

FEBRUARY 2019

Carrollwood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4	5 10:30. Zumba Stretch/Tone/Dance 11:30 Painting Class TNC office	6 9:15. Tai Chi Class @ Arbor Terrace Senior Living Facility	7 8:30. Walking Club	8 11:00. Movies Day Love Movie TNC office	9
10	11	12 11:00. Healthy Talk Cardiovascular Doctor TNC office	13 9:30. Tai Chi Class TNC office	14 8:30. Walking Club	15	16
17	18	19 10:30. Zumba Stretch/Tone/Dance TNC office	20 9:30. Tai Chi Class TNC office	21 11:00. Valentine's Potluck Bring enough to SHARE	22	23
24	25	26 8:30. Walking Club	27 9:30. Tai Chi Class TNC office	28 10:30. Bingo Game with Prizes		
		<p>Notes</p>  <ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Coffee – Offered daily. * Free Wi-Fi Access. * Transportation provided for Office Visits. 				