



AUG 2026

Wellness Center: **BVL**

Address: 1044 Plaza Drive, Kissimmee FL 34743

Phone number:



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 9amCoffee Time 10amCardio 11amSocial 1pmBingo 2pmPuzzles 3pmDominoes	4 9amCoffee Time 10amCardio 11amSocial 1pmZumba 2pmReading 3pmDominoes	5 9amCoffee Time 10amCardio 11amArt and Crafts 1pmEducational 2pmKaraoke 3pmDominoes	6 9amCoffee Time 10amCardio 11amSocial 1pmZumba 2pmSTOP 3pmDominoes	7 9amCoffee Time 10amCardio 11amSocial 1pmBingo 2pmKaraoke 3pmDominoes
10 9amCoffee Time 10amCardio 11amSocial 1pmBingo 2pmPuzzles 3pmDominoes	11 9amCoffee Time 10amCardio 11amSocial 1pmZumba 2pmReading 3pmDominoes	12 9amCoffee Time 10amCardio 11amArt and Crafts 1pmEducational 2pmKaraoke 3pmDominoes	13 9amCoffee Time 10amCardio 11amSocial 1pmZumba 2pmSTOP 3pmDominoes	14 9amCoffee Time 10amCardio 11amSocial 1pmBingo 2pmKaraoke 3pmDominoes
17 9amCoffee Time 10amCardio 11amSocial 1pmBingo 2pmPuzzles 3pmDominoes	18 9amCoffee Time 10amCardio 11amSocial 1pmZumba 2pmReading 3pmDominoes	19 9amCoffee Time 10amCardio 11amArt and Crafts 1pmEducational 2pmKaraoke 3pmDominoes	20 9amCoffee Time 10amCardio 11amSocial 1pmZumba 2pmSTOP 3pmDominoes	21 9amCoffee Time 10amCardio 11am Mega Bingo and Birthday's Celebration
24 9amCoffee Time 10amCardio 11amSocial 1pmBingo 2pmPuzzles 3pmDominoes	25 9amCoffee Time 10amCardio 11amSocial 1pmZumba 2pmReading 3pmDominoes	26 9amCoffee Time 10amCardio 11amArt and Crafts 1pmEducational 2pmKaraoke 3pmDominoes	27 9amCoffee Time 10amCardio 11amSocial 1pmZumba 2pmSTOP 3pmDominoes	28 9amCoffee Time 10amCardio 11amSocial 1pmBingo 2pmKaraoke 3pmDominoes
31 9amCoffee Time 10amCardio 11amSocial 1pmBingo 2pmPuzzles 3pmDominoes				

*Physical Exercises
 *Social
 *Arts & Crafts
 *Educational



SPECIAL EVENTS

Aug-21 at 11:00am
 Birthday's Celebration
 and Mega Bingo

*We play Dominoes all day when we don't have class.

*Call -407-350-5659 For appointments with a stylist



@imamedicalgroup



AGO 2026

Centro de Bienestar: **BVL**

Dirección: 1044 Plaza Drive, Kissimmee FL 34743

Teléfono: 407-350-5659



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

3 9am Cafecito 10am Cardio 11am Social 1pm Bingo 2pm Rompecabeza 3pm Dominos	4 9am Cafecito 10am Cardio 11am Social 1pm Zumba 2pm Lectura 3pm Dominos	5 9am Cafecito 10am Cardio 11am Manualidad 1pm Educativa 2pm Karaoke 3pm Dominos	6 9am Cafecito 10am Cardio 11am Social 1pm Zumba 2pm PARE 3pm Dominos	7 9am Cafecito 10am Cardio 11am Social 1pm Bingo 2pm Karaoke 3pm Dominos
10 9am Cafecito 10am Cardio 11am Social 1pm Bingo 2pm Rompecabeza 3pm Dominos	11 9am Cafecito 10am Cardio 11am Social 1pm Zumba 2pm Lectura 3pm Dominos	12 9am Cafecito 10am Cardio 11am Manualidad 1pm Educativa 2pm Karaoke 3pm Dominos	13 9am Cafecito 10am Cardio 11am Social 1pm Zumba 2pm PARE 3pm Dominos	14 9am Cafecito 10am Cardio 11am Social 1pm Bingo 2pm Karaoke 3pm Dominos
17 9am Cafecito 10am Cardio 11am Social 1pm Bingo 2pm Rompecabeza 3pm Dominos	18 9am Cafeito 10am Cardio 11am Social 1pm Zumba 2pm Lectura 3pm Dominos	19 9am Cafecito 10am Cardio 11am Manualidad 1pm Educativa 2pm Karaoke 3pm Dominos	20 9am Cafecito 10am Cardio 11am Social 1pm Zumba 2pm PARE 3pm Dominos	21 9am Cafecito 10am Cardio 11am Social 1pm Mega Bingo 2pm Cumple 3pm Dominos
24 9am Cafecito 10am Cardio 11am Social 1pm Bingo 2pm Rompecabeza 3pm Dominos	25 9am Cafecito 10am Cardio 11am Social 1pm Zumba 2pm Lectura 3pm Dominos	26 9am Cafecito 10am Cardio 11am Manualidad 1pm Educativa 2pm Karaoke 3pm Dominos	27 9am Cafecito 10am Cardio 11am Social 1pm Zumba 2pm PARE 3pm Dominos	28 9am Cafeito 10am Cardio 11am Social 1pm Bingo 2pm Karaoke 3pm Dominos
31 9am Cafecito 10am Cardio 11am Social 1pm Bingo 2pm Rompecabeza 3pm Dominos				



EVENTOS ESPECIALES

Agosto 21-11:00am
Mega Bingo y
Celebracion de
Cumpleanos

*Para cita con la Estilista
407-350-5659

*Se puede jugar Dominos a
cualquier hora y usar las maquinas
de ejercicios mientras no tengamos
charlas Educativas.

*Ejercicios

*Social

*Manualidades

*Educativa



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