


# JUNE 2019

West Tampa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b>	<b>3</b> 11:15. Silver Sneakers	<b>4</b> 10:30. Zumba Stretch/Tone/Dance TNC office	<b>5</b> 10:00. Tai Chi Class at WellCare Office 200 W Waters Ave. Tampa, FL 33604	<b>6</b> 11:15. Silver Sneakers	<b>7</b> 10:00. Yoga Class TNC office	<b>8</b>
<b>9</b>	<b>10</b> 11:15. Silver Sneakers  8:00 - 4:00 Retinal Eye Exams	<b>11</b> 11:00. Legal Talk Atty. Alberto Rodriguez TNC office	<b>12</b> 9:30. Tai Chi Class TNC office	<b>13</b> 11:15. Silver Sneakers	<b>14</b> 11:00. Arts & Crafts Wall Art TNC office	<b>15</b>
<b>16</b>	<b>17</b> 11:15. Silver Sneakers  8:00 - 4:00 Retinal Eye Exams	<b>18</b> 10:30. Zumba Stretch/Tone/Dance TNC office 8:00 - 4:00 Retinal Eye Exams	<b>19</b> 9:30. Tai Chi Class TNC office	<b>20</b> 11:00. New Patient Orientation	<b>21</b> 11:00. Essential Oil Workshop TNC office	<b>22</b>
<b>23</b>	<b>24</b> 11:15. Silver Sneakers  8:00 - 4:00 Retinal Eye Exams	<b>25</b> 10:00. Yoga Class TNC office 8:00 - 12:00 Retinal Eye Exams	<b>26</b> 9:30. Tai Chi Class  11:00. Healthy Talk Cardiologist TNC office	<b>27</b> 11:15. Silver Sneakers	<b>28</b> 11:00. Luau Party Bring a Friend Have Fun! TNC office	<b>29</b>
<b>30</b>		Notes  <b>summer</b>	<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>			