











AUGUST 2025 EVENT CALENDAR - JOIN US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 EVENT PREP DAY	5  BARBER SHOP 10:00-1:00 PM	6  BAKING CLASS 10:00-1:00 PM	7  WIG PARTY 10:00-1:00 PM	8
11 EVENT PREP DAY	12  ZUMBA CLASS 10:00-1:00 PM	13	14  BINGO 10:00-1:00 PM	15
18 EVENT PREP DAY	19  BARBER AND NAILS FOR SENIORS 10:00-1:00 PM	20  ART CLASS 10:00-1:00 PM	21  DANCE PARTY 10:00-1:00 PM	22
25 EVENT PREP DAY	26  MINI-DONUTS PARTY 10:00-1:00 PM	27	28  HAPPY BIRTHDAY BIRTHDAY CELEBRATION 10:00-1:00 PM	29

TAMPA 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) 281-4459

OUR ADDRESS:
3505 E. Hillsborough Ave
Suite 201
Tampa, FL 33610

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME
IF SICK



WEAR
A MASK

STAY
6FT APART



WASH
HANDS

