

# JANUARY 2026 - EVENT CALENDAR - JOIN US !

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>CLOSED</b> FOR NEW YEARS	2 <b>WELCOME</b> <b>JANUARY</b> WELCOME NEW PATIENT 9AM
5  INDIVIDUAL THERAPY	6  POETRY CLASS 10AM EXERCISES 11A	7  EMOTIONAL THERAPY 10A CHAIR EXERCISE 11A	8  ZUMBA 10A BINGO 11A	9  BAZAR DAY 9AM
12  INDIVIDUAL THERAPY	13  KARAOKE 10A EXERCISES 11A	14  EMOTIONAL THERAPY 10A BOARD GAMES 11A	15  ZUMBA 10A BINGO 11A	16  PAJAMA PARTY 9AM
19  INDIVIDUAL THERAPY	20  NUTRITION 10A EXERCISES 11A	21  EMOTIONAL THERAPY 10A DOMINO 11A	22  ZUMBA 10A BINGO 11A	23  2026 BLUE DAY 9AM
26  INDIVIDUAL THERAPY	27  ART AND CRAFT 10AM EXERCISES 11A	28  EMOTIONAL THERAPY 10A CHAIR EXERCISE 11A	29  ZUMBA 10A BINGO 11A	30  HAPPY BIRTHDAY 9AM

## GREENACRES 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](http://MedFloridaWellness.com)



NEED  
TRANSPORTATION?  
ANY QUESTIONS?

Call Us: **561-633-1484**

**OUR ADDRESS:**  
3387 S. Jog Rd, Suite 106  
Greenacres, FL 33467

## IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME  
IF SICK

WEAR  
A MASK



STAY  
6FT APART



WASH  
HANDS





# Happy New Year

# 2026

