

# NOVEMBER 2020

Carrollwood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>1</b>	<b>2</b> 8:30. Walking Club	<b>3</b> 10:30. Zumba Stretch/Tone/Dance TNC office	<b>4</b> 9:30. Tai Chi Class TNC office	<b>5</b> 8:30. Walking Club	<b>6</b> 11am - 1pm Patient Appreciation Snacks and refreshments will be provided	<b>7</b>	
<b>8</b>	<b>9</b> 8:30. Walking Club	<b>10</b> 10:30. Thanksgiving Arts & Crafts TNC office	<b>11</b> 9:30. Tai Chi Class TNC office	<b>12</b> 8:30. Walking Club	<b>13</b> 10:00. Yoga Class TNC office	<b>14</b>	
<b>15</b>	<b>16</b> 8:30. Walking Club	<b>17</b> 10:30. Zumba Stretch/Tone/Dance TNC office	<b>18</b> 9:30. Tai Chi Class TNC office	<b>19</b> 8:30. Walking Club	<b>20</b> 10:00. Yoga Class TNC office	<b>21</b>	
<b>22</b>	<b>23</b> 8:30. Walking Club	<b>24</b>	<b>25</b> 11:00. Thanksgiving Potluck	<b>26</b> Office Closed <i>Happy Thanksgiving</i>	<b>27</b> Office Closed	<b>28</b>	
<b>29</b>	<b>30</b> 8:30. Walking Club						
		Notes 	<ul style="list-style-type: none"> <li>* Daily Blood Pressure Screenings upon request.</li> <li>* Fitness/Exercise Room available daily for Humana Gold Plus Patients.</li> <li>* Coffee – Offered daily.</li> <li>* Transportation provided for Office Visits.</li> </ul>				