



Lori Radice, Center Manager
(RadiceL@hillsboroughcounty.org)

Town 'N Country Senior Center List of Events for Active Seniors

HOURS: 8:00 a.m. to 5:00 p.m.
Monday - Friday, Excluding Holidays
7606 Paula Drive
Tampa, FL 33615
(813) 873-6336

MAY 2012

<u>Monday</u>	
<u>A.M.</u>	<u>P.M.</u>
9:00 Board Games- Rumikub, Tripoly & more 9:00 American Mahjonn (Advanced Class) 9:00 Living Health Class (Last class date: 4/21/12) 9:30 Tai Chi Qigong w/ Nydia (\$2.00 per class*) 10:00 Advanced Walking Exercise (4 miles) 10:45 Walking Exercise Class (4 miles) 11:45 Fitness to Go Boot Camp (\$2.00 class*) 11:45 Bridge	12:00 ESOL Class 12:15 Pinochle 1:00 Spanish Class w/ Basalisa 1:00 Zumba w/ Suzy (\$2.00 per class*) 2:00 Continuum of Spanish Class w/ Lou 2:15 Ballet for Active Seniors (\$2.00 per class*) 3:00 Beginning Spanish Class w/ Lou 3:20 Walking Exercise Class (2-3 miles) 3:20 Ballroom Dance Class (\$2.00 per class*) 4:00 Conversational French Club
<u>Tuesday</u>	
<u>A.M.</u>	<u>P.M.</u>
9:00 Early Bird Mingle- Prelude to Stretch & Tone 9:00 Painting Class, Acrylics & Watercolors (\$3.00 per class*) 10:00 Stretch & Tone 10:00 Bingo (.25 per card - two card minimum*) 10:30 Beginning Drawing (\$3.00 a class*)	12:00 Cardio Fitness Exercise 12:15 Bingo (.25 per card - two card minimum*) 1:00 Lighten Up Health/Fitness Class w/ Robbie (\$30.00 -14 week class*) 1:15 Japanese Culture Club 1:30 Tai Chi Qigong (\$2.00 per Class*) 3:00 Walking Exercise Class (up to 4 miles) 3:00 Afternoon Coffee Break
<u>Wednesday</u>	
<u>A.M.</u>	<u>P.M.</u>
9:00 Quilting Class 9:30 Walking Exercise (2 miles) 9:00 Beginner's American Mahjonn Class 10:00 Bingo (.25 per card - two card minimum*) 11:00 Cornhole League (Bean Bag toss) 11:00 Chair Zumba w/ Suzy (\$2.00 per class*)	12:15 Crochet Class & Sit and Sew 12:15 Bingo (.25 per card - two card minimum*) 1:00 Basic Fitness Class 2:15 Yogatailates Class (Yoga + Qigong + Pilates) (\$2.00 per class*) 3:15 Zumba w/ Carol (\$2.00 per class)
<u>Thursday</u>	
<u>A.M.</u>	<u>P.M.</u>
9:00 Early Bird Mingle- Prelude to Stretch & Tone 10:00 Stretch & Tone 10:00 Intermediate Spanish (\$6.00 per class*) 11:00 Progressive Line Dance Class w/ Liz	12:00 Cardio Fitness Exercise 1:00 Weekly Tea Time Social 1:30 Tai Chi Qigong (\$2.00 per class*) 2:15 Rummikub Club (Instructional)
<u>Friday</u>	
<u>A.M.</u>	<u>P.M.</u>
9:00 Bead Weaving (Jewelry Class) 9:30 Creative Musing/Collective Writing Club 9:30 Tai Chi Qigong w/ Nydia (\$2.00 per class*) 10:00 Bingo (.25 per card - two card minimum*) 10:45 Walking Exercise Class (3 miles)	12:00 Acoustic Guitar Lessons w/ Victor 12:15 Bingo (.25 per card - two card minimum*) 12:15 Zumba w/ Suzy (\$2.00 per class*) 1:30 Feature Movie Presentation & Snacks 2:00 TGI Friday Funfest & Refreshments