

















AUGUST 2025 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 EVENT PREP DAY
4  NUTRITION CLASS 9:00AM -1:00PM	5  ARTS AND CRAFTS 9:00AM - 11:30AM	6  EXERCISE YOUR MIND 9:00AM - 11:30AM	7  Colombia Tierra Querida 9:00AM -1:00PM	8 EVENT PREP DAY
11  ZUMBA CLASS 9:00AM -1:00PM	12  ARTS AND CRAFTS 9:00AM - 11:30AM	13  EXERCISE YOUR MIND 9:00AM - 11:30AM	14  NEON DAY 9:00AM -1:00PM	15 EVENT PREP DAY
18  NUTRITION CLASS 9:00AM -1:00PM	19  ARTS AND CRAFTS 9:00AM - 11:30AM	20  EXERCISE YOUR MIND 9:00AM - 11:30AM	21  KARAOKE 9:00AM -1:00PM	22 EVENT PREP DAY
25  ZUMBA CLASS 9:00AM -1:00PM	26  ARTS AND CRAFTS 9:00AM -1:00PM	27  EXERCISE YOUR MIND 9:00AM -1:00PM	28  HAPPY BIRTHDAY TO YOU! 9:00AM -1:00PM	29 EVENT PREP DAY

PSL East 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: (561) 634-5605

OUR ADDRESS:

9109 S. US 1 Highway,
Suite 103,
Port St. Lucie FL, 34952

IMPORTANT INFORMATION FOR THOSE ATTENDING



**STAY HOME
IF SICK**



**WEAR
A MASK**



**STAY
6FT APART**



**WASH
HANDS**

MEDICARE RECIPIENTS LEARN MORE ABOUT:

**PRIMARY CARE
MEDICAL CENTER**



**PHARMACY: FREE RX
HOME DELIVERY***



**FREE FUN WEEKLY
EVENTS: FOOD,
DANCING & MORE***



**WALK-IN URGENT CARE
CENTER**



**WATCH FREE CLASSIC
MOVIES ON THE
WEEKEND &
GENERAL
INFO WEEKDAYS**



MEDFLORIDA.TV

**SOCIAL SERVICES: FREE
APPLICATION HELP**



EN ESPAÑOL



**SCAN THE CODE TO SEE THESE
OPTIONS ON YOUR PHONE**

OR VISIT ONLINE:
medflorida.info/well

**ESCANEE EL CÓDIGO PARA
VER ESTAS OPCIONES EN SU
TELÉFONO**

O VISITE PAGINA WEB:
medflorida.info/bien



***FOR MEDICARE
RECIPIENTS**

Questions? Please call: (561) 634-5605