






















JANUARY 2026 - EVENT CALENDAR - JOIN US !

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 CLOSED FOR NEW YEARS	2  EXERCISE AT LAUDERHILL
5  BOARD GAMES 10.00AM	6  CRAFTS 10.00AM	7  PAINTING BEAUTY SALON 10.00AM	8  WELCOME PATIENTS AT LAUDERHILL	9  EXERCISE AT LAUDERHILL
12  NUTRITION CLASS 10.00AM	13  BOARD GAMES 10.00AM	14  TAI-CHI BEAUTY SALON 10.00AM	15  PAJAMA PARTY AT LAUDERHILL	16  EXERCISE AT LAUDERHILL
19  CRAFTS 10.00AM	20  PAINTING 10.00AM	21  BINGO BEAUTY SALON 10.00AM	22  M L K PARTY AT LAUDERHILL	23  EXERCISE AT LAUDERHILL
26  NUTRITION CLASS 10.00AM	27  BOARD GAMES 10.00AM	28  PAINTING 10.00AM	29  BIRTHDAY PARTY AT LAUDERHILL	30  EXERCISE AT LAUDERHILL

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

**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