

AUGUST 2021

Carrollwood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00. Silver Sneakers	3 10:00. Zumba Stretch/Tone/Dance	4 10:00. Tai Chi Class 11:00. Travel to Hawaii	5 10:00. Silver Sneakers	6 10:00. Yoga Class	7
8	9 10:00. Silver Sneakers	10 10:00. Yoga Class	11 10:00. Tai Chi Class	12 10:00. Silver Sneakers	13 11:00 Revello Medical Center Hawaiian Luau Party TNC	14
15	16 10:00. Silver Sneakers	17 10:00. Zumba Stretch/Tone/Dance	18 10:00. Tai Chi Class	19 10:00. Silver Sneakers	20 11:00. Food Pantry Montse TNC	21
22	23 10:00. Silver Sneakers	24 10:00. Painting Class Tropical Pineapple TNC Office	25 10:00. Tai Chi Class	26 10:00. Silver Sneakers	27 10:00. Yoga Class	28
29	30 10:00. Silver Sneakers	31 10:00. Yoga Class				
		Notes 	<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. 			