
























DECEMBER 2025 - EVENT CALENDAR - JOIN US !

Monday	Tuesday	Wednesday	Thursday	Friday
1  Exercises with Rey 10:00 am	2 	3 	4 	5 
8  Exercises with Rey 10:00 am	9 	10 	11 	12 
15  Exercises with Rey 10:00 am	16 	17 	18 	19 
22  Exercises with Rey 10:00 am	23 	24  CLOSED	25  CLOSED	26 
29  Exercises with Rey 10:00 am	30 	31 		

AVENTURA 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: (954) 799-1050

OUR ADDRESS:

21110 Biscayne Blvd # 203
Aventura, FL 33180

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME
IF SICK

WEAR
A MASK



STAY
6FT APART



WASH
HANDS

