



OCT 2026

Wellness Center: **ST CLOUD**

Address: 1495 Budinger Ave. ST Cloud, FL 34769

Phone number: 407 593- 9890



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			9am Exercise 10am Jewelry 11am Lunch 1pm Word-Find 2pm Socialize 3pm Coffee Time	9am Dance 10am Karaoke 11am Lunch 1pm Bingo 2pm Rummikub 3pm Coffee Time
9am Motivational Talk 10am Socialize 11am Zumba 1pm Handicraft 2pm Domino 3pm Coffee Time	9am Tai Chi 10am Handicrafts 11am Lunch 12:30pm-2:30pm A Matter of balance 3pm Coffee time	9am Exercise 10am Painting 11am Lunch 1pm Rummikub 2pm Coloring 3pm Coffee Time	9am Exercise 10am Jewelry 11am Lunch 12:30pm-2:30pm A Matter of balance 3pm Coffee Time	9am Dance 10am Karaoke 11am Lunch 1pm-3pm Mega Bingo
9am Excercise 10am Motivational Talk 11am-3pm Hispanic Day Celebration	9am Tai Chi 10am Handicrafts 11am Lunch 12:30pm-2:30pm A Matter of balance 3pm Coffee Time	9am Exercise 10am Painting 11am Lunch 1pm Rummikub 2pm Coloring 3pm Coffee Time	9am Exercise 10am Jewelry 11am Lunch 1pm HES 2pm Socialize 3pm Coffee Time	9am Dance 10am Karaoke 11am Lunch 1pm Bingo 2pm Rummikub 3pm Coffee Time
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SPECIAL EVENTS

Oct 5 11:00 am Zumba

Oct Managing The fear Falling Series:
6,8,13,20,22,27 & 29

Oct 9 1:00pm Mega Bingo

Oct 12 Hispanic Heritage Celebration

Oct 15 1:00pm Health Education
Series: Mental Health & Aging:
Emotional Wellness by
Dr. Osvaldo Aviles

Oct 26 11:00am Zumba

Oct 28 11:00am Education by Vitas

Oct 30 Birthday's Celebration

*Physical Exercises

*Social

*Arts & Crafts

*Educational



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Centro de Bienestar: St cloud

Dirección: 1495 Budinger Ave. ST Cloud, FL34769

Teléfono: 407 593-9890



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES



EVENTOS ESPECIALES

Oct 5 11:00am Zumba

Oct Controlando El Temor a las Caidas Serie:6,8,13,20,22,27&29

Oct 9 1:00pm Mega Bingo

Oct 12 Celebración de la Herencia Hispana

Oct 15 1:00pm Serie de Educación Salud Mental & Envejecimiento: Bienestar Emocional Por el Dr. Osvaldo Aviles

Oct 26 11:00am Zumba

Oct 28 11:00am Educación por Vitas

Oct 30 Celebracion de Cumpleaños

*Ejercicios

*Social

*Manualidades

*Educativa

9am **Charla Motivadora**
10am **Socializar**
11am **Zumba**
1pm **Manualidades**
2pm **Domino**
3pm **Hora del Café**

9am **Tai Chi**
10am **Manualidades**
11am **Merienda**
12:30pm-2:30pm **Un Asunto de Equilibrio**
3pm **Hora del Café**

9am **Ejercicios**
10am **Pintura**
11am **Merienda**
1pm **Rummikub**
2pm **Colorear**
3pm **Hora del Café**

9am **Ejercicios**
10am **Joyeria**
11am **Merienda**
12:30pm-2:30pm **Un Asunto de Equilibrio**
3pm **Hora del Café**

9am **A Bailar**
10am **Karaoke**
11am **Merienda**
1pm-3pm **Mega Bingo**

9am **Ejercicios**
10am **Charla Motivadora**
11am-1pm **Celebración del día de la Hispanidad**

9am **Tai Chi**
10am **Manualidades**
11am **Merienda**
12:30pm-2:30pm **Un Asunto de Equilibrio**
3pm **Hora del Café**

9am **Ejercicios**
10am **Pintura**
11am **Merienda**
1pm **Rummikub**
2pm **Colorear**
3pm **Hora del Café**

9am **Ejercicios**
10am **Joyeria**
11am **Merienda**
1pm **HES**
2pm **Socializar**
3pm **Hora del Café**

9am **A Bailar**
10am **Karaoke**
11am **Merienda**
1pm **Bingo**
2pm **Rummikub**
3pm **Hora del Café**

Cerrado

9am **Tai Chi**
10am **Manualidades**
11am **Merienda**
12:30pm-2:30pm **Un Asunto de Equilibrio**
3pm **Hora del Café**

9am **Ejercicios**
10am **Pintura**
11am **Merienda**
1pm **Rummikub**
2pm **Colorear**
3pm **Hora del Café**

9am **Ejercicios**
10am **Joyeria**
11am **Merienda**
12:30pm-2:30pm **Un Asunto de Equilibrio**
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11am **Merienda**
1pm **Bingo**
2pm **Rummikub**
3pm **Hora del Café**

9am **Charla Motivadora**
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3pm **Hora del Café**

9am **Ejercicios**
10am **Pintura**
11am **Educación**
1pm **Rummikub**
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3pm **Hora del Café**

9am **A Bailar**
10am **Karaoke**
11am **Merienda**
1pm-3pm **Celebración de Cumpleaños**



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