

JULY 2026 - EVENT CALENDAR - JOIN US !

Monday	Tuesday	Wednesday	Thursday	Friday
		1  ZUMBA 10AM	2  250th ANNIVERSARY 9AM	3 
6 	7  YOGA 10AM ENSAYO TALENT SHOW 11AM	8  ZUMBA 10AM MUSIC CLASS 11AM	9  KARAOKE 10 AM	10  POOL PARTY 9AM
13 	14  VETERANT EVENT 10AM	15  ZUMBA 10AM TALENT SHOW 11AM	16  ART & CRAFTS 10 AM	17  PIRATE PARTY 9AM
20 	21  YOGA 10AM	22  ZUMBA 10AM MUSIC CLASS 11AM	23  HAIR SALON DAY KARAOKE 10AM	24  ANIMAL SPIRIT CUSTOME PARTY 9AM
27 	28  BINGO 10AM	29  ZUMBA 10AM	30  ART & CRAFTS 10 AM	31  BIRTHDAY'S 9AM

KISSIMMEE 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: 407-923-2647

OUR ADDRESS:
819 N CENTRAL AVE,
KISSIMMEE FL, 34741.

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME IF YOU ARE SICK



4TH OF JULY Celebration!

Celebrate freedom, community and *fun* for everyone!

Food ★ Music ★ Games ★ Activities
Giveaways ★ Only for Seniors!

 **JULY 2ND**
 **9:00 AM**
 Kissimmee Wellness Center
Fun ★ Music ★ Games ★ Prizes



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Wellness Centers

*Stronger Together.
Healthier Together.* 

POOL Party DAY!

lets *fun* together

 **JULY 10TH**
 **9:00 AM**
 Kissimmee Wellness Center
Fun • Music • Refreshments



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Healthier Together.* 

PIRATE DAY!

Ahoy, matesys! Set sail for a day of *adventure* and *fun* for everyone!

 **JULY 17TH**
 **9:00 AM**
 Kissimmee Wellness Center
Fun • Games • Activities • Prizes



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Healthier Together.* 

ANIMAL SPIRIT COSTUME PARTY!

Show your *wild* side and come dressed as your *favorite animal*!

Fun • Music • Games • Prizes

 **JULY 24TH**
 **9:00 AM**
 Kissimmee Wellness Center
Fun • Music • Games • Prizes



WEAR YOUR ANIMAL SPIRIT AND LET'S HAVE A ROARING GOOD TIME!

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Healthier Together.* 