pm Relajados<br/>2pm Monopolio<br/>3pm "Puzzle"</p>         | <p>21</p> <p>9am 30 Pasos<br/>10am Clase Yoga<br/>11am HES<br/>1pm HES<br/>2pm<br/>3pm</p>                                |
| <p>24</p> <p>9am Ejercitarse<br/>10am Muevete<br/>11am Relajados<br/>1pm Dominos<br/>2pm Rummikub<br/>3pm Juego Carta</p> | <p>25</p> <p>9am Ejercitarse<br/>10am Charla con Departamento de Bomberos Tema epoca de huracanes</p>                                | <p>26</p> <p>9am 50 Pasos<br/>10am Ejercicios<br/>11am Hora Cafe<br/>1pm "Puzzle"<br/>2pm Juego Carta<br/>3pm Dominos</p>  | <p>27</p> <p>9am Muevete<br/>10am Ejercitarse<br/>11am Hora Cafe<br/>1pm Armar Torres<br/>2pm Dominos<br/>3pm Relajados</p>   | <p>28</p> <p>9am Camina aqui<br/>10am Relajate<br/>11am Zumba Clase<br/>1pm Relajate<br/>2pm Pintando<br/>3pm Dominos</p> |
| <p>31</p> <p>9am Muevete<br/>10am Ejercicios<br/>11am Relajados<br/>1pm "Puzzle"<br/>2pm Monopolio<br/>3pm Hora Cafe</p>  |                                                                                                                                      |                                                                                                                            |                                                                                                                               |                                                                                                                           |



## EVENTOS ESPECIALES

Agosto 21, 2026- Educacion en serie de salud sobre manejo del dolor con la Dra. Dilcia Hernandez de 11-12am

Agosto 25, 2026- Conferencia con el Departamento de Fuego de Sanford de 10-12am sobre Epoca de Huracanes

\*Ejercicios

\*Social

\*Manualidades

\*Educativa



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