

Hale Senior Activity Center

Community Involvement

Committee On Aging

The City's Committee on Aging assists in projecting the needs of Dunedin's aging population and helps promote the programs to meet these needs. Activities include Senior Hall of Fame, Elder Ready community assessment and Communities for a Lifetime action plan.

1st Thursday each month 9 am

Congressman C.W. Bill Young

A representative from Congressman Young's office will be available to listen to your questions, concerns and suggestions.

2nd Tuesday each month 8:30-10:30 am

Volunteer Opportunities

The Hale Activity Center volunteer program is for those willing to give their time. Many varied opportunities need your help and support.

Stop in or call 298-3299

Volunteers are truly a gift to our Center

Craft Shop

**Hours: Mon-Thurs 10 am - 4 pm
Friday 10 am - 1 pm**

Are you looking for that perfect present for someone? Our Craft Shop is open to the public and has wonderful gifts for all. They are handmade and have that special touch for your special someone.

Crafters

Items to be sold are brought in on Tuesday mornings to be approved, priced and tagged. All items must be handmade. The Craft Shop works on a percentage scale. A crafter not able to volunteer time as a cashier for the Craft Shop can submit their craft with a greater percentage going to the Shop. For information please call 298-3299. We are always looking for volunteers to help maintain the Shop.

Computers

Computer Lab - Drop In

Log on to a fun time at the Hale Center's Computer Lab during open hours except when a class is in session.

50+ yrs Mon-Fri Open Hours
\$ Free / \$1 day

Computers - Beginners

Beginner course teaching a basic understanding of computers and how to operate them. Learn Windows and build the base for further learning. Manual included, not recommended for Apple/Macintosh computer users.

50+ yrs
Classes resume in Fall

Computers - Intermediate

Prerequisites are Windows, icons, mouse, keyboard, and basic text editing. Learn to use programs, information storage, files and folder management, word processing, printing, internet, e-mail and internet security. Manual included, not recommended for Apple/Macintosh computer users.

50+ yrs
Classes resume in Fall

Digital Photography—Beginner

Learn to use the Picasa 3 software, and how to download photos. Learn to use your digital camera settings and memory card.

50+ yrs
Classes resume in Fall

Digital Photography—Advanced

Learn Adobe Photoshop Elements, for improving and changing photos plus combining special artistic effects. Must have taken the Beginner Class.

50+ yrs
Classes resume in Fall

Digital Scrapbooking

Learn to use Picasa 3 to make colorful, creative scrapbook and album pages. You will receive a disk with clip art plus a 10-page manual. Pre-requisite - Digital Photography Beginner class

50+ yrs Monday 9-11 am
Classes resume in Fall



MLK, Jr. Recreation Center

Martin Luther King, Jr. Recreation Center

550 Laura Lane
738-2920

Jocelyn Brodhead, Coordinator

Monday	2 pm - 9 pm
Tuesday	2 pm - 9 pm
Wednesday	2 pm - 9 pm
Thursday	2 pm - 9 pm
Friday	2 pm - 10 pm
Saturday	Noon - 8 pm
Sunday	Noon - 6 pm

Holiday Closures:

Independence Day Mon. 7/4

- Computer Lab
- Game Room
- Gymnasium
- Stirling Skate Park

Basketball

Drop-In Basketball

Mon-Th	\$Free / \$1	Under 18 yrs
	\$Free / \$2	18+ yrs
Fri-Sun	\$1	Under 18 yrs
	\$2	18+ yrs

Schedule may vary depending on events, call 727-738-2920 for availability.

Youth Basketball Leagues

Recreational youth basketball league consisting of eight regular season games and playoffs. Evaluation clinics will be conducted to ensure balanced teams.

7-9 & 10-12 yrs

Season: Aug. 13 - Oct. 22

Games: Saturday mornings

Practices: Times vary

Evaluations: Sat., Aug. 6

7-9 yrs 9:00-10:30 am

10-12 yrs 10:30 am - Noon

\$75 / \$112 season

Computers

Computer Lab

Need to complete a project, use the internet for research, or catch up on emails? Our twelve computer lab is the place!

Tuesday, Wednesday & Friday 5:30-7:30 pm
\$1 / \$2

Dodgeball

Extreme Dodgeball

Drop in for some "in your face" extreme dodgeball. Games change each week; see who can survive the challenge!

11-15 yrs Wednesdays 8-8:45 pm
\$2 / \$3

Fitness

Zumba

Join this Latin inspired dance-fitness class that is exhilarating, effective and easy-to-follow! This high energy class improves tone, strength, cardio health and targets every major muscle group in the body. All fitness levels welcome! Bring a friend or make new ones!

14+ yrs Tues / Thurs 6-7 pm
\$60 10 Class Punch Pass (*this location only*)
When card is full redeem for 11th class free
Good for 6 months from date of purchase
\$6 / \$9 drop-in

Martial Arts

Tae Kwon Do

Classes focus on fitness, sparring and various forms of self defense. All instructors hold black belts. Head instructor, Paul Castricone Sr. is a 5th degree black belt and has trained and taught for thirty years.

8+ yrs Tues 7-8 pm & Thurs 7-8:30 pm
\$35 / \$52 month
\$5 drop-in

"My Life" Mentoring Group

This mentoring group guides you through adolescence; helps you stay on a proper path and flourish into adulthood.

10-16 yrs Mondays 6-8:30 pm
\$ Free No class 7/4

Wrestling

Talon Wrestling

Dunedin High School Wrestling coaches offer instruction to all skill levels teaching fundamentals of Greco and Roman wrestling styles. Year round program.

8+ yrs Tues & Thurs 4-6:30 pm
\$35 / \$52 month
\$5 drop-in

