

# MARCH 2026 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3  YOGA 10 AM GAME TIME 11 AM	4  ZUMBA 10 AM ART 11 AM	5  DANCE CLASS 10 AM	6  EVENT 9 AM
9	10  YOGA 10 AM GAME TIME 11 AM	11  ZUMBA 10 AM ART 11 AM	12  HAT FESTIVAL 11 AM	13  EVENT 9 AM
16 	17  YOGA 10 AM GAME TIME 11 AM	18  ZUMBA 10 AM ART 11 AM	19  DANCE CLASS 11 AM	20  EVENT 9 AM
23	24  YOGA 10 AM GAME TIME 11 AM	25  ZUMBA 10 AM ART 11 AM	26  KARAOKE 11 AM	27  EVENT 9 AM
30 	31			

## Central - 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: 863-677-7288

 Hablamos español

**OUR ADDRESS:**  
819 North Central AVE  
kissimmee, FL 34741

## IMPORTANT INFORMATION FOR THOSE ATTENDING

 STAY HOME  
IF SICK

WEAR  
A MASK 

STAY  
6FT APART 

WASH  
HANDS 