

# NOVEMBER 2023 - EVENT CALENDAR - JOIN US!

Monday      Tuesday      Wednesday      Thursday      Friday

		1  <ul style="list-style-type: none"><li>• Exercise 10a</li><li>• Music Therapy 11am</li></ul>	2	3
6	7	8   <ul style="list-style-type: none"><li>• Exercise 10a</li><li>• Bingo 11a</li></ul>	9	10
13	14	15   <ul style="list-style-type: none"><li>• Exercise 10a</li><li>• Nutrition 11a</li></ul>	16	17
20	21	22  <ul style="list-style-type: none"><li>• Exercise 10a</li><li>• Painting 11a</li></ul>	23 	24 
27	28	29   <ul style="list-style-type: none"><li>• Exercise 10a</li><li>• Nutrition 11a</li></ul>	30	

**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**





**JOIN US!**  
**EVERY THURSDAY!**

**Time: 11:00 am**

**4477 Medical Center Way, Suite B, West Palm  
Beach, FL 33407**

**RSVP:**

**INDIRA SANTANA 561-633-1484**



**MedFlorida**  
Wellness Centers