



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The mission of Hillsborough County government is to provide effective quality services at a reasonable cost with courtesy, integrity, and accountability in a manner that protects and enhances the quality of life of our diverse population.</p>	<p><b>Benefits of Therapeutic Activities: Enhance physical well-being thru opportunities for sensory stimulation and range of motion. Decrease isolation thru socialization. Increase self esteem thru reminiscing, promoting creativity, and independence</b></p>		<p><b>1</b></p> <p>10:00 STRETCHING &amp; TONING EXERCISE</p> <p>10:00 DOMINOES &amp; BILLIARDS</p> <p>12:00 JAZZERCISE CLASS</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:00 AMERICAN MAH JONGG</p> <p>1:00 INSTRUCTIONAL AMERICAN MAH JONGG</p> <p>2:30 TAI CHI (\$2.00 class fee)</p>	<p><b>2</b></p> <p>9:30 TAI CHI (\$2.00 class fee)</p> <p>10:30 TAI CHI PRACTICE</p> <p>10:30 BINGO (.25 card)</p> <p>10:30 ARTS AND CRAFTS</p> <p>11:00 WALKING EXERCISE CLASS (2 MILES)</p> <p>11:30 STRETCH &amp; TONE w/ Mayra</p> <p>11:30 TRAVEL CLUB</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:30 CANASTA</p> <p>1:00 ZUMBA FITNESS CLASS w/ Liz (\$2.00 class fee)</p> <p>2:00 FEATURE MOVIE W/ Popcorn</p>
<p><b>5</b></p> <p>9:30 TAI CHI (\$2.00 class fee)</p> <p>9:30 AMERICAN MAH JONGG</p> <p>11:00 WALKING EXERCISE CLASS (4 MILES)</p> <p>12:00 FITNESS TO GO BOOT CAMP (\$2.00 class fee)</p> <p>12:15 BRIDGE</p> <p>12:15 PINOCHLE</p> <p>1:00 CITRUS ZEST FITNESS CLASS (Citrus Health Care Group)</p> <p>2:00 FREE-WEIGHTS WORK-OUT</p>	<p><b>6</b></p> <p>9:00 BEGINNING ADULT DRAWING CLASS (\$3.00 class fee)</p> <p>10:00 STRETCHING &amp; TONING EXERCISE</p> <p>10:30 BINGO &amp; 12:15 -.25 card)</p> <p>10:45 INTERMEDIATE ADULT DRAWING CLASS (\$3.00 class fee)</p> <p>12:00 JAZZERCISE CLASS</p> <p>12:00 AMA TU CORAZON (Spanish speaking only) (Pre-registration)</p> <p>12:15 CANASTA</p> <p>1:15 FITNESS TO GO PERSONAL TRAINING (\$ 2.00 Class fee)</p> <p>2:30 TAI CHI (\$2.00 class fee)</p>	<p><b>7</b></p> <p>9:00 BLOOD PRESSURE CHECKS</p> <p>9:00 QUILTING CLASS</p> <p>9:30 WALKING EXERCISE CLASS (3 MILES)</p> <p>10:30 ZUMBA FITNESS CLASS w/ PAT (\$2.00 class fee)</p> <p>10:30 BINGO (.25 card)</p> <p>12:30 CROCHET CLASS &amp; SIT N' SEW</p> <p>1:00 CITRUS ZEST FITNESS CLASS (Citrus Health Care Group)</p> <p>2:15 BELLY DANCING FITNESS (\$2.00 class fee)</p>	<p><b>8</b></p> <p>10:00 STRETCHING &amp; TONING EXERCISE</p> <p>10:00 DOMINOES &amp; BILLIARDS</p> <p>11:00 COOKING W/ ARTHRITIS PROGRAM PRESENTATION</p> <p>12:00 JAZZERCISE CLASS</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:00 AMERICAN MAH JONGG</p> <p>1:00 INSTRUCTIONAL AMERICAN MAH JONGG</p> <p>2:30 TAI CHI (\$2.00 class fee)</p>	<p><b>9</b></p> <p>9:30 TAI CHI (\$2.00 class fee)</p> <p>10:30 TAI CHI PRACTICE</p> <p>10:30 BINGO (.25 card)</p> <p>10:30 ARTS AND CRAFTS</p> <p>11:00 WALKING EXERCISE CLASS (2 MILE)</p> <p>11:30 STRETCH &amp; TONE w/ Mayra</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:30 CANASTA</p> <p>1:00 ZUMBA FITNESS CLASS w/ Liz (\$2.00 class fee)</p> <p>2:00 FEATURE MOVIE W/ Popcorn</p> <p>FLU VACCINES W/ CVS PHARMACY**** (See staff for details)</p>
