

FEBRUARY 2026 - EVENT CALENDAR - JOIN US!

HILLSBOROUGH LOCATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 EVENT PREP DAY	3 BREAKFAST TIME BREAKFAST TIME 11:00-1:00 PM	4  ZUMBA CLASS 11:00-1:00 PM	5  KARAOKE PARTY 11:00-1:00 PM	6
9 EVENT PREP DAY	10  BARBER & NAILS 10:00-1:00 PM	11  ZUMBA CLASS 11:00-1:00 PM	12 HAPPY VALENTINE'S DAY VALENTINE'S DAY 11:00-1:00 PM	13
16 EVENT PREP DAY	17  ICE CREAM DAY 11:00-1:00 PM	18  ZUMBA CLASS 11:00-1:00 PM	19  SUPER BINGO 11:00-1:00 PM	20
23 EVENT PREP DAY	24  BARBER & NAILS 10:00-1:00 PM	25  ZUMBA CLASS 11:00-1:00 PM	26  BIRTHDAY PARTY 11:00-1:00 PM	27



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 