


FEBRUARY 2020

West Tampa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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2	3 11:15. Silver Sneakers	4 10:30. Zumba Stretch/Tone/Dance TNC office	5 9:30. Tai Chi Class TNC office	6 11:15. Silver Sneakers	7 10:00. Yoga Class TNC office	8	
9	10 11:15. Silver Sneakers	11 10:00. Yoga Class TNC office	12 9:30. Tai Chi Class TNC office	13 11:15. Silver Sneakers	14 11:00. Love Party music, games & more TNC office 	15	
16	17 11:15. Silver Sneakers	18 10:30. Zumba Stretch/Tone/Dance TNC office	19 9:30. Tai Chi Class TNC office	20 11:15. Silver Sneakers	21 10:00. Yoga Class	22	
23	24 11:15. Silver Sneakers	25 10:30. Cooking Class 10-minutes quesadilla	26 9:30. Tai Chi Class TNC office	27 11:15. Silver Sneakers	28 11:00. Show Time "The Kissing Booth" Movie TNC office	29	
		Notes  FEBRUARY	<ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Free Wi-Fi Access. * Coffee - Offered daily. * Transportation provided for Office Visits 				