























DECEMBER 2025 - EVENT CALENDAR - JOIN US !

Monday	Tuesday	Wednesday	Thursday	Friday
1  BOARD GAMES 10AM	2  CRAFTS 10AM	3  Welcome NEW Patient DJ 10AM Wear RED & GREEN	4  CRAFTS 10AM	5  YOGA CLASS 10AM Wear RED & WHITE
8  BOARD GAMES 10AM	9  CRAFTS 10AM	10  ZUMBA CLASS 10AM Santa Hat	11  CRAFTS 10AM	12  THERAPY MUSIC 10AM Wear your favorite plaid shirt w/jeans
15  BOARD GAMES 10AM	16  CRAFTS 10AM	17  INTERCAMBIO DE REGALO 10AM Wear any CHRISTMAS T. shirt	18  CRAFTS 10AM	19  CRAFTS 10AM
22  BOARD GAMES 10AM	23  CRAFTS 10AM	24  MERRY CHRISTMAS CLOSED	25  MERRY CHRISTMAS CLOSED	26  CRAFTS 10AM
29  BOARD GAMES 10AM	30  CRAFTS 10AM	31		

MIAMI LAKES 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: (954) 799-1050

OUR ADDRESS:

15700 NW 67TH Ave suite
202, Miami Lakes, FL 33014

IMPORTANT INFORMATION FOR THOSE ATTENDING



**STAY HOME
IF SICK**

**WEAR
A MASK**



**STAY
6FT APART**



**WASH
HANDS**

