



Hillsborough County Department of Aging Services

TOWN 'N COUNTRY SENIOR CENTER

7606 Paula Drive Tampa, FL 33615

MARCH 2010

LORI RADICE, CENTER MANAGER

Phone: (813) 873-6336, Fax: (813) 873-6343, Hours: 8:00 a.m. - 4:00 p.m. (Monday-Friday)



<u>Monday</u>	
<u>A.M.</u>	<u>P.M.</u>
9:00 American Mahjonn (advanced class) 9:30 Tai Chi w/ Nydia (\$2.00 per class*) 9:30 Intermediate Tai Chi w/Robbie (\$15.00 per month*) 10:00 Intermediate Spanish (\$6.00 per class*) 11:00 Walking Exercise (2 miles)	12:00 Fitness to Go (\$2.00 per class*) 12:15 Bridge and Pinochle 1:00 Advanced Walking Class (up to 4 miles) 2:00 Line Dancing 3:00 Ping Pong/Table Tennis
<u>Tuesday</u>	
<u>A.M.</u>	<u>P.M.</u>
9:00 Painting Class, Acrylics and Watercolors (\$3.00 per class*) 10:00 Stretch & Tone 10:15 Bingo (.25 per card*) 10:30 Beginning Drawing (\$3.00 per class*)	12:00 Cardio Fitness Exercise w/ Lori** 12:15 Bingo (.25 per card*) 12:15 Canasta 1:30 Tai Chi Qigong w/ Sharon (\$2.00 per class*) 2:30 Wii Games 2:30 Walking Exercise (2-3 miles)
<u>Wednesday</u>	
<u>A.M.</u>	<u>P.M.</u>
9:00 Blood Pressure Checks 9:00 Quilting Class 9:30 Walking Exercise (4 miles) 10:15 Bingo (.25 per card*) 10:45 Tai Chi Qigong w/Sharon (\$2.00 per class*)	12:00 Dominoes/Ping Pong/Table Tennis 12:30 Crochet Class & Sit and Sew 1:00 Basic Fitness Class w/ Lori 2:15 Yoga Stretch Class w/ Arlene
<u>Thursday</u>	
<u>A.M.</u>	<u>P.M.</u>
10:00 Stretch & Tone 10:00 Intermediate Spanish (\$6.00 per class*)	12:00 Cardio Fitness Exercise w/ Lori** 12:00 ESOL Classes 12:15 American Mahjonn 1:00 Instructional American Mahjonn 1:30 Tai Chi w/ Nydia (\$2.00 per class*) 2:45 Line Dancing
<u>Friday</u>	
<u>A.M.</u>	<u>P.M.</u>
9:30 Tai Chi Qigong w/ Sharon (\$2.00 per class*) 9:30 Intermediate Tai Chi w/ Robbie (\$15.00 per Month*) 9:30 Simple Crafts 10:15 Bingo (.25 per card*) 11:00 Walking Exercise (3 miles)	12:00 Ping Pong/Table Tennis 12:00 ESOL Classes 12:30 Zumba w/ Liz (\$2.00*) 12:30 Canasta 1:30 Movie Presentation 1:30 Wii Games/Ping Pong/Table Tennis
<u>Special Presentations</u>	
10:30 Keep It Safe Seniors by Barbara Presutti with National Foundation for Debt Management 3/5/10	
11:00 Transportation Awareness by Cynthia Hendry with Transportation Awareness Program 3/9/2010	
11:00 Kitchen Band Performance & Speaker on Services provided by Rocky Creek Village 3/23/2010	
11:00 Identity Theft by Slade Duke with Stetson University 3/25/2010	
12:00 Ama Tu Corazon is a four week course on how to Love your Heart sponsored by Fundacion de Familia. This course in Spanish, is held each Tuesday in March. Pre-registration is required.	
**NOTE: On 3/11/2010 Cardio Fitness will be held at 11:15, this date only.	
<u>Daily Activities</u>	
Fitness Room available 8:00 a.m. – 4:00 p.m. Game Room available for Billiards/Dominoes/Cards 8:00 a.m. – 4:00 p.m. TV Room available Lunch - Register in advance	
*NOTE: Please pay your instructor directly. Charge for BINGO cards is collected by a volunteer. Funds are for prizes and refreshments.	