

**February 2025**

**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 |

**Please Note:** We will close at 11:00 am on February 25, 26, and 28 for the Toronto Blue Jays Spring Training games.

### Recreation Card Rates

|                                     |                 |
|-------------------------------------|-----------------|
| Resident                            | \$10 / 1 year   |
| Non-Resident                        | \$90 / 1 year   |
|                                     | \$56 / 6 months |
| Unincorporated<br>(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.

## Free Health Screenings

### 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

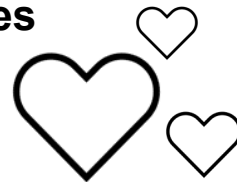
## Monthly Luncheon: Love Languages

**Wednesday, February 12**

12 Noon

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

Must register by Friday, February 7



Join us for our Valentines Day themed luncheon! Enjoy a catered lunch while we explore the Five Love Languages and show appreciation for each unique acts of service! This is a wonderful opportunity to socialize with friends and meet new people.

Thank you to our sponsor:



## The Dunedin 3 O'Clock Big Band:

### Dance & Concert

**Wednesday, February 19**

3:00 pm (doors open 2:30 pm)

\$5 / person



Enjoy live music, solos, and dance styles including swing, ballads, waltzes, polkas and Latin music. Feel free to get up and dance!

## Master Learners - Educational Seminar



**Friday, February 21**

1-2:30 pm · Free

A representative from Water4Mercy will present this special program that provides water and food in Africa.

**WATER  
4 MERCY**



## Broadway Musicals Explained

**Monday, 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:** 42<sup>nd</sup> Street

**February 24:** Hairspray

**March 24:** Producers

**April 28:** Hamilton

## MONDAY

9-10 am.....Functional Fitness- -\$5/\$6  
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>st</sup> 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 Ukles - \$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 (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

9:30-10:30 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 - Spring Wreath

**Monday, February 17, 1-3:00 pm** (register by Feb. 13)

\$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.



## Lifelong Learning Seminars

### Auto Buying & Repair

Tuesday, February 11  
10:00 am

### Global Technology

Tuesday, February 18  
10:00 am



## Computers & Tech

### Tech Time

**Mondays & Wednesdays**  
3-5:00 pm



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

\$Free. To schedule your 30-minute session, please call 298-3299.

## 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 A.I. (Artificial Intelligence)

Tuesday, February 4, 10-11:15 am

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

### Workshop: Listening to Podcasts

Thursday, February 20, 2-3:30 pm

\$Free. Limited space. Must register by Mon, Feb. 17



## Socials

### Fridays with Friends



Friday, February 7

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!

### 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!

### Pancake Breakfast

Tuesdays, 8:30-9:30 am

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

Enjoy pancakes, sausage, bacon, fruit, coffee and juice. This program is co-sponsored by Mease Life.



## 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

### 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



### 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.

Join Bobby Gallagher, our Fitness Specialist, as he demonstrates how to safely use the multi-station strength equipment, free weights and cardiovascular fitness machines.

### Chair Yoga

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

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

### 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

## Support Services

### Spouse Loss Retirement Years

### Bereavement Support Group

Fridays, January 31 - March 7

10 am - 12 pm

We're here to support you through your journey of healing. This group is open to anyone who has loss a spouse or significant other. This 6-week program is facilitated by Michelle Rock, LCSW, a trained and experienced counselor from Suncoast Hospice.

\$Free to participate but you must register in order to reserve your seat. To register, please call Suncoast Hospice at 727-549-7133.

## Dance

### Line Dance - Beginners

Mondays, 10:30-11:30 am

\$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.

## Trips

### 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.