

# DECEMBER 2025 - EVENT CALENDAR - JOIN US !

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1  NUTRITION CLASS 10.00AM	2  PAINTING 10.00AM	3  BINGO BEAUTY SALON 10:00AM	4  WELCOME NEW PATIENT PARTY 10.00AM	5  BOARD GAMES 10.00AM
8  BOARD GAMES 10.00AM	9  CRAFTS 10.00AM	10  PAINTING BEAUTY SALON 10.00AM	11  UGLY SWEATER PARTY 10.00AM	12  BOARD GAMES 10.00AM
15  NUTRITION CLASS 10.00AM	16  BOARD GAMES 10.00AM	17  TAI CHI BEAUTY SALON 10.00AM	18  CHRISTMAS PARTY 10.00AM	19  PAINTING 10.00AM
22  BINGO BEAUTY SALON 10:00AM	23  PAINTING 10.00AM	24  CLOSED	25  CLOSED	26  BOARD GAMES 10.00AM
29  NUTRITION CLASS 10.00AM	30  BOARD GAMES 10.00AM	31  CLOSED FOR NEW YEARS		

**TAMARAC 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:**  
7900 N University Dr,  
Tamarac, FL 33321

**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**



SCAN THE CODE TO SEE THESE  
OPTIONS ON YOUR PHONE

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

ESCANEE EL CÓDIGO PARA  
VER ESTAS OPCIONES EN SU  
TELÉFONO

O VISITE PAGINA WEB:  
[medflorida.info/bien](http://medflorida.info/bien)



\*FOR MEDICARE  
RECIPIENTS

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