

January 2025

727-298-3299

Senior Expo

Friday, January 24, 9 am - 12 pm
Free Admission & Lunch

This expo features over 50 local businesses and organizations providing valuable resources and information for older adults including retirement living, healthcare, medical equipment, beauty, nutrition, exercise and wellness, legal and financial services, recreational activities, home care, and more! Presented by Dunedin Parks & Recreation.

Thank you to our sponsors:



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

Holiday Closures: Jan. 1 & Jan. 20

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.

Broadway Musicals Explained

Mondays, 12:30-2:00 pm (see dates & themes below)
\$5 / day

Learn from Ellen Katz, a Broadway Edutainer during her live presentation in costume as she teaches and entertains using musical clips, fascinating history, and enjoyable anecdotes.

January 27: 42nd Street
February 24: Hairspray
March 24: Producers
April 28: Hamilton



The Dunedin 3 O'Clock Big Band: Dance & Concert

Wednesday, January 15
3:00 pm (doors open 2:30)
\$5 / person

Enjoy live music, solos and dance styles including swing, ballads, waltzes, polkas and Latin music.



Short Form Improv



Wednesdays, 3-4:30 pm
\$Free/Rec Card, \$1 No Card

Unleash your inner comedian! This class is designed to be fun and accessible for everyone, regardless of experience. Come with an open mind and leave with new skills, great memories, and a smile.



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 (2st Mon) - Free
 1-3 pm.....Parkinson's Support Group (1/27) - Free
 3-5 pm.....Chess-Learn & Play - Free/\$1
 6:30-8 pm.....Dunedin Ukes - \$1/\$2
 6:30-8:30 pm.....Mah-Jongg - \$1/\$2

TUESDAY

8:30 am.....Walking Club - \$5/\$8(Y)
 8:30-9:30 am.....Pancake Breakfast - \$4/\$5
 9-10 am.....Health Screenings (2nd - 4th 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

9:30-10:30 am.....Qi Gong - \$5/\$6
 10-11 am.....Alzheimer's Support Group - 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
 3-4:30 pm.....Short Form Improv - Free/\$1

THURSDAY

8:30 am.....Walking Club - \$5/\$8(Y)
 9-10 am.....Intro to Taoist Tai Chi - \$5/\$6
 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
 2-3 pm.....In the Sports News - Free/\$1
 6-8:30 pm.....Sketch Group - \$2/\$3

FRIDAY

9-10 am.....Functional Fitness - \$5/\$6
 9:30-10:30 am.....Qi Gong - \$5/\$6
 10:30-11:30 am.....Line Dance Experienced - \$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

Crafts Shop

Did you know we have 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. Volunteers needed, inquire within.

Monday-Thursday: 10 am - 4 pm

Friday: 10 am - 1 pm

Crafts

Quilter's Corner

Tuesdays 1-4:00 pm & 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 other sketch enthusiasts and participate in live model sketching sessions. All levels and mediums.

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 - Valentine's Day

Monday, January 6, 1-3:00 pm (register by Jan. 2)

\$22/Rec Card; \$33/No Card

Deco-mesh wreaths begin at 14-inches and end up 16-20 inches. All materials provided. All skills levels welcome.

Free Health Screenings

Leg Vein Screening

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



Blood Pressure Checks

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

Hearing Health Screening

Resumes January 28 at 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

Lifelong Learning Seminars

Elder Law

Tuesday, Jan. 14, 10:00 am

Planting Seeds for Cool Season Vegetables

Tuesday, Jan. 21, 10:00 am

Scam Prevention

Tuesday, Jan. 28, 10:00 am



Master Learners

Come and learn from curious-minded, active, and retired adults who share their knowledge through lectures, films, music, books, camaraderie, or more.

Wednesday, January 22
1-2:30 pm

\$Free. Walk-ins welcome. No registration required

Judge Salvatore Martoche will present The Life of William Donovan, head of the Office of Strategic Services (OSS), precursor to the CIA.

Senior Planet Technology - Lectures & Workshops

Through lectures and workshops, you can learn about the latest and most popular tech topics, the general purpose of various devices or concepts, as well as tips and tricks of how to effectively use specific features of a website or apps through guided, hands-on experiences.

Lecture: Intro to Social Media

Tuesday, January 7, 10-11:00 am

\$Free. Walk-ins welcome. No registration required

Workshop: Finding Information Online

Thursday, Jan. 23 2-3:30pm

Workshop: Getting Started with DuoLingo

Thursday, Jan. 30 2-3:30pm

\$Free. Limited space. Must register by the Monday before class to reserve spot.



