

NOVEMBER 2025 - EVENT CALENDAR - JOIN US !

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 EVENT PREP DAY	4  PAINTING 10.00AM	5  BINGO BEAUTY SALON 10:00AM	6 WELCOME November WELCOME NEW PATIENT AT LAUDERHILL 10.00AM	7  BOARD GAMES 10.00AM
10  NUTRITION CLASS 10.00AM	11  CRAFTS 10.00AM	12  PAINTING BEAUTY SALON 10.00AM	13  AUTUMN PARTY AT LAUDERHILL 10.00AM	14  BOARD GAMES 10.00AM
17 EVENT PREP DAY	18  BOARD GAMES 10.00AM	19  TAICHI BEAUTY SALON 10.00AM	20  THANKSGIVING AT LAUDERHILL 10.00AM	21  PAINTING 10.00AM
24  NUTRITION CLASS 10.00AM	25  PAINTING 10.00AM	26  BINGO BEAUTY SALON 10.00AM	27  CLOSED	28  CLOSED

TAMARAC 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:
7900 N University Dr,
Tamarac, FL 33321

IMPORTANT INFORMATION FOR THOSE ATTENDING



**STAY HOME
IF SICK**

**WEAR
A MASK**



**STAY
6FT APART**



**WASH
HANDS**



MEDICARE RECIPIENTS LEARN MORE ABOUT:

**PRIMARY CARE
MEDICAL CENTER**



**PHARMACY: FREE RX
HOME DELIVERY***



**FREE FUN WEEKLY
EVENTS: FOOD,
DANCING & MORE***



**WALK-IN URGENT CARE
CENTER**



**WATCH FREE CLASSIC
MOVIES ON THE
WEEKEND &
GENERAL
INFO WEEKDAYS**



MEDFLORIDA.TV

**SOCIAL SERVICES: FREE
APPLICATION HELP**



EN ESPAÑOL



**SCAN THE CODE TO SEE THESE
OPTIONS ON YOUR PHONE**

OR VISIT ONLINE:
medflorida.info/well

**ESCANEE EL CÓDIGO PARA
VER ESTAS OPCIONES EN SU
TELÉFONO**

O VISITE PAGINA WEB:
medflorida.info/bien



***FOR MEDICARE
RECIPIENTS**

Questions? Please call: (561) 975-3871