

JANUARY 2025 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
		1  CLOSED	2  PAJAMA DAY 9:00am – 1:00pm	3
6  Zumba Class 9:00am – 1:00pm	7  Arts and Crafts 9:00am – 11:30am	8  EXERCISE YOUR MIND Exercise your Mind 9:00am – 11:30am	9  Hat Day 9:00am – 1:00pm	10
13  NUTRITION CLASS Nutrition Class 9:00am – 1:00pm	14  Arts and Crafts 9:00am – 11:30am	15  EXERCISE YOUR MIND Exercise your Mind 9:00am – 11:30am	16  MUSIC DAY 9:00am – 1:00pm	17
20  Zumba Class 9:00am – 1:00pm	21  Arts and Crafts 9:00am – 11:30am	22  EXERCISE YOUR MIND Exercise your Mind 9:00am – 11:30am	23  Coat Day 9:00am – 1:00pm	24
27  NUTRITION CLASS Nutrition Class 9:00am – 1:00pm	28  Arts and Crafts 9:00am – 11:30am	29  EXERCISE YOUR MIND Exercise your Mind 9:00am – 11:30am	30  Birthday Party Birhtday's Party 9:00am – 1:00pm	31

PSL East 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) 634-5605

OUR ADDRESS:

9109 S. US 1 Highway,
Suite 103,
Port St. Lucie FL, 34952

IMPORTANT INFORMATION FOR THOSE ATTENDING



**STAY HOME
IF SICK**



**WEAR
A MASK**



**STAY
6FT APART**



**WASH
HANDS**