

MARCH 2019

Town and Country



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00. Dominoes & Coffee	2
3	4 10:00. Silver Sneakers	5 10:30. Zumba Stretch/Tone/Dance	6 10:00. Tai Chi Class at WellCare Office 200 W Waters Ave. Tampa, FL 33604	7 10:00. Silver Sneakers	8 10:00. Dominoes & Coffee	9
10	11 10:00. Silver Sneakers	12 10:00. Dominoes & Coffee	13 9:30. Tai Chi Class	14 10:00. Silver Sneakers	15 11:00. St. Patti's Day Party	16
17	18 10:00. Silver Sneakers	19 10:30. Zumba Stretch/Tone/Dance	20 9:30. Tai Chi Class	21 10:00. Silver Sneakers	22 11:00. Friday Fiesta snacks & refreshments will be provided	23
24	25 10:00. Silver Sneakers	26 11:00. Healthy Talk AdventHealth Carrollwood	27 9:30. Tai Chi Class	28 10:00. Silver Sneakers	29 10:00. Dominoes & Coffee	30
31		<p>Notes</p>  <ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Fitness/Exercise Room available daily for Humana Gold Plus Patients. * Coffee – Offered daily. * Transportation provided for Office Visits. * Free Wi-Fi Access. 				