

SEPTEMBER 2026 - EVENT CALENDAR - JOIN US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  ARTS AND CRAFTS 9:00AM -1:00PM	2  EXERCISE YOUR MIND 9:00AM -1:00PM	3  hello September 9:00AM -1:00PM	4 
7 CLOSED HAPPY LABOR DAY	8  ARTS AND CRAFTS 9:00AM -1:00PM	9  EXERCISE YOUR MIND 9:00AM -1:00PM	10  Honduras 9:00AM -1:00PM	11 
14  ZUMBA CLASS 9:00AM -1:00PM	15  ARTS AND CRAFTS 9:00AM -1:00PM	16  EXERCISE YOUR MIND 9:00AM -1:00PM	17  HISPANIC HERITAGE 9:00AM -1:00PM	18 
21  NUTRITION CLASS 9:00AM -1:00PM	22  ARTS AND CRAFTS 9:00AM -1:00PM	23  EXERCISE YOUR MIND 9:00AM -1:00PM	24  HAPPY BIRTHDAY 9:00AM -1:00PM	25 
28  ZUMBA CLASS 9:00AM -1:00PM	29  ARTS AND CRAFTS 9:00AM -1:00PM	30  EXERCISE YOUR MIND 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:

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HOME DELIVERY***



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



**WALK-IN URGENT CARE
CENTER**



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



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