

# FEBRUARY 2019

West Tampa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 10:00. Cuban Coffee & Dominoes	<b>2</b>
<b>3</b>	<b>4</b> 11:15. Silver Sneakers	<b>5</b> 10:30. Zumba Stretch/Tone/Dance 11:30 Painting Class TNC office	<b>6</b> 9:15. Tai Chi Class @ Arbor Terrace Senior Living Facility	<b>7</b> 11:15. Silver Sneakers	<b>8</b> 11:00. Movies Day Love Movie TNC office	<b>9</b>
<b>10</b>	<b>11</b> 11:15. Silver Sneakers	<b>12</b> 11:00. Healthy Talk Cardiovascular Doctor TNC office	<b>13</b> 9:30. Tai Chi Class TNC office	<b>14</b> 11:15. Silver Sneakers	<b>15</b> 11:00. Valentine's Potluck Bring enough to SHARE	<b>16</b>
<b>17</b>	<b>18</b> 11:15. Silver Sneakers	<b>19</b> 10:30. Zumba Stretch/Tone/Dance TNC office	<b>20</b> 9:30. Tai Chi Class TNC office	<b>21</b> 11:15. Silver Sneakers	<b>22</b> 10:00. Cuban Coffee & Dominoes	<b>23</b>
<b>24</b>	<b>25</b> 11:15. Silver Sneakers	<b>26</b> 10:30. Bingo Game with Prizes	<b>27</b> 9:30. Tai Chi Class TNC office	<b>28</b> 11:15. Silver Sneakers		
		<p>Notes</p>  <p><b>FEBRUARY</b></p> <ul style="list-style-type: none"> <li>* Daily Blood Pressure Screenings upon request.</li> <li>* Free Wi-Fi Access.</li> <li>* Coffee - Offered daily.</li> <li>* Transportation provided for Office Visits</li> </ul>				