

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 To 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! 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 Birthday 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



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