



MAY 2026 - EVENT CALENDAR - JOIN US!

HILLSBOROUGH 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) 281-4459

OUR ADDRESS:
3505 E. Hillsborough Ave
Suite 201
Tampa, FL 33610

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 	5 	6 Painting Class 11:00-1:00 pm	7 Mother's Day 11:00-1:00 pm	8
11 EVENT PREP DAY	12 Yoga Class 11:00-1:00 pm	13 Barber & Nails 10:00-1:00 pm	14 Black & White Party 11:00-1:00 pm	15
18 EVENT PREP DAY	19 Zumba Class 11:00-1:00 pm	20 Bingo Party 11:00-1:00 pm	21 80'S Party 11:00-1:00 pm	22
25 MEMORIAL DAY	26 Yoga Class 11:00-1:00 pm	27 Barber & Nails 10:00-1:00 pm	28 Birthday Party 11:00-1:00 pm	29

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME IF YOU ARE SICK