





















# JULY 2025 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>  <b>Arts and Crafts</b> 9:00am - 11:30am	<b>2</b>  <b>EXERCISE YOUR MIND</b> 9:00am - 11:30am	<b>3</b>  9:00am - 1:00pm	<b>4</b> 
<b>7</b>  <b>Nutrition Class</b> 9:00am - 1:00pm	<b>8</b>  <b>Arts and Crafts</b> 9:00am - 11:30am	<b>9</b>  <b>EXERCISE YOUR MIND</b> 9:00am - 11:30am	<b>10</b>  9:00am - 1:00pm	<b>11</b> <b>EVENT PREP DAY</b>
<b>14</b>  <b>Zumba Class</b> 9:00am - 1:00pm	<b>15</b>  <b>Arts and Crafts</b> 9:00am - 11:30am	<b>16</b>  <b>EXERCISE YOUR MIND</b> 9:00am - 11:30am	<b>17</b>  <b>Crazy Socks</b> 9:00am - 1:00pm	<b>18</b> <b>EVENT PREP DAY</b>
<b>21</b>  <b>Nutrition Class</b> 9:00am - 1:00pm	<b>22</b>  <b>Arts and Crafts</b> 9:00am - 11:30am	<b>23</b>  <b>EXERCISE YOUR MIND</b> 9:00am - 11:30am	<b>24</b>  <b>Grandparents DAY</b> 9:00am - 1:00pm	<b>25</b> <b>EVENT PREP DAY</b>
<b>28</b>  <b>Zumba Class</b> 9:00am - 1:00pm	<b>29</b>  <b>Arts and Crafts</b> 9:00am - 1:00pm	<b>30</b>  <b>EXERCISE YOUR MIND</b> 9:00am - 1:00pm	<b>31</b>  <b>Happy Birthday</b> 9:00am - 1:00pm	

## 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