

APRIL 2019

Town and Country



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 10:00. Silver Sneakers	2 10:00. Dominoes & Coffee	3 10:00. Tai Chi Class at WellCare Office 200 W Waters Ave. Tampa, FL 33604	4 10:00. Silver Sneakers	5 10:00. Dominoes & Coffee	6	
7	8 10:00. Silver Sneakers	9 10:30. Zumba Stretch/Tone/Dance	10 9:30. Tai Chi Class	11 10:00. Silver Sneakers	12 9:30. Field Trip Ybor City Museum	13	
14	15 10:00. Silver Sneakers	16 11:30. Potluck Bring Something to Share	17 9:30. Tai Chi Class	18 10:00. Silver Sneakers	19 10:00. Dominoes & Coffee	20	
21	22 10:00. Silver Sneakers	23 10:30. Zumba Stretch/Tone/Dance	24 9:30. Tai Chi Class	25 10:00. Silver Sneakers	26 11:00. Arts and Crafts Bird Feeder	27	
28	29 10:00. Silver Sneakers	30 11:00. Healthy Talk AdventHealth Carrollwood					
		Notes 	<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. 				