


















MAR 2023 EVENT CALENDAR-JOIN US!

Monday Tuesday Wednesday Thursday Friday

		1  Picture Class 10 am	2  Nutrition & Exercise 2pm	3  Welcome Medflorida 10:00 AM
6 EVENT PREP DAY	7  Art Craft 10:00 AM	8  Puzzle Day 10 am	9  Nutrition & Exercise 2pm	10  Bingo Party 10:00 am
13 EVENT PREP DAY	14  Art Craft 10:00 AM	15  Bingo Party 10:00 am	16  Nutrition & Exercise 2pm	17  Game Day Party 10:00 AM
20 EVENT PREP DAY	21  Art Craft 10:00 AM	22  Mandala Class 10 am	23  Nutrition & Exercise 2pm	24  Karaoke Party 10:00 AM
27 EVENT PREP DAY	28  Art Craft 10:00 AM	29  Mandala Class 10 am	30  Nutrition & Exercise 2pm	31  Birthday Party 10:00 AM

MARGATE LOCATION

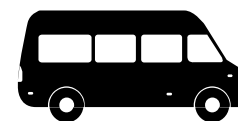


MedFlorida

Wellness Centers

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



NEED
TRANSPORTATION?
ANY QUESTIONS?

Call Us: 954-821-7665

OUR ADDRESS:

**6101 West Atlantic Blvd
Suite 103
Margate, FL 33063**

IMPORTANT INFORMATION FOR THOSE ATTENDING

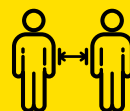


STAY HOME IF SICK

WEAR A MASK



STAY 6FT APART



WASH HANDS

