

DECEMBER 2025 - EVENT CALENDAR - JOIN US!






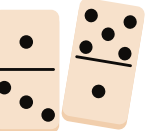



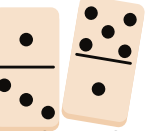





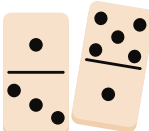



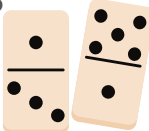


Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|---|---|---|--|---|
| 1  BOARD GAMES 10AM | 2  PAINTING DAY 10AM | 3  CHAIR EXERCISE 10AM | 4  December WELCOME NEW PATIENT PARTY 10AM | 5  BOARD GAMES 10AM |
| 8  DOMINO 10AM | 9  NUTRITION AND EXERCISE 10AM | 10  CRAFT 10AM | 11  UGLY SWEATER PARTY 10AM | 12  DOMINO 10AM |
| 15  BOARD GAMES 10AM | 16  STRETCHING EXERCISE 10AM | 17  ORIGAMI 10AM | 18  CHRISTMAS PARTY 10AM | 19  BOARD GAMES 10AM |
| 22  DOMINO 10AM | 23  NUTRITION AND EXERCISE 10AM | 24  SORRY WE'RE CLOSED | 25  SORRY WE'RE CLOSED | 26  DOMINO 10AM |
| 29  BOARD GAMES 10AM | 30  BINGO 10AM | 31 CLOSED FOR NEW YEARS | | |

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**



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EVENTS: FOOD,
DANCING & MORE***



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CENTER**



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WEEKEND &
GENERAL
INFO WEEKDAYS**



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EN ESPAÑOL



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VER ESTAS OPCIONES EN SU
TELÉFONO**

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***FOR MEDICARE
RECIPIENTS**

Questions? Please call: (561) 975-3871