

AUGUST 2025- EVENT CALENDAR - JOIN US!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|-------------------------------------|--|
| | | | | 1  EXERCISES 10AM |
| 4  SEWING AT HOME 10AM | 5  CARNIVAL 10AM | 6  NUTRITION CLASS 10AM | 7 EVENT PREP DAY | 8  EXERCISES 10AM |
| 11  ART CLASS 10:00AM | 12  KARAOKE PARTY 10AM | 13  TECNOLOGY CLASS 10AM | 14 EVENT PREP DAY | 15  EXERCISES 10AM |
| 18  CROCHET 10:00AM | 19  ORANGE PARTY 10AM | 20  ZUMBA 10AM | 21 EVENT PREP DAY | 22  EXERCISES 10AM |
| 25  ART CLASS 10:00AM | 26  BIRHDAY PARTY 10AM | 27  NUTRITION CLASS 10AM | 28 EVENT PREP DAY | 29  EXERCISES 10AM |

DEERFIELD 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: 561-975-3871

OUR ADDRESS:
1950 W Hillsboro Blvd Suite
105, Deerfield Beach, FL
33442

IMPORTANT INFORMATION FOR THOSE ATTENDING



**STAY HOME
IF SICK**

**WEAR
A MASK**



**STAY
6FT APART**



**WASH
HANDS**



MEDICARE RECIPIENTS LEARN MORE ABOUT:

**PRIMARY CARE
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? Please call: (561) 975-3871