


# MAY 2019

West Tampa



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