

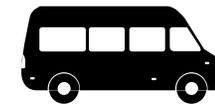
MARCH 2026 - EVENT CALENDAR - JOIN US!

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



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
2 BINGO BINGO EXERCISES 10AM	3 BOARD GAMES 10 AM	4 Women's Day Celebration show your hands show your heart EXERCISES 10AM WOMEN'S DAY	5 CHAIR EXERCISE 10AM	6 EVENT PREP DAY
9 ART AND CRAFTS ZUMBA 10AM	10 BOARD GAMES 10 AM	11 Happy St. Patrick's Day! EXERCISES 10AM SAINT PATRICK'S DAY	8 COGNITIVES ACTIVITIES 10AM	9 EVENT PREP DAY
16 BINGO BINGO EXERCISES 10AM	17 BOARD GAMES 10 AM	18 EXERCISES 10AM HAT PARTY	19 CHAIR EXERCISE 10AM	20 EVENT PREP DAY
23 ART AND CRAFTS ZUMBA 10AM	24 BOARD GAMES 10 AM	25 Happy Birthday! EXERCISES 10AM HAPPY BIRTHDAY	26 COGNITIVES ACTIVITIES 10AM	27 EVENT PREP DAY
30 CROCHET CLASS ZUMBA 10AM	31 BOARD GAMES 10 AM			

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME
IF SICK

WEAR
A MASK



STAY
6FT APART



WASH
HANDS



INTERNATIONAL

Women's Day

Empowered women empower the world!
Your voice, courage, and passion make a
difference. Keep rising and inspiring!

