


OCTOBER 2020

West Tampa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:15. Silver Sneakers	2 10:00. Yoga Class TNC office	3
4	5 11:15. Silver Sneakers	6 10:30. WT Office 10th Anniversary Celebration	7 9:30. Tai Chi Class TNC office	8 11:15. Silver Sneakers	9 10:00. Documentary The Secrets of Nature TNC office	10
11	12 11:15. Silver Sneakers	13 10:30. Fall 2020 Jewelry & Fashion Show TNC office	14 9:30. Tai Chi Class TNC office	15 11:15. Silver Sneakers	16 10:00. Halloween Costume Party	17
18	19 11:15. Silver Sneakers	20 10:30. Zumba Stretch/Tone/Dance TNC office	21 9:30am - 11:00am 11:30am - 1:00pm Patient Appreciation Snacks and refreshments will be provided	22 11:15. Silver Sneakers	23 10:00. Dominoes & Coffee	24
25	26 11:15. Silver Sneakers	27 10:00. Baking Contest TNC office	28 9:30. Tai Chi Class TNC office	29 11:15. Silver Sneakers	30 10:00. Yoga Class TNC office	31
		<p>Notes</p>  <ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Free Wi-Fi Access. * Coffee - Offered daily. * Transportation provided for Office Visits 				