

SEPTEMBER 2026 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
	1  PAINTING DAY 10AM	2  ZUMBA 10AM	3  HAPPY LABOR DAY PARTY 10 AM	4  EXERCISE 11AM
7 CLOSED HAPPY LABOR DAY *** DAY ***	8  CRAFT 10AM	9  PAINTING DAY 10AM	10  BIG PARTY 10 AM	11  EXERCISE 11AM
14  BOARD GAME 10AM	15  NUTRITION CLASS 10AM	16  ZUMBA 10AM	17  HISPANIC PARTY 10 AM	18  EXERCISE 11AM
21  BOARD GAME 10AM	22  CRAFT 10AM	23  PAINTING DAY 10AM	24  CARIBBEAN PARTY 10AM	25  EXERCISE 11AM
28  BOARD GAME 10AM	29  NUTRITION CLASS 10AM	30  ZUMBA 10AM		

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
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**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**



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EN ESPAÑOL



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**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