



# METRO

HEALTH OF EAST ORLANDO  
Dedicated Primary Care for Seniors

# 20+

PROUDLY SERVING  
ORLANDO FOR  
OVER 20 YEARS

## JUNE 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
1 <b>LINE DANCING</b> AT 10AM <b>TAI CHI/QIGONG</b> AT 11AM	2 <b>SNEAKERS</b> <b>CLASSIC AT 10AM</b> <b>CHAIR YOGA</b> AT 11AM	3 <b>ZUMBA AT 10 AM</b> <b>TAI CHI AT 11AM</b>	4 <b>SNEAKERS</b> <b>CLASSIC AT 10AM</b> <b>CHAIR YOGA</b> AT 11AM	5
8 <b>LINE DANCING</b> AT 10AM <b>TAI CHI/QIGONG</b> AT 11AM	9 <b>SNEAKERS</b> <b>CLASSIC AT 10AM</b> <b>CHAIR YOGA</b> AT 11AM	10 <b>ZUMBA AT 10 AM</b> <b>TAI CHI AT 11AM</b>	11 <b>SNEAKERS</b> <b>CLASSIC AT 10AM</b> <b>CHAIR YOGA</b> AT 11AM	12
15 <b>LINE DANCING</b> AT 10AM <b>TAI CHI/QIGONG</b> AT 11AM	16 <b>SNEAKERS</b> <b>CLASSIC AT 10AM</b> <b>CHAIR YOGA</b> AT 11AM	17  <b>MEDICAL</b> <b>RESEARCH</b> K2 MEMORY SCREENINGS <b>ZUMBA AT 10 AM</b> <b>TAI CHI AT 11AM</b>	18 <b>SNEAKERS</b> <b>CLASSIC AT 10AM</b> <b>CHAIR YOGA</b> AT 11AM	19
22 <b>LINE DANCING</b> AT 10AM <b>TAI CHI/QIGONG</b> AT 11AM	23 <b>SNEAKERS</b> <b>CLASSIC AT 10AM</b> <b>CHAIR YOGA</b> AT 11AM	24 <b>ZUMBA AT 10 AM</b> <b>TAI CHI AT 11AM</b>	25 <b>SNEAKERS</b> <b>CLASSIC AT 10AM</b> <b>CHAIR YOGA</b> AT 11AM	26
29 <b>LINE DANCING</b> AT 10AM <b>TAI CHI/QIGONG</b> AT 11AM	30 <b>SNEAKERS</b> <b>CLASSIC AT 10AM</b> <b>CHAIR YOGA</b> AT 11AM		NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!	 WEEKLY EXERCISE CLASSES BY SILVER SNEAKERS