

OCTOBER 2025 - EVENT CALENDAR - JOIN US!

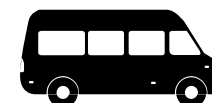
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  EXERCISES 10AM WELCOME OCTOBER	2  CHAIR EXERCISE 10AM	3 EVENT PREP DAY
6  BINGO 10AM	7  BOARD GAMES 10 AM	8  EXERCISES 10AM NUTRITION CLASS	9  COGNITIVES ACTIVITIES 10AM	10 EVENT PREP DAY
13  ART AND CRAFTS 10AM	14  BOARD GAMES 10 AM	15 BREAST CANCER <i>Let's Fight together</i>  EXERCISES 10AM PINK DAY	16  CHAIR EXERCISE 10AM	17 EVENT PREP DAY
20  DOMINOS CHAMPIONSHIP 10AM	21  BOARD GAMES 10 AM	22  EXERCISES 10AM SUPER BINGO	23  COGNITIVES ACTIVITIES 10AM	24 EVENT PREP DAY
27  BINGO 10AM	28  BOARD GAMES 10 AM	29  EXERCISES 10AM HALLOWEEN	30  CHAIR EXERCISE 10AM	31 EVENT PREP DAY

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

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**



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**SOCIAL SERVICES: FREE
APPLICATION HELP**



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? Please call: 561-633-1484