

APRIL 2019

West Tampa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:15. Silver Sneakers	2 10:00. Cuban Coffee & Dominoes	3 10:00. Tai Chi Class at WellCare Office 200 W Waters Ave. Tampa, FL 33604	4 11:15. Silver Sneakers	5 11:00. Arts and Crafts Bird Feeder	6
7	8 11:15. Silver Sneakers	9 10:30. Zumba Stretch/Tone/Dance TNC office	10 9:30. Tai Chi Class TNC office	11 11:15. Silver Sneakers	12 10:00. Cuban Coffee & Dominoes	13
14	15 11:15. Silver Sneakers	16 10:00. Cuban Coffee & Dominoes	17 9:30. Tai Chi Class TNC office	18 11:15. Silver Sneakers	19 9:30. Field Trip Ybor City Museum	20
21	22 11:15. Silver Sneakers	23 10:30. Zumba Stretch/Tone/Dance TNC office	24 9:30. Tai Chi Class TNC office	25 11:15. Silver Sneakers	26 10:00. Cuban Coffee & Dominoes	27
28	29 11:15. Silver Sneakers	30 11:00. Healthy Talk AdventHealth Carrollwood TNC office				
		Notes  * Daily Blood Pressure Screenings upon request. * Free Wi-Fi Access. * Coffee - Offered daily. * Transportation provided for Office Visits				