

NOVEMBER 2020

West Tampa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11:15. Silver Sneakers	3 10:00. Zumba Stretch/Tone/Dance TNC office	4 10:00. Tai Chi Class TNC office	5 11:15. Silver Sneakers	6 10:00. Yoga Class TNC office	7
8	9 11:15. Silver Sneakers	10 10:00. Yoga Class	11 10:00. Tai Chi Class TNC office	12 11:15. Silver Sneakers	13 10:00. Yoga Class TNC office	14
15	16 11:15. Silver Sneakers	17 10:30. Zumba Stretch/Tone/Dance TNC office	18 10:00. Tai Chi Class TNC office	19 11:15. Silver Sneakers	20 11:00. Thanksgiving Potluck	21
22	23 10:00. Yoga Class TNC office	24 10:00. Dominoes & Coffee	25 10:00. Tai Chi Class TNC office	26 Office Closed 	27 Office Closed	28
29	30 11:15. Silver Sneakers					
		<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 				