

NOVEMBER 2025 EVENT CALENDAR - JOIN US!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HILLSBOROUGH LOCATION

3 EVENT PREP DAY	4  Breakfast for Patients 11:00-1:00 pm	5  Zumba Class 11:00-1:00 pm	6  Barber & Nails 10:00-1:00 pm	7
10 EVENT PREP DAY	11  Yoga Class 11:00-1:00 pm	12  Zumba Class 11:00-1:00 pm	13  Health Education Fair 11:00-1:00 pm	14
17 EVENT PREP DAY	18  Thanksgiving Lunch 11:00-1:00 pm	19  Zumba Class 11:00-1:00 pm	20  Birhday Party 11:00-1:00 pm	21
24 EVENT PREP DAY	25  Barber & Nails 10:00-1:00 pm	26  Zumba Class 11:00-1:00 pm	27  HAPPY THANKSGIVING CLOSED	28  SORRY! WE'RE CLOSED



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

