




JANUARY 2026 - EVENT CALENDAR - JOIN US!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------|--|---|---|--------|
| | | | 1 CLOSED FOR NEW YEARS | 2 |
| 5 EVENT PREP DAY | 6  Yoga Class 11:00-1:00 pm | 7  Zumba Class 11:00-1:00 pm | 8 TIME Party Fiesta Time 11:00-1:00 pm | 9 |
| 12 EVENT PREP DAY | 13  Barber & Nails 10:00-1:00 pm | 14  Zumba Class 11:00-1:00 pm | 15  Karaoke 10:00-1:00 pm | 16 |
| 19 EVENT PREP DAY | 20  Painting Class 11:00-1:00 pm | 21  Zumba Class 11:00-1:00 pm | 22  Super Bingo 11:00-1:00 pm | 23 |
| 26 EVENT PREP DAY | 27  Barber & Nails 10:00-1:00 pm | 28  Zumba Class 11:00-1:00 pm | 29 Birthday Party Birhday Party 11:00-1:00 pm | 30 |

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

