

APRIL 2019

Carrollwood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 8:30. Walking Club	2	3 10:00. Tai Chi Class at WellCare Office 200 W Waters Ave. Tampa, FL 33604	4 8:30. Walking Club 11:00. Arts and Crafts Bird Feeder	5	6	
7	8 8:30. Walking Club	9 10:30. Zumba Stretch/Tone/Dance TNC office	10 9:30. Tai Chi Class TNC office	11 8:30. Walking Club	12	13	
14	15 8:30. Walking Club	16 11:30. Potluck Bring Something to Share TNC office	17 9:30. Tai Chi Class TNC office	18 8:30. Walking Club	19	20	
21	22 8:30. Walking Club	23 10:30. Zumba Stretch/Tone/Dance TNC office	24 9:30. Tai Chi Class TNC office	25 8:30. Walking Club	26	27	
28	29 8:30. Walking Club	30 11:00. Healthy Talk AdventHealth Carrollwood TNC office					
		Notes 	<ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Coffee – Offered daily. * Free Wi-Fi Access. * Transportation provided for Office Visits. 				