

JUNE 2025 - EVENT CALENDAR - JOIN US!

Monday Tuesday Wednesday Thursday Friday

| | | | | |
|-------------------------------------|---|---|--|--|
| 2 EVENT PREP DAY | 3  SITTING EXERCISE 10 AM | 4  ACTIVITY DAY 10 AM | 5 <i>Welcome</i> June PARTY 10 AM | 6  DOMINO 10 AM |
| 9 EVENT PREP DAY | 10  NUTRITION AND EXERCISE 10 AM | 11  BINGO 10 AM | 12  FATHER'S DAY 10 AM | 13  CRAFT 10 AM |
| 16 EVENT PREP DAY | 17  PERSONAL CARE 10 AM | 18  BINGO 10 AM | 19  JUNETEENTH DAY 10 AM | 20  SITTING EXERCISE 10 AM |
| 23 EVENT PREP DAY | 24  NUTRITION AND EXERCISE 10 AM | 25  ZUMBA 10 AM | 26  BIRTHDAY PARTY 10 AM | 27  DOMINO 10 AM |
| 30 EVENT PREP DAY | | | | |

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!

To View All Our Locations
Visit: [MedFloridaWellness.com](https://www.MedFloridaWellness.com)



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**





Happy
FATHER'S DAY

Thank you for everything!

Gracias por todo!

June 12, 2025

10 am

7229 W Oakland Park Blvd, Suite 103, Lauderdale, FL 33313

561-975-3871

