



# METRO

HEALTH OF EAST ORLANDO  
Dedicated Primary Care for Seniors

# 20+





PROUDLY SERVING  
ORLANDO FOR  
OVER 20 YEARS

# APRIL 2026 FREE EVENTS

## CALL NOW TO RSVP 407-803-4622

SE HABLA ESPAÑOL

## 10025 East Colonial Drive Orlando, FL 32817

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Silver Sneakers WEEKLY EXERCISE CLASSES BY SILVER SNEAKERS	 NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!	1 ZUMBA AT 10 AM TAI CHI AT 11AM	2 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	3 CHAIR YOGA AT 10AM LINE DANCING AT 11AM
6 TAI CHI/QIGONG AT 11AM	7 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	8 ZUMBA AT 10 AM TAI CHI AT 11AM	9 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	10 CHAIR YOGA AT 10AM LINE DANCING AT 11AM
13  TAI CHI/QIGONG FOR PARKINSON'S AT 11AM	14 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	15 K2 MEMORY SCREENINGS ZUMBA AT 10 AM TAI CHI AT 11AM MEDICATION SAFETY SEMINAR AT 12:30PM	16 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	17 CHAIR YOGA AT 10AM LINE DANCING AT 11AM CRAFTY CORNER: CLARITY IN YOUR VISION BOARDS AT 1:00PM
20 TAI CHI/QIGONG AT 11AM  NUTRITION CLASS AT 12:30PM	21 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	22 ZUMBA AT 10 AM TAI CHI AT 11AM	23 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	24 CHAIR YOGA AT 10AM LINE DANCING AT 11AM
27 TAI CHI/QIGONG AT 11AM	28 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	29 ZUMBA AT 10 AM TAI CHI AT 11AM	30 LINE DANCING AT 10AM SNEAKERS CLASSIC AT 11AM	