
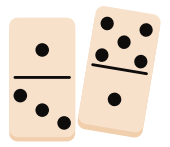




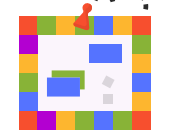




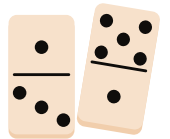




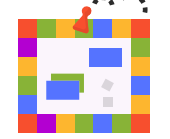






JANUARY 2026 - EVENT CALENDAR - JOIN US!

Monday Tuesday Wednesday Thursday Friday

LAUDERHILL LOCATION

			1 CLOSED FOR NEW YEARS	2  EXERCISE 11AM
5  DOMINO 10AM	6  NUTRITION AND EXERCISE 10AM	7  CRAFT 10AM	8  JANUARY WELCOME PATIENTS 10AM	9  EXERCISE 11AM
12  BOARD GAMES 10AM	13  STRETCHING EXERCISE 10AM	14  ORIGAMI 10AM	15  PAJAMA PARTY 10AM	16  EXERCISE 11AM
19  DOMINO 10AM	20  NUTRITION AND EXERCISE 10AM	21  YOGA 10AM	22  M L K PARTY 10AM	23  EXERCISE 11AM
26  BOARD GAMES 10AM	27  PAINTING DAY 10AM	28  CHAIR EXERCISE 10AM	29  BIRTHDAY PARTY 10AM	30  EXERCISE 11AM



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**



**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



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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