

# SEPTEMBER 2025 - EVENT CALENDAR - JOIN US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2  ARTS AND CRAFTS 9:00AM - 1:00PM	3  EXERCISE YOUR MIND 9:00AM - 1:00PM	4  Welcome September 9:00AM - 1:00PM	5 <b>EVENT PREP DAY</b>
8  NUTRITION CLASS 9:00AM - 1:00PM	9  ARTS AND CRAFTS 9:00AM - 11:30AM	10  EXERCISE YOUR MIND 9:00AM - 11:30AM	11  INDEPENDENCIA DE MEXICO 9:00AM - 1:00PM	12 <b>EVENT PREP DAY</b>
15  ZUMBA CLASS 9:00AM - 1:00PM	16  ARTS AND CRAFTS 9:00AM - 11:30AM	17  EXERCISE YOUR MIND 9:00AM - 11:30AM	18  Christmas September 9:00AM - 1:00PM	19 <b>EVENT PREP DAY</b>
22  NUTRITION CLASS 9:00AM - 1:00PM	23  ARTS AND CRAFTS 9:00AM - 11:30AM	24  EXERCISE YOUR MIND 9:00AM - 11:30AM	25  HAPPY BIRTHDAY 9:00AM - 1:00PM	26 <b>EVENT PREP DAY</b>
29  ZUMBA CLASS 9:00AM - 1:00PM	30  ARTS AND CRAFTS 9:00AM - 1:00PM			

## 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**