

APRIL 2021

Carrollwood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00. Silver Sneakers	2 10:00. Yoga Class	3
4	5 8:30. Walking Club following Breakfast with the staff	6 10:30. Zumba Stretch/Tone/Dance	7 9:30. Tai Chi Class	8 10:00. Silver Sneakers	9 11:00. Bingo	10
11	12 10:00. Silver Sneakers	13 11:00. Spring time Pictionary	14 9:30. Tai Chi Class	15 10:00. Silver Sneakers	16 10:00. Yoga Class	17
18	19 10:00. Silver Sneakers	20 10:30. Zumba Stretch/Tone/Dance	21 9:30. Tai Chi Class	22 10:00. Silver Sneakers 12:00. Earth Day Documentary	23 9:30. Field Trip Henry B Plant Museum	24
25	26 10:00. Silver Sneakers	27 11:00. Staff Choice	28 9:30. Tai Chi Class	29 10:00. Silver Sneakers	30 10:00. Yoga Class	
		<p>Notes</p>  <ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Coffee – Offered daily. * Free Wi-Fi Access. * Transportation provided for Office Visits. 				