<p><b>12</b></p> <p>9:30 TAI CHI (\$2.00 class fee)</p> <p>9:30 AMERICAN MAH JONGG</p> <p>11:00 WALKING EXERCISE CLASS (4 MILES)</p> <p>12:00 FITNESS TO GO BOOT CAMP (\$2.00 class fee)</p> <p>12:15 BRIDGE</p> <p>12:15 PINOCHLE</p> <p>1:00 CITRUS ZEST FITNESS CLASS (Citrus Health Care Group)</p> <p>2:00 FREE-WEIGHTS WORK-OUT</p> <p>3:00 POETRY GROUP DEMO w/ Tom</p>	<p><b>13</b></p> <p>9:00 BEGINNING ADULT DRAWING CLASS (\$3.00 class fee)</p> <p>10:00 STRETCHING &amp; TONING EXERCISE</p> <p>10:30 &amp; 12:15 BINGO- (.25 card)</p> <p>10:45 INTERMEDIATE ADULT DRAWING CLASS (\$3.00 class fee)</p> <p>11:00 CVS PHARMACY "MEDICARE PART-D" PRESENTATION</p> <p>12:00 JAZZERCISE CLASS</p> <p>12:00 AMA TU CORAZON (Spanish speaking only) (Pre-registration)</p> <p>12:15 CANASTA</p> <p>1:15 FITNESS TO GO PERSONAL TRAINING (\$ 2.00 Class fee)</p> <p>2:30 TAI CHI (\$2.00 class fee)</p>	<p><b>14</b></p> <p>9:00 BLOOD PRESSURE CHECKS</p> <p>9:00 QUILTING CLASS</p> <p>9:30 WALKING EXERCISE CLASS (3 MILES)</p> <p>10:30 ZUMBA FITNESS CLASS w/ PAT (\$2.00 class fee)</p> <p>10:30 BINGO (.25 card)</p> <p>12:30 CROCHET CLASS &amp; SIT N' SEW</p> <p>1:00 CITRUS ZEST FITNESS CLASS (Citrus Health Care Group)</p> <p>2:15 BELLY DANCING FITNESS (\$2.00 class fee)</p>	<p><b>15</b></p> <p>10:00 STRETCHING &amp; TONING EXERCISE</p> <p>10:00 DOMINOES &amp; BILLIARDS</p> <p>12:00 JAZZERCISE CLASS</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:00 AMERICAN MAH JONGG</p> <p>1:00 INSTRUCTIONAL AMERICAN MAH JONGG</p> <p>2:30 TAI CHI (\$2.00 class fee)</p>	<p><b>16</b></p> <p>9:30 TAI CHI (\$2.00 class fee)</p> <p>10:30 TAI CHI PRACTICE</p> <p>10:30 BINGO (.25 card)</p> <p>10:30 ARTS AND CRAFTS</p> <p>11:00 WALKING EXERCISE CLASS (2 MILES)</p> <p>11:30 STRETCH &amp; TONE w/ Mayra</p> <p>11:30 TRAVEL CLUB</p> <p>12:00 COOKING ON A BUDGET w/Mayra</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:30 CANASTA</p> <p>1:00 TRAVEL CLUB</p> <p>1:00 ZUMBA FITNESS CLASS - w/ LIZ (\$2.00 class fee)</p> <p>2:00 FEATURE MOVIE W/ Popcorn</p>
<p><b>19</b></p> <p>9:30 TAI CHI (\$2.00 class fee)</p> <p>9:30 AMERICAN MAH JONGG</p> <p>11:00 WALKING EXERCISE CLASS (4 MILES)</p> <p>12:00 FITNESS TO GO BOOT CAMP (\$2.00 class fee)</p> <p>12:15 BRIDGE</p> <p>12:15 PINOCHLE</p> <p>1:00 CITRUS ZEST FITNESS CLASS (Citrus Health Care Group)</p> <p>2:00 FREE-WEIGHTS WORK-OUT</p> <p>3:00 POETRY CLUB</p>	<p><b>20</b></p> <p>9:00 BEGINNING ADULT DRAWING CLASS (\$3.00 class fee)</p> <p>10:00 STRETCHING &amp; TONING</p> <p>10:30 &amp; 12:15 BINGO - (.25 card)</p> <p>10:45 INTERMEDIATE ADULT DRAWING CLASS (\$3.00 class fee)</p> <p>12:00 JAZZERCISE CLASS</p> <p>12:00 AMA TU CORAZON (Spanish speaking only)</p> <p>12:00 SENIOR MEDICARE On PATROL PRESENTATION</p> <p>12:15 CANASTA</p> <p>1:15 FITNESS TO GO PERSONAL TRAINING (\$ 