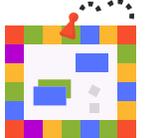
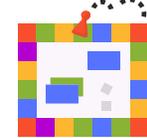


FEBRUARY 2026 - EVENT CALENDAR - JOIN US!

Monday Tuesday Wednesday Thursday Friday

2  BOARD GAMES 10AM	3  NUTRITION AND EXERCISE 10AM	4  STRETCHING EXERCISE 10AM	5 <i>Welcome</i> <i>february</i> WELCOME PATIENTS 10AM	6  EXERCISE 11AM
9  DOMINO 10AM	10  PAINTING DAY 10AM	11  CHAIR EXERCISE 10AM	12  VALENTINE'S DAY PARTY 10AM	13  EXERCISE 11AM
16  BOARD GAMES 10AM	17  NUTRITION AND EXERCISE 10AM	18  SOCCA-REGGAE 10AM	19  PRESIDENTS' DAY 10AM	20  EXERCISE 11AM
23  DOMINO 10AM	24  CRAFT 10AM	25  YOGA 10AM	26  BIRTHDAY PARTY 10AM	27  EXERCISE 11AM

LAUDERHILL 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

 **Hablamos español**

OUR ADDRESS:
7229 W Oakland Park Blvd,
Suite 103, Lauderhill, FL
33313

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME IF SICK



MEDICARE RECIPIENTS LEARN MORE ABOUT:

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**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
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EN ESPAÑOL



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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