

**July 2024**

**727-298-3299**

**Hale Senior Activity Center**

330 Douglas Ave • Dunedin, FL 34698  
www.DunedinGov.com

**Hours of Operation**

Monday 8 am - 9 pm  
Tuesday 8 am - 5 pm  
Wednesday 8 am - 5 pm  
Thursday 8 am - 9 pm  
Friday 8 am - 3 pm  
Sat & Sun Rentals Available  
Closed for holiday: Thursday, July 4

**Recreation Card Rates**

Resident \$10 / 1 year  
Non-Resident \$90 / 1 year  
\$56 / 6 months  
Unincorporated \$56 / 1 year  
(Pinellas County)

To purchase or renew a Resident Rec Card, you must live within the city limits and provide proof of residency by presenting a photo ID (FL Driver's License) and a bill statement containing your name, address, and dated less than 90 days old upon date of registration.

**ADA Accommodation**

If you feel you need an accommodation to access any service or program, call 727-298-3042 or email TSmalling@dunedinfl.net at least 7 days prior to the requested participation date for the city's review.

**Free Health Screenings**

**Leg Vein Screening**

2<sup>nd</sup> Tuesday of the month, 9:00 am  
Performed by Premier Vein & Vascular

**Blood Pressure Checks**

3<sup>rd</sup> Tuesday of the month, 9:00 am  
Performed by Dedicated Senior Medical Center

**Hearing Health Screening**

4<sup>th</sup> Tuesday of the month, 9:00 am  
Performed by Miracle Ear Dunedin

**Free Memory Screening**

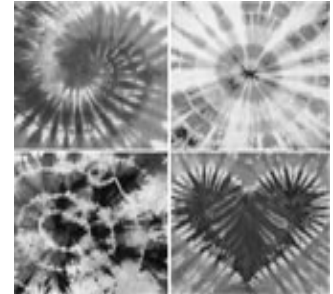
By appointment only. Call 727-298-3299  
Sponsored by Arden Courts Memory Care Community

**Tie Dye Workshop** 

**Friday, July 12, 1-2:30 pm**

\$18/Rec Card, \$22/No Card  
(must register by Friday, July 5)

Learn three different tie dye techniques and use them to create two unique colorful pieces. No experience necessary. Please bring two white, 100% cotton items such as a t-shirt, pair of socks, tea towel, or pillowcase.



**Groovy Summer Luncheon**

**Wednesday, July 17, 12 Noon**

\$6/Rec Card, \$7/No Card  
Register by Friday, July 12 (space is limited)

Far out and groovy man! Bust out your favorite tie dye and enjoy lunch with us!



Sponsored by:



**Intergenerational Games & Pizza**

**Friday, July 12 & 26**

**11 am - 1 pm**

\$4/Rec Card, \$5/No Card (per day)  
(pre register if possible)



Adults and kids (ages 10 & older) are welcome to join us as we enjoy using our endless energy with a wide variety of giant games, board/table games, and quiet games that will have you asking for more. Celebrate after the games with pizza and lemonade provided. Children must be accompanied by an adult.

**Intergenerational Trivia & Pizza**

**Friday, July 19**

**11 am - 1 pm**

\$4/Rec Card, \$5/No Card (per day)  
(pre register if possible)



Adults and kids (ages 10 & older) are welcome to join us for a fun game of trivia to test your "useless" knowledge. Who knows, you just might surprise yourself! You will play in small groups and accumulate points. The team with the most points will win a prize and receive bragging rights. After the trivia games, participants can enjoy delicious pizza. Children must be accompanied by an adult.

## MONDAY

9:30-10:30 am.....Zumba Gold - \$5/\$6  
12-2 pm.....Intergenerational Drum Circle - \$1/\$2  
12:30-4 pm.....Casual Bridge - \$2/\$3  
1-3 pm.....Blind Support Group (2<sup>nd</sup> Monday) - Free  
1-3 pm.....Parkinson's Support Group (3<sup>rd</sup> Monday) - Free  
3-5 pm.....Chess-Learn & Play - Free/\$1  
6:30-8 pm.....Mindfulness & Creativity - \$2/\$3  
6:30-8 pm.....Dunedin Ukes - \$1/\$2  
6:30-8:30 pm.....Mah-Jongg - \$1/\$2

