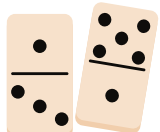
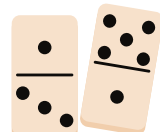
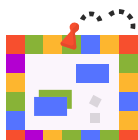


OCTOBER 2025 - EVENT CALENDAR - JOIN US!

Monday Tuesday Wednesday Thursday Friday

		1  CHAIR EXERCISE 10AM	2  WELCOME NEW PATIENT PARTY 10AM	3  BOARD GAMES 10AM
6 EVENT PREP DAY	7  COOKING DAY 10AM	8  BINGO 10AM	9  BLUE PARTY 10AM	10  DOMINO 10AM
13 EVENT PREP DAY	14  NUTRITION AND EXERCISE 10AM	15  FOOD TRACK 10AM	16  HAT PARTY 10AM	17  BOARD GAMES 10AM
20 EVENT PREP DAY	21  BINGO 10AM	22  YOGA 10AM	23  PARTY 10AM	24  DOMINO 10AM
27 EVENT PREP DAY	28  NUTRITION AND EXERCISE 10AM	29  CRAFT 10AM	30  HALLOWEEN PARTY 10AM	31  BOARD GAMES 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**



**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