

AUGUST 2021

West Tampa



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