



SEPTEMBER 2026 - EVENT CALENDAR - JOIN US !

Monday

Tuesday

Wednesday

Thursday

Friday

	1  ZUMBA 10 AM	2  YOGA 10 AM	3  PARTY TIME 10 AM	4 
7 	8  ZUMBA 10 AM	9  YOGA 10 AM	10  CEREMONY TIME 10 AM	11 
14 	15  ZUMBA 10 AM	16  YOGA 10 AM	17  PARTY TIME 10 AM	18 
21 	22  ZUMBA 10 AM	23  YOGA 10 AM	24  PARTY TIME 10 AM	25 
28 	29  ZUMBA 10 AM	30  YOGA 10 AM		

HAINES CITY LOCATION



Our purpose is to provide a healthy, safe and fun environment for our Florida Seniors to encourage and promote happiness, good health and well-being through physical and mental activities. Food, music, raffles & prizes!

To View All Our Locations
Visit: [MedFloridaWellness.com](https://www.MedFloridaWellness.com)



NEED
TRANSPORTATION?
ANY QUESTIONS?

Call Us: 863-677-7288

OUR ADDRESS:

175 PATTERSON RD
HAINES CITY, FL. 33844.

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME IF YOU ARE SICK





HAPPY LABOR DAY!

PARTY TIME!

*Let's celebrate
the hard work and enjoy
great company!*

FRIDAY
SEPTEMBER
4, 2026

PARTY STARTS AT
10:00 AM

- ★ Music & Fun
- ★ Games & Activities
- ★ Raffles & Prizes
- ★ Healthy Snacks & Refreshments

HEALTHY
SNACKS
WILL BE
SERVED!

 Event for Seniors

 407-444-1456

 TRANSPORTATION
AVAILABLE FOR
SENIORS



PATRIOT DAY

We Remember

CEREMONY TIME

FRIDAY
SEPTEMBER
11, 2026

PARTY STARTS AT
10:00 AM

- ★ Moment of Reflection
- ★ Community & Unity
- ★ Patriotic Music
- ★ Honoring Our Heroes

HEALTHY
SNACKS
WILL BE
SERVED!

 Event for Seniors

 407-444-1456

 TRANSPORTATION
AVAILABLE FOR
SENIORS



Welcome FALL

PARTY TIME!

*A new season,
a new experience!*

FRIDAY
SEPTEMBER
18, 2026

PARTY STARTS AT
10:00 AM

- ★ Fall Music & Fun
- ★ Games & Activities
- ★ Raffles & Prizes
- ★ Healthy Snacks & Refreshments

HEALTHY
SNACKS
WILL BE
SERVED!

 Event for Seniors

 407-444-1456

 TRANSPORTATION
AVAILABLE FOR
SENIORS



HAPPY BIRTHDAY!

PARTY TIME!

*Let's celebrate you
and another amazing year!*

FRIDAY
SEPTEMBER
25, 2026

PARTY STARTS AT
10:00 AM

- ♥ Birthday Celebrations
- ♥ Music & Fun
- ♥ Games & Activities
- ♥ Raffles & Prizes
- ♥ Healthy Snacks & Refreshments

HEALTHY
SNACKS
WILL BE
SERVED!

 Event for Seniors

 407-444-1456

 TRANSPORTATION
AVAILABLE FOR
SENIORS