

# JANUARY 2026 - EVENT CALENDAR - JOIN US!

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
|  |   |  | 1<br><b>CLOSED</b><br>FOR<br><b>NEW YEARS</b>   | 2<br>Happy<br>New Year  |
| 5<br><br><b>NUTRITION CLASS</b><br>9:00AM -1:00PM   | 6<br><br><b>ARTS AND CRAFTS</b><br>9:00AM -1:00PM    | 7<br><br><b>EXERCISE YOUR MIND</b><br>9:00AM -1:00PM    | 8<br><br><b>Welcome 2026</b><br>9:00AM -1:00PM      | 9<br>    |
| 12<br><br><b>ZUMBA CLASS</b><br>9:00AM -1:00PM      | 13<br><br><b>ARTS AND CRAFTS</b><br>9:00AM -1:00PM   | 14<br><br><b>EXERCISE YOUR MIND</b><br>9:00AM -1:00PM   | 15<br><br><b>PAJAMA PARTY</b><br>9:00AM -1:00PM     | 16<br>   |
| 19<br><br><b>NUTRITION CLASS</b><br>9:00AM -1:00PM | 20<br><br><b>ARTS AND CRAFTS</b><br>9:00AM -1:00PM  | 21<br><br><b>EXERCISE YOUR MIND</b><br>9:00AM -1:00PM  | 22<br><br><b>MLK DAY</b><br>9:00AM -1:00PM         | 23<br>  |
| 26<br><br><b>ZUMBA CLASS</b><br>9:00AM -1:00PM    | 27<br><br><b>ARTS AND CRAFTS</b><br>9:00AM -1:00PM | 28<br><br><b>EXERCISE YOUR MIND</b><br>9:00AM -1:00PM | 29<br><br><b>HAPPY BIRTHDAY</b><br>9:00AM -1:00PM | 30<br> |

## 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](http://medflorida.info/well)

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

**O VISITE PAGINA WEB:**  
[medflorida.info/bien](http://medflorida.info/bien)



**\*FOR MEDICARE  
RECIPIENTS**

**Questions? Please call: (561) 634-5605**