## TUESDAY

8:00 am.....Walking Club - \$5/\$8(Y)  
8:30-9:30 am.....Pancake Breakfast - \$4/\$5  
9-10 am.....Health Screenings (2<sup>nd</sup> - 4<sup>th</sup> Tues) - Free  
9 am-12 pm.....Woodcarving - \$8/\$12  
9:30-10:30 am.....Chair Yoga - \$5/\$6  
11:00 am-4:00 pm.....Samba - Free/\$1  
11:45 am-3:30 pm.....Duplicate Bridge - \$2/\$3  
1-3 pm.....Dulcimer Club - \$1/\$2  
12-3pm.....Quilters Corner - Free/\$1

## WEDNESDAY

9-10 am.....Functional Fitness - \$5/\$6  
9:30-10:30 am.....Qi Gong - \$5/\$6  
10-11 am.....Alzheimer's Support Group - Free  
10 am.....Laughter Wellness (1<sup>st</sup> & 3<sup>rd</sup> Wed) - Free  
10:30-11:30 am.....Line Dance Experienced - \$5/\$6  
11:15 am-4:30 pm.....Canasta - Free/\$1  
12:30-4 pm.....Casual Bridge - \$2/\$3  
12-2 pm.....Intergenerational Drum Circle - \$1/\$2  
2-3 pm.....In the News - Free/\$1

## THURSDAY

8:00 am.....Walking Club - \$5/\$8(Y)  
9:30-10:30 am.....Chair Yoga - \$5/\$6  
10 am-12 pm.....Intergenerational Drum Circle - \$1/\$2  
10 am-12 pm.....Aphasia C.A.N Activities - \$2/\$3  
10:15-11:15 am.....Zumba Gold - \$5/\$6  
11:45 am-3:30 pm.....Duplicate Bridge - \$2/\$3  
12:30-4:30 pm.....Mah-Jongg - \$2/\$3  
12:30-5 pm.....Samba - Free/\$1  
1-3 pm.....Aphasia Conversation Group - \$2/\$3  
6-8:30 pm.....Sketch Group - \$2/\$3  
6:30-7:30 pm.....Cardio Drumming - \$5/&6

## FRIDAY

9-10 am.....Functional Fitness - \$5/\$6  
9:30-10:30 am.....Qi Gong - \$5/\$6  
11:15 am-3 pm.....Hand, Knee & Foot - Free/\$1  
12-3 pm.....Quilters Corner - Free/\$1

**Pricing Key:** \$/Rec Card, \$/No Card

All fees are daily drop-in fees unless otherwise noted  
(D) = Daily Fee, (M) = Monthly Fee, (Y) = Yearly Fee

## Music

### Intergenerational Drum Circle

**Mon & Wed 12-2:00 pm & Thursdays, 10 am - 12 pm**

\$1/Rec Card, \$2/No Card

(No program on July 17, Luncheon Day)

### Ukulele - "Dunedin Ukes"

**Mondays, 6:30-8:00 pm**

\$1/Rec Card, \$2/No Card



### Dulcimer Club

**Tuesdays, 1-3:00 pm, \$1/Rec Card, \$2/No Card**

## Crafts & Hobbies

### Mindfulness & Creativity

**Mondays, 6:30-8:00 pm (Now-August)**

\$2/Rec Card, \$3/No Card

It's hard to slow down and notice things in our busy day-to-day living. Let's spend some time together creating without any limits or boundaries, while also practicing mindfulness through the act of crafting. At the beginning of the session, an optional creative prompt will be provided. Please bring your own materials as all mediums are welcome such as sketching, painting, crocheting, felting, journaling, etc.

### Wreath Making: Beach Wreath

**Monday, July 15, 1-3:00 pm**

\$22/Rec Card; \$33/No Card. Pre register by Wed, July 10

Have fun making deco mesh wreaths for the holidays, seasons or any occasion. Learn a different style each month so every wreath you go home with will look different. Wreaths begin at 14-inches and end up 16-20 inches. All materials provided. This is a beginner class, so all skills levels are welcome.

### Woodcarving, Wood Burning & Folk Art Painting

**Tuesdays, 9 am - 12 pm**

\$8/Rec Card; \$12/No Card (per class)

\$28/Rec Card; \$42/No Card (per month)

Woodcarving, wood burning, and painting on pre-made products and pictures on wood. Paint with oils, acrylics, pencils, pastels, or chalk. All abilities welcome.

