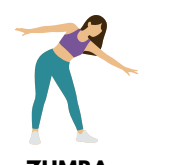


# SEPTEMBER 2026 - EVENT CALENDAR - JOIN US!

| Monday                                                                                                          | Tuesday                                                                                                                | Wednesday                                                                                                        | Thursday                                                                                                             | Friday                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|                                                                                                                 | 1<br><br>PAINTING DAY<br>10AM         | 2<br><br>ZUMBA<br>10AM          | 3<br><br>PARTY<br>10AM             | 4<br><br>EXERCISE<br>11AM   |
| 7<br><b>CLOSED</b><br><b>HAPPY LABOR DAY</b><br>*** DAY ***                                                     | 8<br><br>CRAFT<br>10AM                | 9<br><br>PAINTING DAY<br>10AM   | 10<br><br>BIG PARTY<br>10AM        | 11<br><br>EXERCISE<br>11AM  |
| 14<br><br>BOARD GAME<br>10AM   | 15<br><br>NUTRITION<br>CLASSES 10AM   | 16<br><br>ZUMBA<br>10AM         | 17<br><br>HISPANIC PARTY<br>10 AM  | 18<br><br>EXERCISE<br>11AM  |
| 21<br><br>BOARD GAME<br>10AM  | 22<br><br>CRAFT<br>10AM              | 23<br><br>PAINTING DAY<br>10AM | 24<br><br>CARIBBEAN PARTY<br>10AM | 25<br><br>EXERCISE<br>11AM |
| 28<br><br>BOARD GAME<br>10AM | 29<br><br>NUTRITION<br>CLASSES 10AM | 30<br><br>ZUMBA<br>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**



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**SOCIAL SERVICES: FREE  
APPLICATION HELP**



**EN ESPAÑOL**



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**OR VISIT ONLINE:**  
[medflorida.info/well](http://medflorida.info/well)

**ESCANEE EL CÓDIGO PARA  
VER ESTAS OPCIONES EN SU  
TELÉFONO**

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**\*FOR MEDICARE  
RECIPIENTS**

**Questions? Please call: (561) 975-3871**