

SEPTEMBER 2026 - EVENT CALENDAR - JOIN US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  Zumba Class 11:00-1:00 pm	2  Board Game 11:00-1:00pm	3  Karaoke 11:00-1:00 pm	4 EVENT PREP DAY
7 CLOSED HAPPY LABOR DAY	8  Yoga Class 11:00-1:00 pm	9  Barber & Nails 10:00-1:00 pm	10  Hawaiian Party 11:00-1:00 pm	11 EVENT PREP DAY
14 EVENT PREP DAY	15  Zumba Class 11:00-1:00 pm	16  Board Game 11:00-1:00pm	17  Welcome Autumnn 11:00-1:00 pm	18 EVENT PREP DAY
21 EVENT PREP DAY	22  Yoga Class 11:00-1:00 pm	23  Board Game 11:00-1:00pm	24  Happy Birthday 11:00-1:00	25 EVENT PREP DAY
28 EVENT PREP DAY	29  Zumba Class 11:00-1:00 pm	30  Barber & Nails 11:00-1:00 pm		

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**

