





















JANUARY 2025- EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
		1  WE ARE CLOSED	2  DOMINO 10AM	3  EXERCISES 10AM
6 EVENT PREP DAY	7  WELCOME 2025 PARTY 10AM	8  TECN CLASS 9:30AM  CROCHET 10:30AM	9  ZUMBA 10AM	10  EXERCISES 10AM
13 EVENT PREP DAY	14  BINGO PARTY 10AM	15  NUTRITION CLASS 10AM	16  ART CLASS 10:00AM	17  EXERCISES 10AM
20 EVENT PREP DAY	21  YELOW PARTY 10AM	22  TECN CLASS 10:00 AM	23  SUPERBINGO 10AM	24  EXERCISES 10AM
27 EVENT PREP DAY	28  BIRTHDAY PARTY 10AM	29  NUTITION CLASS 10:00AM	30  ZUMBA 10AM	31  EXERCISES 10AM

DEERFIELD 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: 954-408-8960

OUR ADDRESS:
1950 W Hillsboro Blvd
Suite 105, Deerfield
Beach, FL 33442

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME
IF SICK

WEAR
A MASK



STAY
6FT APART



WASH
HANDS

