

SEPTEMBER 2023 EVENT CALENDAR - JOIN US!

Monday Tuesday Wednesday Thursday Friday

				1  Crafts
4	5	6	7	8  Seniors Exercises
11	12	13	14	15  nutrition
18	19	20	21	22 FLAGS OF COUNTRY'S  Spanish day
25	26	27	28	29 Birthday Days 

AVENTURA



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:

21110 Biscayne Blvd # 203,
Aventura, FL 33180

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME
IF SICK

WEAR
A MASK



STAY
6FT APART



WASH
HANDS