2.00 Class fee)</p> <p>2:30 TAI CHI (\$2.00 class fee)</p>	<p><b>21</b></p> <p>9:00 BLOOD PRESSURE CHECKS</p> <p>9:00 QUILTING CLASS</p> <p>9:30 WALKING EXERCISE CLASS (3 MILES)</p> <p>10:30 ZUMBA FITNESS CLASS w/ PAT (\$2.00 class fee)</p> <p>10:30 BINGO (.25 card)</p> <p>12:30 CROCHET CLASS &amp; SIT N' SEW</p> <p>1:00 CITRUS ZEST FITNESS CLASS (Citrus Health Care Group)</p> <p>2:15 BELLY DANCING CLASS (\$2.00 class fee)</p>	<p><b>22</b></p> <p>10:00 STRETCHING &amp; TONING EXERCISE</p> <p>10:00 DOMINOES &amp; BILLIARDS</p> <p>12:00 JAZZERCISE CLASS</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:00 AMERICAN MAHJONGG</p> <p>1:00 INSTRUCTIONAL AMERICAN MAH JONGG</p> <p>2:30 TAI CHI (\$2.00 class fee)</p>	<p><b>23</b></p> <p>9:30 TAI CHI (\$2.00 class fee)</p> <p>10:30 TAI CHI PRACTICE</p> <p>10:30 ARTS AND CRAFTS</p> <p>10:30 BINGO (.25 card)</p> <p>11:00 WALKING EXERCISE CLASS (2 MILES)</p> <p>11:30 STRETCH &amp; TONE w/ Mayra</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:30 CANASTA</p> <p>1:00 ZUMBA FITNESS CLASS - w/ LIZ (\$2.00 class fee)</p> <p>2:00 FEATURE MOVIE W/ Popcorn</p>
<p><b>26</b></p> <p>9:00 TAI CHI (\$2.00 class fee)</p> <p>9:30 AMERICAN MAH JONGG</p> <p>11:00 WALKING EXERCISE CLASS (4 MILES)</p> <p>12:00 FITNESS TO GO BOOT CAMP (\$2.00 class fee)</p> <p>12:15 BRIDGE</p> <p>12:15 PINOCHLE</p> <p>1:00 CITRUS ZEST FITNESS CLASS (Citrus Health Care Group)</p> <p>2:00 FREE-WEIGHTS WORK-OUT</p> <p>3:00 POETRY CLUB</p> <p>***Flu Shots w/ the Health Dept. (See staff for details)***</p>	<p><b>27</b></p> <p>9:00 BEGINNING ADULT DRAWING CLASS (\$3.00 class fee)</p> <p>10:00 STRETCHING &amp; TONING EXERCISE</p> <p>10:30 &amp; 12:15 BINGO - (.25 card)</p> <p>10:45 INTERMEDIATE ADULT DRAWING CLASS (\$3.00 class fee)</p> <p>12:00 JAZZERCISE CLASS</p> <p>12:00 AMA TU CORAZON (Spanish speaking only)</p> <p>12:15 CANASTA</p> <p>1:15 FITNESS TO GO PERSONAL TRAINING (\$ 2.00 Class fee)</p> <p>2:30 TAI CHI (\$2.00 class fee)</p>	<p><b>28</b></p> <p>9:00 QUILTING CLASS</p> <p>9:30 WALKING EXERCISE CLASS (3 MILES)</p> <p>10:30 ZUMBA FITNESS CLASS w/ PAT (\$2.00 class fee)</p> <p>10:30 BINGO (.25 card)</p> <p>12:30 CROCHET CLASS &amp; SIT N' SEW</p> <p>1:00 CITRUS ZEST FITNESS CLASS (Citrus Health Care Group)</p> <p>2:15 BELLY DANCING CLASS (\$2.00 class fee)</p>	<p><b>29</b></p> <p>10:00 STRETCHING &amp; TONING EXERCISE</p> <p>10:00 DOMINOES &amp; BILLIARDS</p> <p>12:00 JAZZERCISE CLASS</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:00 AMERICAN MAHJONGG</p> <p>1:00 INSTRUCTIONAL AMERICAN MAH JONGG</p> <p>2:30 TAI CHI (\$2.00 class fee)</p>	<p><b>30</b></p> <p>9:30 TAI CHI (\$2.00 class fee)</p> <p>10:30 ARTS AND CRAFTS</p> <p>10:30 TAI CHI PRACTICE</p> <p>10:30 BINGO (.25 card)</p> <p>11:00 WALKING EXERCISE CLASS (2 MILES)</p> <p>11:30 STRETCH &amp; TONE w/ Mayra</p> <p>12:00 ESOL CLASS (English for speakers of other language)</p> <p>12:30 CANASTA</p> <p>1:00 ZUMBA FITNESS CLASS - w/ LIZ (\$2.00 class fee)</p> <p>2:00 FEATURE MOVIE W/ Popcorn</p>