

AUGUST 2026 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
3  ADMIN ADMINISTRATIVE DAY	4  ADMIN ADMINISTRATIVE DAY	5  PAINTING DAY 10AM	6  Welcome August PARTY 10 AM	7  EXERCISE 11AM
10  ADMIN ADMINISTRATIVE DAY	11  ADMIN ADMINISTRATIVE DAY	12  ZUMBA 10AM	13  YELLOW PARTY 10 AM	14  EXERCISE 11AM
17  ADMIN ADMINISTRATIVE DAY	18  ADMIN ADMINISTRATIVE DAY	19  ZUMBA 10AM	20  HAT PARTY 10 AM	21  EXERCISE 11AM
24  ADMIN ADMINISTRATIVE DAY	25  ADMIN ADMINISTRATIVE DAY	26  PAINTING DAY 10AM	27  CARIBBEAN PARTY 10AM	28  EXERCISE 11AM
31  ADMIN ADMINISTRATIVE DAY				

TAMARAC 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!

These events will take place at the Lauderhill location



NEED
TRANSPORTATION?
ANY QUESTIONS?

Call Us: (561) 975-3871



Hablamos español

OUR ADDRESS:

7229 W Oakland Park Blvd,
Suite 103, Lauderhill, FL
33313

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME
IF SICK

WEAR
A MASK



STAY
6FT APART



WASH
HANDS



MEDICARE RECIPIENTS LEARN MORE ABOUT:

**PRIMARY CARE
MEDICAL CENTER**



**PHARMACY: FREE RX
HOME DELIVERY***



**FREE FUN WEEKLY
EVENTS: FOOD,
DANCING & MORE***



**WALK-IN URGENT CARE
CENTER**



**WATCH FREE CLASSIC
MOVIES ON THE
WEEKEND &
GENERAL
INFO WEEKDAYS**



MEDFLORIDA.TV

**SOCIAL SERVICES: FREE
APPLICATION HELP**



EN ESPAÑOL



**SCAN THE CODE TO SEE THESE
OPTIONS ON YOUR PHONE**

OR VISIT ONLINE:
medflorida.info/well

**ESCANEE EL CÓDIGO PARA
VER ESTAS OPCIONES EN SU
TELÉFONO**

O VISITE PAGINA WEB:
medflorida.info/bien



***FOR MEDICARE
RECIPIENTS**

Questions? Please call: (561) 975-3871