

# Hale Senior Activity Center

## Dr. William E. Hale Senior Activity Center

330 Douglas Avenue  
298-3299

Elaine Swinehart, Coordinator

Monday 8 am - 10 pm  
Tuesday 8 am - 5 pm  
Wednesday 8 am - 5 pm  
Thursday 8 am - 9 pm  
Friday 8 am - 3 pm

### Holiday Closures:

Independence Day Mon. 7/4

- Ballroom
- Classroom
- Computer Lab
- Craft Shop
- Fitness Room
- Game Room
- Sunshine Room

## Arts & Crafts

### Sketch Group

Join like-minded sketch enthusiasts and benefit from your shared interest. Weekly sketching with a live model. Newcomers and all art mediums are welcomed.

50+ yrs Thursday 6-8:30 pm  
\$2 / \$3 class

### Wood Carving / Wood Burning & Folk Art Painting

Woodcarving in the round, wood burning on pre-made products or complete pictures on wood. Painting done on pre-made products or complete pictures on wood, acrylic, oils, colored pencils, pastels, or chalk. All abilities welcome!

50+ yrs Tuesday 9 am-Noon  
\$28 / \$42 month  
\$8 / \$12 drop-in

### Did You Know?

Playing video games, cards, and doing puzzles keeps the mind healthy. Regular play wards off dementia and reduces stress.

Good Health... It Starts In Parks!

## Cards & Games

### Bridge - Casual Bridge

Enjoy a friendly game of casual bridge and catch "bridge fever". No partner needed.

50+ yrs Monday 11:45 am-3 pm  
\$2 / \$3 day No class 7/4

### Bridge - Duplicate Bridge

The Hale Center offers Duplicate Bridge on several days each week. Come with your partner and get in the game!

50+ yrs Monday 6:15-9:30 pm  
Tues / Thurs 12:45-4:00 pm  
\$2 / \$3 day No class 7/4

### Bridge - Learn & Play Beginners

Learn bridge for the first hour then play for the next two with the help of instructor, Samey Noori. Samey is a member of the A.C.B.L. since 1986, an American Contract Bridge League Teacher Accreditation Program (ATP) and a member of Oakbridge International Website.

50+ yrs Thursday 6-9 pm  
Friday 9 am-Noon  
\$40 / \$60 month No class 7/4

### Canasta

Play Canasta in a fun and friendly environment. Knowledge of the game is required.

50+ yrs Wednesday 11:30 am-4:30 pm  
\$2 / \$3 day

### Fun with Wii

The Wii provides an immersive, engaging experience like no other. Using motion sensors, a flick of the wrist on the remote sends a golf ball flying over the fairway. Play baseball, tennis, golf, bowling or boxing.

50+ yrs Wed & Fri 10:30 am-12:30 pm  
\$ Free / \$1 day

## Game Room Fun

Enjoy a game of pool, watch TV, play card games or board games all while making new friends and keeping old ones. Play games we've got or bring your own.

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

### Mah Jongg

Have you ever played Mah Jongg? If you're an experienced player or a beginner, come to our place and enjoy!

50+ yrs Thursday Noon-5 pm  
\$2 / \$3 day

### Pinochle

An enjoyable evening of pinochle, a relaxed friendly card game that requires no partner. Light refreshments served.

50+ yrs Monday 6-9 pm  
\$2 / \$3 day

### Social Card Playing

Enjoy a fun and friendly atmosphere playing anything but the "usual card games." Play Euchre, Spades, Hearts or Rummy. Bring a friend or make new ones! Light refreshments served.

50+ yrs Thursday 1-3 pm  
\$Free / \$1 day



# 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



# Hale Senior Activity Center

## Dance

### **Ballroom / Latin Dance**

Learn the Cha-Cha, Rumba, Salsa, Waltz, Swing and Tango! Please wear comfortable shoes and attire. All levels welcome. Instructor Arielle was a professional dancer for Busch Gardens.

50+ yrs Monday 5:30-6:30 pm  
\$36 / \$54 month No class 7/4

### **Line Dance**

Learn Kansas City, Electric Slide, Boot Scoot & Boogie, Elvira, Alley Cat, Bosanova, Spanish Eyes, New York New York, I Feel Lucky, Gypsy Rose, some old-some new, just to name a few.

50+ yrs Wed / Fri 10:30-11:30 am  
\$3 / \$4 class

### **Snell's Square Dancing**

A fun evening of Square Dancing with Allen and Rosie Snell. Allen is a professional caller. Beginners and experts are welcome!

50+ yrs Thursday 6:30-9:00 pm  
\$6

### **Starlight Dance Series**

Enjoy an evening of dancing and live music with the sounds of the "Ellis Hale Band." Co-sponsored by Mease Manor Retirement Community.

50+ yrs Monday 7-9 pm  
\$5 No dance 7/4

Every other Monday during summer beginning 6/6

## Fitness

### **Chair Volleyball**

It's just like volleyball, but caters to the activity level of older adults. This is a great way to enjoy some exercise and socialize. Wednesday class added by popular demand!

