


OCTOBER 2020

Carrollwood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30. Walking Club	2 10:00. Yoga Class TNC office	3
4	5 8:30. Walking Club	6 10:30. Zumba Stretch/Tone/Dance TNC office	7 9:30. Tai Chi Class TNC office	8 8:30. Walking Club	9 10:00. Documentary The Secrets of Nature TNC office	10
11	12 8:30. Walking Club	13 10:30. Fall 2020 Jewelry & Fashion Show TNC office	14 9:30. Tai Chi Class TNC office	15 8:30. Walking Club	16 10:00. Yoga Class	17
18	19 8:30. Walking Club	20 10:30. Zumba Stretch/Tone/Dance TNC office	21 9:30. Tai Chi Class TNC office	22 8:30. Walking Club	23 10:00. Halloween Costume Party	24
25	26 8:30. Walking Club	27 10:00. Baking Contest TNC office	28 9:30. Tai Chi Class TNC office	29 8:30. Walking Club	30 10:00. Yoga Class TNC office	31
		<p>Notes</p>  <ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Fitness/Exercise Room available daily for Humana Gold Plus Patients. * Coffee – Offered daily. * Transportation provided for Office Visits. * Free Wi-Fi Access. 				