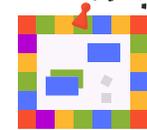
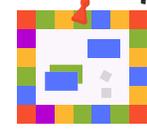


MARCH 2026 - EVENT CALENDAR - JOIN US!

Monday Tuesday Wednesday Thursday Friday

2  BOARD GAMES 10AM	3  NUTRITION AND EXERCISE 10AM	4  ZUMBA 10AM	5  Welcome March WELCOME PATIENTS 10AM	6  EXERCISE 11AM
9  DOMINO 10AM	10  PAINTING DAY 10AM	11  ZUMBA 10AM	12  WOMEN'S DAY PARTY 10AM	13  EXERCISE 11AM
16  BOARD GAMES 10AM	17  NUTRITION AND EXERCISE 10AM	18  ZUMBA 10AM	19  ST PATRICK'S DAY 10AM	20  EXERCISE 11AM
23  DOMINO 10AM	24  CRAFT 10AM	25  ZUMBA 10AM	26  BIRTHDAY PARTY 10AM	27  EXERCISE 11AM
30  BOARD GAMES 10AM	31  NUTRITION AND EXERCISE 10AM			

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

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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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