

# MARCH 2025 - EVENT CALENDAR - JOIN US !

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>EVENT PREP DAY</b>	4  <b>ACTIVITIES CRAFTS 10:00AM</b>	5  <b>ZUMBA 10:00AM</b>	6  <b>ACTIVITIES CRAFTS 10:00AM</b>	7 <i>Women's Day</i> <b>KARAOKE 10:00AM</b>
10 <b>EVENT PREP DAY</b>	11  <b>ACTIVITIES CRAFTS 10:00AM</b>	12  <b>DEEJAY 10:00AM</b>	13  <b>ACTIVITIES CRAFTS 10:00AM</b>	14  <b>PAINTING 10:00AM</b>
17 <b>EVENT PREP DAY</b>	18  <b>ACTIVITIES CRAFTS 10:00AM</b>	19  <b>CRAFTS 10:00AM</b>	20  <b>ACTIVITIES CRAFTS 10:00AM</b>	21  <b>NUTRITION 10:00AM</b>
24 <b>EVENT PREP DAY</b>	25  <b>ACTIVITIES CRAFTS 10:00AM</b>	26  <b>DEEJAY 10:00AM</b>	27  <b>ACTIVITIES CRAFTS 10:00AM</b>	28  <b>DEEJAY 10:00AM</b>
31 <b>EVENT PREP DAY</b>				

## MIAMI LAKES 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](http://MedFloridaWellness.com)

 **NEED  
TRANSPORTATION?  
ANY QUESTIONS?**

**Call Us: (954) 799-1050**

**OUR ADDRESS:**  
15700 NW 67TH Ave suite  
201, Miami Lakes, FL  
33014

## IMPORTANT INFORMATION FOR THOSE ATTENDING



**STAY HOME  
IF SICK**

**WEAR  
A MASK**



**STAY  
6FT APART**



**WASH  
HANDS**

