










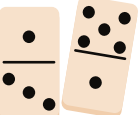











# MAY 2026 - EVENT CALENDAR - JOIN US!

Monday      Tuesday      Wednesday      Thursday      Friday

				1  EXERCISE 11AM
4 	5 	6  ZUMBA 10AM	7  May PARTY 10AM	8  EXERCISE 11AM
11  BOARD GAMES 10AM	12  NUTRITION AND EXERCISE 10AM	13  ZUMBA 10AM	14  Happy Mother's Day PARTY 10AM	15  EXERCISE 11AM
18  BOARD GAMES 10AM	19  CRAFT 10AM	20  CARIBBEAN PARTY 10AM	21  COUNTRY PARTY 10AM	22  EXERCISE 11AM
25 	26  NUTRITION AND EXERCISE 10AM	27  ZUMBA 10AM	28  BIRTHDAY PARTY 10AM	29  EXERCISE 11AM

## LAUDERHILL 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](http://medflorida.info/well)**

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

**O VISITE PAGINA WEB:  
[medflorida.info/bien](http://medflorida.info/bien)**



**\*FOR MEDICARE  
RECIPIENTS**

**Questions? Please call: (561) 975-3871**