

MARCH 2019

West Tampa



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