
























# DECEMBER-2025- EVENT CALENDAR - JOIN US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  BOARD GAMES 10AM	2  PARTY 10AM	3  YOGA 10AM	4  BOARD GAMES 10AM	5  EXERCISES 10AM
8  BOARD GAMES 10AM	9  BINGO PARTY 10AM	10  NUTRITION CLASS 10AM	11  BOARD GAMES 10AM	12  EXERCISES 10AM
15  BOARD GAMES 10AM	16  UGLY SWEATER 10AM	17  TECNOLOGY CLASS 10AM	18  BOARD GAMES 10AM	19  EXERCISES 10AM
22  BOARD GAMES 10AM	23  CHRISTMAS PARTY 10AM	24  NUTRITION CLASS 10AM	25  SORRY, WE'RE CLOSED	26  SORRY, WE'RE CLOSED
29  BOARD GAMES 10AM	30  PARTY 10AM	31  ZUMBA 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: 561-975-3871

**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

