

















# SEPTEMBER 2025 - EVENT CALENDAR - JOIN US !

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  <b>CLOSED</b>	2  <b>PAINTING</b> 10.00AM	3  <b>CRAFTS</b> BEAUTY SALON 10.00AM	4 <b>EVENT AT LAUDERHILL WELLNESS</b> 10:00AM	5  <b>BOARD GAMES</b> 10.00AM
8 <b>EVENT PREP DAY</b>	9  <b>MUSIC THERAPY</b> 10.00AM	10  <b>ART THERAPY</b> BEAUTY SALON 10:00 AM	11 <b>EVENT AT LAUDERHILL WELLNESS</b> 10:00AM	12  <b>CRAFTS</b> 10.00AM
15  <b>NUTRITION CLASS</b> 10.00AM	16  <b>BOARD GAMES</b> 10.00AM	17  <b>BINGO</b> BEAUTY SALON 10:00AM	18 <b>EVENT AT LAUDERHILL WELLNESS</b> 10:00AM	19  <b>BOARD GAMES</b> 10.00AM
22 <b>EVENT PREP DAY</b>	23  <b>PAINTING</b> 10.00AM	24  <b>CRAFTS</b> BEAUTY SALON 10.00 AM	25 <b>EVENT AT LAUDERHILL WELLNESS</b> 10:00AM	26  <b>CRAFTS</b> 10.00AM
29  <b>NUTRITION CLASS</b> 10.00AM	30  <b>BOARD GAMES</b> 10.00AM			

## 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](http://medflorida.info/well)

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

**O VISITE PAGINA WEB:**  
[medflorida.info/bien](http://medflorida.info/bien)



**\*FOR MEDICARE  
RECIPIENTS**

**Questions? Please call: (561) 975-3871**