

JULY 2024 - EVENT CALENDAR - JOIN US!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------|
| 1 EVENT PREP DAY | 2 Crafts • Crafts • Board Games | 3 Happy 4th of July • Exercises • Independence day | 4 CLOSED FOR THE HOLIDAY | 5 Sorry WE'RE CLOSED |
| 8 EVENT PREP DAY | 9 Crafts • Crafts • Board Games | 10 Music Therapy • Exercises • Music Therapy | 11 BINGO • Chair exercises • Bingo | 12 Sorry WE'RE CLOSED |
| 15 EVENT PREP DAY | 16 Crafts • Crafts • Board Games | 17 NUTRITION • Exercises • Nutrition | 18 We speak Spanish your Spanish School— • Spanish Class | 19 Sorry WE'RE CLOSED |
| 22 EVENT PREP DAY | 23 Crafts • Crafts • Board Games | 24 Painting Class • Exercises • Painting Class | 25 Chair exercises • Painting Class | 26 Sorry WE'RE CLOSED |
| 29 EVENT PREP DAY | 30 Crafts • Crafts • Board Games | 31 NUTRITION • Exercises • Nutrition | | |

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? Call ANDREA TEL: 561-401-3712