

OCTOBER 2026 - EVENT CALENDAR - JOIN US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  CHAIR EXERCISE 10AM	2 EVENT PREP DAY
5  BINGO 10AM	6  BOARD GAMES 10 AM	7  EXERCISES 10AM WELCOME OCTOBER	8  COGNITIVES ACTIVITIES 10AM	9 EVENT PREP DAY
12  ART AND CRAFTS 10AM	13  BOARD GAMES 10 AM	14  BREAST CANCER Let's Fight together EXERCISES 10AM PINK DAY	15  CHAIR EXERCISE 10AM	16 EVENT PREP DAY
19  DOMINOS CHAMPIONSHIP 10AM	20  BOARD GAMES 10 AM	21  EXERCISES 10AM BIRTHDAY PARTY 10 AM	22  COGNITIVES ACTIVITIES 10AM	23 EVENT PREP DAY
26  BINGO 10AM	27  BOARD GAMES 10 AM	28  EXERCISES 10AM HALLOWEEN	29  CHAIR EXERCISE 10AM	30 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**



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

**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