### Quilter's Corner

**Tuesdays & Fridays, 12-3:00 pm**

\$Free/Rec Card, \$1/No Card

Quilters can gather, sew and share the secrets of the trade. Learn from each other and carry on this wonderful sewing art. Please bring your own sewing machine.

### Sketch Group

**Thursdays, 6-8:30 pm**

\$2/Rec Card, \$3/No Card + \$5 (cash only) for live model

Join like-minded sketch enthusiasts and benefit from your shared interest. Newcomers and all art mediums are welcome.

## Free Seminars

### Elections Info Workshop

Monday, July 8 1:00 pm

### Shopping Tips to Save You Time and Money

Monday, July 15, 6:00 pm

### Mental Health & Wellness

Tuesday, July 23, 10:00 am



## Support Groups

### Alzheimer's Support Group

Wednesdays, 10-11:00 am • \$Free

A support group for caregivers, family members, and spouses interested in learning more about Alzheimer's disease.

### Aphasia Activity Group

\$2/\$3 per meeting. Prior to coming, please call Brooke Oliver at 727-249-1953 or email [brooke@vohaphasia.org](mailto:brooke@vohaphasia.org).

- ◆ **C.A.N. Activities: Thursdays, 10 am - 12 pm**  
Participate in Communication, Arts and Networking Activities including games, arts & crafts, music and other hands-on activities that support communication.
- ◆ **Conversation Group: Thursdays, 1-3:00 pm**  
Partake in supported conversation, short stories and other language activities.

### Blind Support Group

Monday, July 8, 1-3:00 pm • \$Free

We're here to help and support those who are visually impaired along with their loved ones by offering this opportunity to socialize and share resources with one another.

### Parkinson's Support Group

Monday, July 15, 1-3:00 pm • \$Free

Meetings help foster self-empowerment, coping skills and socialization in a nonjudgmental and encouraging atmosphere. Includes physical and speech exercises.



## Support Services

### Amplified Phones

Tuesday, July 23 9-11:00 am • \$Free

Pinellas County residents with hearing loss can receive a free amplified phone from Florida Telecommunications Relay. In partnership with Deaf and Hard of Hearing Services of Florida, Inc. An appointment is required - call 727-853-1010.

### Diabetes Prevention Program

Wednesdays, 12-1:00 pm

\$Fees covered by most Medicare Plans. To register, call 727-379-2473.

This YMCA community-based lifestyle improvement program will empower you with lasting lifestyle changes, improve overall health and reduce your chance of developing type-2 diabetes.

### Healthy Steps

Monday, July 22 & 29, 9:30 am - 12 Noon

**\$ Free.** Thanks to funding from the Administration for Community Living

This community-based fall risk screening and education program addresses proper footwear, safety at home, good nutrition for bone health and the importance of exercise to prevent falls. The program also includes information on local fitness programs and at-home exercises designed to reduce the risk of falling. Space is limited. To register call 727-379-2473.

### Laughter Wellness Gang

1<sup>st</sup> & 3<sup>rd</sup> Wednesday, 10:00 am • \$Free

As children we laugh over 300 times a day, but as adults we laugh only 30 times a day. Don't miss this hysterical experience. Wear comfortable clothes and shoes.

### Senior Counseling

Mondays & Wednesdays 9:30 am - 3:30 pm

**\$Free, Donations accepted. Appointments required.**

To make an appointment please call Shakeita Hazley at 727-570-9696 ext. 288.

### SHINE Medicare Counseling

Fridays between 10 am - 12 pm • \$Free

Please call us at 727-298-3299 to schedule your appointment for 10:00 am, 11:00 am or 12:00 pm.

### Tech Time

Mondays & Wednesdays, 3-5:00 pm

**\$Free.** Call 727-298-3299 to schedule your 30-minute session.

Having difficulties using your phone or tablet, or getting around on the internet? Don't cuss, call us to get help with your tech device or internet issues.