Socials

Fraturdays with Friends

Friday, January 10

11 am - 12 pm

\$Free

If you are new to the community or looking to make new friends, please join us! Enjoy engaging conversations, participate in fun activities, learn new things, and connect with others who share your interests. Feel free to bring a bag lunch or snacks!

Highlander Luncheon

Wednesday, January 8

12 Noon

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

Register by Jan. 3

Space is limited

Thank you to our sponsor:
 **Dedicated Senior Medical Center**
A CHENMED COMPANY

In the Sports News

Thursdays, 2-3:00 pm

\$Free

Are sports your thing? Do you enjoy the news? Then you are in the right place. Join sports minded folks' like yourself to talk about what's happening in the sports world!

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

Harmonica for Beginners

Thursdays, January 9 - February 13, 6-7:00 pm

\$15/Rec Card, \$20/No Card (Must register by Jan. 6)

Ukulele for Beginners

Thursdays, January 9 - February 13, 6-7:00 pm

\$12/Rec Card, \$15/No Card (Must register by Jan. 6)

Ukulele Play-a-Long for Beginners

Thursdays, February 6-27, 6-7:00 pm

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

Ukulele - "Dunedin Ukes"

Mondays, 6:30-8:00 pm

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

Fitness & Exercise

Chair Yoga

Tuesdays & Thursdays, 9:30-10:30 am
\$5/Rec Card, \$6/No Card

Exercise Equipment Orientation

2nd & 4th Tuesday, 10:30 am
1st & 3rd Thursday, 3:30 pm
\$Free

Functional Fitness

Fridays, 9-10:00 am
\$5/Rec Card, \$6/No Card

Intro to Taoist Tai Chi

Thursdays, 9-10:00 am
\$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, 8:30 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



Dance

Line Dance - Beginners

Mondays, 10:30-11:30 am (No class 1/20)
\$15/Rec Card, \$22/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 & Fridays, 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, Blue Night Cha, Electric Slide, and Boot Scoot & Boogie.

Support Services

Healthy Steps

Monday, January 27 9:30 am - 1 pm
\$ Free. Thanks to funding from the Administration for Community Living. Space is limited. To register, call 727-379-2473.

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.

Trips

Raymond James Stadium Tour

Wednesday, January 22 · 8:45 am - 2:45 pm
\$36 (must register by January 8)

We're excited to venture to Raymond James Stadium, home to the Tampa Bay Buccaneers for a tour of their stadium. This 75 minute long walking journey will give you backstage access to many different aspects and workings of the stadium. The tour will visit the stadium club, a luxury suite, hall of fame club, the famous pirate ship, visiting team locker room, the USF home team locker room, the field and more. Wear comfortable shoes and clothing as it will be indoor/outdoor. After the tour, enjoy lunch on your own at Bahama Breeze.

Florida Strawberry Festival

Thursday, February 27 · 8:45 am - 4:15 pm
\$40 (must register by February 3)

Enjoy this old-fashioned festival in Plant City where you'll get a chance to venture through agricultural barns, see livestock, fine arts & craft exhibits, bake-offs, and entertainment. Jimmy Sturr & his Orchestra will be performing that morning. Of course you'll have plenty of choices to indulge your sweet tooth including a succulent taste of ripe strawberry preserves, pies, and the famous Strawberry Shortcake.

Marie Selby Botanical Gardens

Wednesday, March 19 · 8:45 am - 4:15 pm
\$63 (must register by February 19)

Marie Selby Botanical Gardens provides 45 acres of bayfront sanctuaries connecting people with air plants of the world, native nature, and our regional history. We will enjoy a one hour guided tour of the Downtown Campus on Sarasota Bay which is the only botanical garden in the world dedicated to the display and study of epiphytic orchids, bromeliads, gesneriads and ferns, and other tropical plants. Comfortable shoes and attire are suggested, as tour is primarily outdoors. After the tour, enjoy lunch on your own at Der Dutchman.

Imagine Museum

Wednesday, April 23 · 9 am - 3:30 pm
\$44 (must register by March 26)

The Imagine Museum is located in the downtown St. Pete and explores the fascinating world of contemporary glass art. Enjoy a comprehensive docent-led tour that takes you through the entire museum. Learn about the techniques used in glasswork, and get the chance to experience them firsthand using simple household items. This educational adventure brings the art of glasswork to life while making learning accessible and enjoyable for everyone. After the tour, enjoy lunch on your own at The Hangar.

