

AUGUST 2026 - EVENT CALENDAR - JOIN US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 EVENT PREP DAY	4  Zumba Class 11:00-1:00 pm	5  Barber & Nails 10:00-1:00 pm	6  Cowboy Party 11:00-1:00 pm	7
10 EVENT PREP DAY	11  Yoga Class 11:00-1:00 pm	12  Arts and Crafts 10:00-1:00pm	13  Bingo Party 11:00-1:00 pm	14
17 EVENT PREP DAY	18  Zumba Class 11:00-1:00 pm	19  Barber & Nails 10:00-1:00 pm	20  Karaoke 11:00-1:00 pm	21
24 EVENT PREP DAY	25  Yoga Class 11:00-1:00 pm	27  Arts and Crafts 10:00-1:00pm	28  Happy Birthday 11:00-1:00	29

HILLSBOROUGH 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**

