

**August 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

**Recreation Card Rates**

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

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.

**Kayak Eco Adventure**

**Friday, August 16**

**9 am - 12 pm**

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

Must register by Friday, August 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.

**Casino Luncheon**

**Wednesday, August 21, 12 Noon**

\$6/Rec Card, \$7/No Card

Must register by Friday, August 11

Put your betting hats on and try your luck at Blackjack, Horse, Dice, or even Roulette during our Casino Luncheon. We bet you'll have a great time! Games are for pure fun using play money; no real money or gambling services of any kind is offered or provided.



Sponsored by:  **ST. MARK VILLAGE**

**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

**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 register by the Wed. before

Meet at the Dunedin Marina Fishing Pier



Join other outdoor enthusiasts to fish and learn about ethical angling, conservation, Florida's aquatic habitats, fishing gear, and general fishing concepts. Please bring your own fishing pole, tackle (if you have it), sunscreen, water and wear close-toed shoes. Loaner poles may be available, first come first serve. Bait is provided and donated by Angler 360 Bait Tackle & Apparel Co.

## 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  
1-4pm.....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.....(no class 8/8).....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

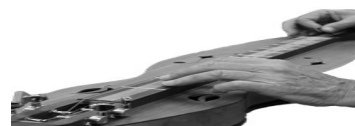
**Pricing Key:** \$/Rec Card, \$/No Card

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

## Music

### Dulcimer Club

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



### Intergenerational Drum Circle

**Mon & Wed 12-2:00 pm & Thursdays, 10 am - 12 pm**  
\$1/Rec Card, \$2/No Card  
(No program on August 21, Luncheon Day)

### Ukulele - "Dunedin Ukes"

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

### 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.

### 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.

### Wreath Making: Fall Wreath

**Monday, September 16, 1-3:00 pm**  
\$22/Rec Card; \$33/No Card. Preregister by Wed, Sept. 11

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.

## Craft Shop

Did you know the Hale Senior Activity Center has a Craft Shop? Items for sale include locally hand-made jewelry, purses, greeting cards, pop culture items, household knick-knacks, and many other creations that make great gifts.

Monday-Thursday: 10 am - 4 pm  
Friday: 10 am - 1 pm

## Free Seminars

### Alzheimer's & Dementia: Healthy Living for the Brain and Body

Tuesday, August 6, 10:00 am

### Hurricane Preparedness

Tuesday, August 13, 10:00 am

### Elections of 2024 - What you need to know

Tuesday, August 20, 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, August 12, 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, August 19, 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, August 27, 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.

### 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. Please call 727-298-3299 to schedule your personal 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.

## 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 free ride, please call 727-298-3299. Participants must fill out a waiver before riding. This program is provided by the First Presbyterian Church.



## Trips



### Tampa Bay Rays Game

**Thursday, September 5, 11:45 am-5:00 pm**

\$44 (must register by August 15)

Travel to Tropicana Field to watch the Tampa Bay Rays take on the Minnesota Twins for their "senior prom" game. Receive a Rays hat and sit in the press level seats (200 level). Wear your Rays gear, and bring a sweater as it may be chilly inside the stadium.

### James Museum of Western & Wildlife Art

**Wednesday, October 2, 9 am-3 pm**

\$40 (must register by September 22)

Let's go to St. Pete to visit this newer (2018) museum founded by businessman Thomas James. Enjoy a docent led tour and see thousands of pieces from the James' collection, including contemporary and traditional works. After the tour, we'll have time to explore the museum further before heading to The Hangar Restaurant for lunch (on your own).

### Florida Aquarium & Dolphin Cruise

**Wednesday, November 6, 8:45 am- 4:00 pm**

\$64 (must register by October 4)

Tampa is home to many exciting adventures, and one you won't want to miss if you're a fan of sea life is The Florida Aquarium. Rated among the best aquariums in the U.S., The Florida Aquarium offers a wide variety of aquatic and terrestrial animals, including sea turtles, sharks, lemurs, and otters. After enjoying the sea life inside the Aquarium, you can admire the wildlife along the waters of Tampa Bay. Board a 72-foot catamaran with an experienced naturalist as your guide to the natural beauty of the bay. Keep your eyes out for a variety of wildlife including bottlenose dolphins, countless bird species, and more. Before the dolphin adventure, enjoy lunch on your own at Café Ray.

### Victorian Christmas Stroll

**Wednesday, December 4, 9:15 am-2:15 pm**

\$40 (must register by November 4)

Join us for one of Tampa's favorite holiday traditions - a stroll through the Henry B. Plant Museum where you can experience the magic of Christmas past. The museum will be filled with a variety of decorations, including visitor favorites from years past as well as new displays and themes that are sure to amaze and enthrall. Don't miss this wonderful holiday event in one of the community's most iconic buildings. On our way back, we'll stop at Bahama Breeze where lunch is on your own.

## Trips (continued)

### Christmas at Bok Tower Gardens

**Thursday, Dec 12, 9 am-6 pm**

\$54 (must register by Nov. 12)

Capture the holiday spirit by visiting the Pinewood Estate, a 20-room Mediterranean style mansion. Witness beautiful displays of poinsettias, amaryllis and bromeliads throughout the garden designed by renowned architect Fredrick Law Olmsted Jr. Enjoy a 1-hour guided tour with a holiday music concert on the Singling Tower Carillon. (Lunch is on your own at Blue Palmetto Café or you may bring your own bag lunch).

**\*NOTE: Registration for trips will open  
Thursday, August 1<sup>st</sup> at 8:00 am**

## Dance

### Dance Fusion



**Mondays, 5:30-6:30 pm**

**Starts in October**

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

Dance Fusion combines dance styles, cultures, techniques, movements and rhythms from different cultures to create a unique, interesting and fun expression of movement and dance.

### Happy Taps (moved to Dunedin Community Center)

**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

Learn tap dancing to classic, Broadway show tunes; a fun way to improve your balance, coordination, endurance and memory. No experience necessary.

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

### Line Dance - Beginners

**Mondays, 10:30-11:30 am**

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

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.