


# MAY 2019

## Town and Country



| Sunday    | Monday                              | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |  |
|-----------|-------------------------------------|--|--|--|--|-----------|--|
|           |                                     |  | <b>1</b><br>10:00. Tai Chi Class<br>at WellCare Office<br>200 W Waters Ave.<br>Tampa, FL 33604   | <b>2</b><br>10:00. Silver Sneakers                                       | <b>3</b><br>10:00. Dominoes &<br>Coffee                    | <b>4</b>  |  |
| <b>5</b>  | <b>6</b><br>10:00. Silver Sneakers  | <b>7</b><br>10:30. Zumba<br>Stretch/Tone/Dance   | <b>8</b><br>9:30. Tai Chi Class  | <b>9</b><br>10:00. Silver Sneakers                                       | <b>10</b><br>11:00. Mothers' day<br>Derby Hats Party       | <b>11</b> |  |
| <b>12</b> | <b>13</b><br>10:00. Silver Sneakers | <b>14</b><br>11:00. Surprise<br>Party<br>Humana Members                                      | <b>15</b><br>9:30. Tai Chi Class   | <b>16</b><br>10:00. Silver Sneakers                                      | <b>17</b><br>9:00. Outdoors<br>Picnic<br>Indian Rock Beach | <b>18</b> |  |
| <b>19</b> | <b>20</b><br>10:00. Silver Sneakers | <b>21</b><br>10:30. Zumba<br>Stretch/Tone/Dance  | <b>22</b><br>9:30. Tai Chi Class   | <b>23</b><br>10:00. Silver Sneakers                                      | <b>24</b><br>10:00. Yoga Class                             | <b>25</b> |  |
| <b>26</b> | <b>27</b><br><b>Memorial Day</b>    | <b>28</b><br>10:00. Dominoes &<br>Coffee   | <b>29</b><br>9:30. Tai Chi Class   | <b>30</b><br>10:00. Silver Sneakers<br>11:00. Stop the Bleed<br>Workshop | <b>31</b><br>11:30. Humana Event<br>101 birthday Party     |           |  |
|           |                                     | Notes<br> | <ul style="list-style-type: none"> <li>* Daily Blood Pressure Screenings upon request.</li> <li>* Fitness/Exercise Room available daily for Humana Gold Plus Patients.</li> <li>* Coffee – Offered daily.</li> <li>* Transportation provided for Office Visits.</li> </ul> |  |  |           |  |