

# JULY 2024 EVENT CALENDAR-JOIN US!

## AVENTURA 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) 633-7852**

**OUR ADDRESS:**  
**6101 West Atlantic Blvd**  
**Suite 103**  
**Margate, FL 33063**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>EVENT PREP DAY</b>	2  <b>DOMINO 10.00AM</b>	3  <b>ORIGAMI 10:00AM</b>	4  <b>Closed for the Holiday</b>	5  <b>Happy DEPENDENCE Day! 10:00AM</b>
8 <b>EVENT PREP DAY</b>	9  <b>DOMINO 10.00AM</b>	10  <b>BINGO! 10:00AM</b>	11  <b>NUTRITION EXERCISES 2:00PM</b>	12  <b>GALA PARTY 10:00AM</b>
16 <b>EVENT PREP DAY</b>	16  <b>DOMINO 10.00AM</b>	17  <b>PAINTING CLASSES 10:00AM</b>	18  <b>NUTRITION EXERCISES 2:00PM</b>	19  <b>SUMMER 10:00AM</b>
22 <b>EVENT PREP DAY</b>	23  <b>DOMINO 10.00AM</b>	24  <b>BINGO! 10:00AM</b>	25  <b>NUTRITION EXERCISES 2:00PM</b>	26  <b>HAPPY BIRTHDAY 10:00AM</b>
29 <b>EVENT PREP DAY</b>	30  <b>DOMINO 10.00AM</b>	31  <b>THERAPEUTIC EXERCISE 10:00AM</b>		

## IMPORTANT INFORMATION FOR THOSE ATTENDING



**STAY HOME  
IF SICK**

**WEAR  
A MASK**



**STAY  
6FT APART**



**WASH  
HANDS**

