

Tampa

April in-person events

Be sure to call to RSVP at **813-463-4221**.
Class times and dates are subject to change.



10037 N. Dale Mabry Hwy.
Tampa, FL 33618
813-463-4221 (TTY: 711)
Monday – Friday, 8:30 a.m. – 5 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>10 - 10:45 a.m. SilverSneakers® Senior Stretch*</div> <div>1 - 3 p.m. Knitting group</div>	<div>2</div> <div>10 - 11 a.m. Foods to boost bone health</div> <div>11 a.m. - 12 p.m. Healthy cooking demo</div>	<div>3</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 1 (RSVP)</div>	<div>4</div> <div>10 - 10:45 a.m. SilverSneakers® Strength & Balance*</div> <div>11:30 a.m. - 12:30 p.m. Craft corner: Decorate a picture frame (RSVP)</div>	<div>5</div> <div>2 - 3:30 p.m. Understanding wills, trusts & advance directives with Dennis Moses (RSVP)</div>
<div>8</div> <div>10 - 10:45 a.m. SilverSneakers® Senior Stretch*</div> <div>1 - 3 p.m. Knitting group</div>	<div>9</div> <div>10 a.m. - 12 p.m. Planning for the future: Making your final wishes known</div> <div>12:30 - 1:30 p.m. Craft: Rock painting (RSVP)</div>	<div>10</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 2 (RSVP)</div> <div>1 - 2 p.m. Humana Neighborhood Center tour (RSVP)</div>	<div>11</div> <div>10 - 10:45 a.m. SilverSneakers® Strength & Balance*</div>	<div>12</div> <div>10 - 11:30 a.m. Find your feel great weight Class 4 (RSVP)</div> <div>1 - 3 p.m. Movie and popcorn: Draft Day (2014)</div>
<div>15</div> <div>10 - 10:45 a.m. SilverSneakers® Senior Stretch*</div> <div>1 - 3 p.m. Knitting group</div>	<div>16</div> <div>10 - 11 a.m. Understanding Parkinson's disease</div> <div>1 - 2 p.m. Entender la enfermedad de Parkinson</div>	<div>17</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 3 (RSVP)</div> <div>1 - 2 p.m. Bingo</div>	<div>18</div> <div>10 - 10:45 a.m. SilverSneakers® Strength & Balance*</div>	<div>19</div> <div>10 - 11 a.m. Veterans breakfast (RSVP)</div> <div>1 - 3 p.m. Movie and popcorn: Knight and Day (2010)</div>
<div>22</div> <div>10 - 10:45 a.m. SilverSneakers® Senior Stretch*</div> <div>1 - 3 p.m. Knitting group</div>	<div>23</div> <div>11 a.m. - 12 p.m. Building stronger bones with Jocelyn Segal, ARNP</div> <div>12 - 12:30 p.m. Medicines explained: Osteoporosis (streamed)</div>	<div>24</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 4 (RSVP)</div> <div>1 - 2 p.m. Birthday celebrations (RSVP)</div>	<div>25</div> <div>10 - 10:45 a.m. SilverSneakers® Strength & Balance*</div>	<div>26</div> <div>1 - 3 p.m. Movie and popcorn: 17 Again (2009)</div>
<div>29</div> <div>10 - 10:45 a.m. SilverSneakers® Senior Stretch*</div> <div>1 - 3 p.m. Knitting group</div>	<div>30</div> <div>11 a.m. - 12:30 p.m. Understanding wills, trusts & advance directives (streamed)</div>			



*For Humana members with this benefit only.

For accommodations of persons with special needs at meetings, call **813-463-4221 (TTY: 711)**.