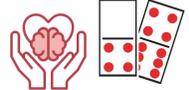


MARCH 2026 - EVENT CALENDAR - JOIN US !

Monday	Tuesday	Wednesday	Thursday	Friday
2  INDIVIDUAL THERAPY	3  KARAOKE 10A EXERCISES 11A	4  EMOTIONAL THERAPY 10A BOARD GAMES 11A	5  ZUMBA 10A BINGO 11A	6  HAPPY WOMEN'S DAY WELCOME NEW PATIENT 9AM
9  INDIVIDUAL THERAPY	10  POETRY CLASS 10AM EXERCISES 11A	11  EMOTIONAL THERAPY 10A CHAIR EXERCISE 11A	12  ZUMBA 10A BINGO 11A	13  Happy ST. PATRICK'S Day SAINT PATRICK'S DAY 9AM
16  INDIVIDUAL THERAPY	17  KARAOKE 10A EXERCISES 11A	18  EMOTIONAL THERAPY 10A BOARD GAMES 11A	19  ZUMBA 10A BINGO 11A	20  Welcome SPRING WELCOME SPRING 9AM
23  INDIVIDUAL THERAPY	24  Healthy Start Nutrition NUTRITION 10A EXERCISES 11A	25  EMOTIONAL THERAPY 10A DOMINO 11A	26  ZUMBA 10A BINGO 11A	27  Happy Birthday HAPPY BIRTHDAY 9AM
30  INDIVIDUAL THERAPY	31  ART AND CRAFT 10AM EXERCISES 11A			

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](https://www.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



INTERNATIONAL

Women's Day

Empowered women empower the world!
Your voice, courage, and passion make a
difference. Keep rising and inspiring!

