

JULY 2025 - EVENT CALENDAR - JOIN US!

45TH ST 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: 561-633-1484

OUR ADDRESS:
4477 Medical Center Way,
Suite A
WPB, FL 33407

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BOARD GAMES 10 AM	2 EXERCISES 10AM INDEPENDENCE DAY	3 CHAIR EXERCISE 10AM	4 Sorry We're CLOSED
7 BINGO 10AM	8 BOARD GAMES 10 AM	9 EXERCISES 10AM NUTRITION CLASS	10 COGNITIVES ACTIVITIES 10AM	11 EVENT PREP DAY
14 ART AND CRAFTS 10AM	15 BOARD GAMES 10 AM	16 EXERCISES 10AM SUPER BINGO	17 CHAIR EXERCISE 10AM	18 EVENT PREP DAY
21 DOMINOS CHAMPIONSHIP 10AM	22 BOARD GAMES 10 AM	23 EXERCISES 10AM KARAOKE	24 COGNITIVES ACTIVITIES 10AM	25 EVENT PREP DAY
28 BINGO 10AM	29 BOARD GAMES 10 AM	30 EXERCISES 10AM HAPPY BIRTHDAY	31 CHAIR EXERCISE 10AM	

IMPORTANT INFORMATION FOR THOSE ATTENDING



**STAY HOME
IF SICK**

**WEAR
A MASK**



**STAY
6FT APART**



**WASH
HANDS**



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



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WEEKEND &
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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:
medflorida.info/bien



***FOR MEDICARE
RECIPIENTS**

Questions? Call Indira TEL: 561-633-1484