## Fitness & Exercise

### Cardio Drumming

Thursdays, 6:30-7:30 pm

\$5/Rec Card, \$6/No Card

### Chair Yoga

Tuesdays & Thursdays, 9:30-10:30 am

\$5/Rec Card, \$6/No Card

### Exercise Equipment Orientation

2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 10:30 am; 1<sup>st</sup> & 3<sup>rd</sup> Thursday, 3:30 pm

\$Free \*\* (No class 7/9, will make up on 7/10 at 10:30am)\*\*

### Functional Fitness

Wednesdays & Fridays, 9-10:00 am **\*\*(NEW DAY)\*\***

\$5/Rec Card, \$6/No Card

### Qi Gong

Wednesdays & Fridays, 9:30-10:30 am

\$5/Rec Card, \$6/No Card

### Walking Club

Tuesdays & Thursdays, 8:00 am

\$5/Rec Card, \$8/No Card (per year, Oct-Sept)

### Zumba Gold

Mondays, 9:30-10:30 am, Thursdays, 10:15-11:15 am

\$5/Rec Card, \$6/No Card

## Nature & Outdoors

### Friday Fishing

1<sup>st</sup> & 3<sup>rd</sup> Friday of every month

9-11:00 am

\$10/Rec Card, \$12/No Card (per day)

Must pre register by the Wed. before.

Meet at the Dunedin Marina Fishing Pier



BAIT TACKLE AND APPAREL CO.  
*Angler 360*

Join other outdoor enthusiasts to fish and learn about ethical angling, conservation, Florida's aquatic habitats, fishing gear, and general fishing concepts. We'll practice catch and release, and properly dispose of all hooks, fishing lines, and unused bait. Please bring your own fishing pole, tackle, (if you have it) and wear close-toed shoes, sunscreen, and bring water. Loaner fishing poles may be available. Bait is donated by Angler 360 Bait Tackle & Apparel Co. at 290 Causeway Blvd, Dunedin, FL 34698.

### Kayak Eco Adventure

Friday, August 16

9 am - 12 pm

\$50/Rec Card, \$60/No Card (per day)

Must pre register by Aug. 9

Meet at the Dunedin Causeway



Explore the waterways near the Dunedin Causeway and around Caladesi Island while watching for native wildlife and learning about the local flora and fauna. Basic kayaking skills are required. Additionally, close-toed shoes, swimsuit, towel, sunscreen, and a water bottle are required. Kayaks provided or bring your own.

## Dance

### Line Dance - Beginners

Mondays, 10:30-11:30 am

\$20/Rec Card, \$30/No Card (month). Must pre register

For beginners who want to learn country line dances played at weddings and parties. Line dance is great for the memory and good wholesome exercise.

### Line Dance - Experienced

Wednesdays 10:30-11:30 am

\$5/Rec Card, \$6/No Card

For experienced line dancers who enjoy progressive learning. Learn line dances to Blue Jean Night, Broken Stones, Blue Night Cha, Little White Church, Would You Be Vine, Electric Slide, and Boot Scoot & Boogie.

### Happy Taps

**Beginner:** Tuesdays, 12-12:30 pm

\$3/Rec Card; \$4/No Card

**Intermediate:** Tuesday, 12:30 -1:30 pm

\$4/Rec Card; \$5/No Card

**Intermediate:** Thursdays, 12 -1:30 pm

\$5/Rec Card; \$6/No Card

**NEW LOCATION:** Happy Taps has been moved to the Dunedin Community Center, located at 1920 Pinehurst Road, 727-812-4530



## Cards & Games



### ◆ Casual Bridge

Mondays & Wednesdays

12:30-4 pm

\$2/Rec Card, \$3/No Card

### ◆ Duplicate Bridge

Tuesdays & Thursdays

11:45 am - 3:30 pm

\$2/Rec Card, \$3/No Card

### ◆ Chess - Learn & Play

Mondays

3-5:00 pm

\$Free/Rec Card, \$1/No Card

### ◆ Canasta

Wednesdays

11:15 am - 4:30 pm

\$Free/Rec Card, \$1/No Card

### ◆ Mah-Jongg

Mondays

6:30-8:30 pm

\$1/Rec Card, \$2/No Card

### ◆ Mah-Jongg

Thursdays

12:30-4:30 pm

\$2/Rec Card, \$3/No Card

### ◆ Samba

Tuesdays, 11 am - 4:00 pm

Thursdays, 12:30 - 5:00 pm

\$Free/Rec Card, \$1/No Card

### ◆ Hand, Knee & Foot

Fridays

11:15 am - 3:00 pm

\$Free/Rec Card, \$1/No Card

## Joy Rides Dunedin

**Mondays, 9 am & 10 am • Free**

Go for a free rickshaw ride for up to two people. Each ride lasts approximately 45-minutes. To schedule your ride, call 727-298-3299. Participants must fill out a waiver before riding. This program is provided by the First Presbyterian Church.

