

AUGUST 2026 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
3  EXERCISES 10AM BINGO	4  BOARD GAMES 10 AM	5  EXERCISES 10AM WELCOME AUGUST	6  CHAIR EXERCISE 10AM	7 EVENT PREP DAY
10  ZUMBA CLASS 10AM BINGO	11  BOARD GAMES 10 AM	12  EXERCISES 10AM CRAZY HAIR	13  COGNITIVES ACTIVITIES 10AM	14 EVENT PREP DAY
17  EXERCISES 10AM TABLE GAMES	18  BOARD GAMES 10 AM	19  EXERCISES 10AM SAILOR'S DAY	20  CHAIR EXERCISE 10AM	21 EVENT PREP DAY
24  ART & CRAFT 10AM	25  BOARD GAMES 10 AM	26  EXERCISES 10AM HAPPY BIRTHDAY	27  COGNITIVES ACTIVITIES 10AM	28 EVENT PREP DAY
31  EXERCISES 10AM TABLE GAMES				

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**



MEDICARE RECIPIENTS LEARN MORE ABOUT:

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MEDICAL CENTER**



**PHARMACY: FREE RX
HOME DELIVERY***



**FREE FUN WEEKLY
EVENTS: FOOD,
DANCING & MORE***



**WALK-IN URGENT CARE
CENTER**



**WATCH FREE CLASSIC
MOVIES ON THE
WEEKEND &
GENERAL
INFO WEEKDAYS**



MEDFLORIDA.TV

**SOCIAL SERVICES: FREE
APPLICATION HELP**



EN ESPAÑOL



**SCAN THE CODE TO SEE THESE
OPTIONS ON YOUR PHONE**

OR VISIT ONLINE:
medflorida.info/well

**ESCANEE EL CÓDIGO PARA
VER ESTAS OPCIONES EN SU
TELÉFONO**

O VISITE PAGINA WEB:
medflorida.info/bien



***FOR MEDICARE
RECIPIENTS**

Questions? Call Indira TEL: 561-633-1484