50+ yrs Mon. / Wed. 1-3 pm  
\$1 / \$2 class  
No class 7/4 or during Luncheons

### **Chair Yoga**

Where the yoga mat is replaced with a chair. Restore and maintain strength, flexibility and range of motion. Deepen breathing and learn relaxation techniques. Overall, improve your sense of well-being, renew energy, decrease pain, blood pressure and cholesterol.

50+ yrs Thursday 9:30-11 am  
\$22 / \$33 month or \$7 / \$10 drop-in

### **Exercise Room - Drop In**

No contracts or monthly fees. Become a member of the Hale Center and you are on your way to getting in shape.

50+ yrs Mon-Fri During open hours  
\$ Free / \$1 day

## **Senior Exercise**

This is a low-impact workout focusing on strength, stamina, flexibility, and balance. Participants may choose to sit throughout the class.

50+ yrs Mon / Fri 9-10 am  
\$3 / \$4 class No class 7/4

### **Tai Chi**

Learn the movements of Tai Chi at a relaxed pace. This is an exercise class consisting of slow, graceful movements that relax and strengthen both mind and body, led by the Taoist Tai Chi Society.

50+ yrs Tues / Thurs 9:30-11 am  
\$3 / \$4 class

### **Walking Club**

Join this friendly, energetic club and see how fun walking and exercise can be! Our walkers meet at the Hale Activity Center and head out on the Pinellas Trail.

50+ yrs Tues / Thurs 8:30 am  
\$5 / \$8 annual fee (October - September)

### **Did You Know?**

Citizens who visit parks more frequently make fewer visits to their doctor!

Good Health...  
It Starts In Parks!



# Hale Senior Activity Center



## Luncheons

### **Monthly Luncheons**

**Summer Picnic, 6/22 (Indoors):** Join us for summer games and in indoor picnic. Preregister by Monday, 6/20.

**Patriotic Luncheon, 7/20:** Proud to be an American! Join us sportin' the Red, White & Blue. Enjoy some good ole American food with friends. Preregister by Monday, 7/18.

**Wild Wild West BBQ, 8/24:** Enjoy some great BBQ. Your chance to pull that western wear out of the closet and show it off!. Preregister by Monday, 8/22.

50+ yrs    Wednesdays    Noon  
\$5 / \$6

## Movies

### **Movie Series - Wednesdays**

A different movie genre each month! Join us on Wednesdays for a good movie, popcorn, a drink, and special time with good friends.

June:            Legal  
July:             Westerns  
August:         Sandra Bullock  
50+ yrs        Wednesdays    1 pm  
\$1 / \$2

### **Movie Time - Fridays**

Comedy, Action, Adventure & Romance! Join us on Fridays for a good movie, popcorn, a drink, and special time with good friends.

50+ yrs        Fridays            1 pm  
\$1 / \$2

## Music

### **Dulcimer Lessons**

The dulcimer is a three-stringed, lovely sounding instrument and everyone's friend. Easy for students who have never had a music lesson. Instructor, Roxie Smith, has been playing for more than 15 years. Limited to 8 students, instruments are provided.

50+ yrs        Classes will resume in October

### **Sing-Along Socials**

Do you love to sing? This is your chance to sing-along, have fun and make new friends. No experience required to join this self-run group of folks with a common interest.

50+ yrs        Thursdays        10-11 am  
\$ Free / \$1 day

# Hale Senior Activity Center

## Socials

### **Breakfast Bunch**

Gather with your friends or make new ones while enjoying a delicious breakfast of eggs, pancakes, bacon, sausage, fruit, coffee and juice. Co-sponsored by Mease Manor Retirement Community.

50+ yrs      Tuesdays      8:30-9:30 am  
\$3 / \$4 day

### **Fun Bunch**

Come be a part of our social club at the Hale Center. We have planned activities for you to socialize and have fun. Luncheons, outings, games, picnics, and speakers to name a few!

50+ yrs      Mondays      10-11:30 am  
\$5 / \$8 Annual Fee  
No class 7/4

### **In The News**

Join this discussion group which covers current affairs such as politics, worldwide shaping events, and newsworthy topics.

50+ yrs      Wednesdays      10-11 am  
\$ Free / \$1 day

## Special Event Calendar

### July

#### **Ice Cream Social**

I scream, you scream, we all scream for ice cream!!! Join us for ice cream and good times with friends. Choose from our many toppings and create your own special concoction, banana splits, sundaes, and even root beer floats.

Tuesday      July 12      2 pm  
\$4  
Pre-register by 7/11



## Support Groups

### **Alzheimer's Support Group**

A support group for family members, caregivers, or others interested in learning more about Alzheimer's disease. This is a support-enriched environment facilitated by Peg Macaluso.

Wednesdays      10 am

### **Finally, Answers to Your Medicaid Questions**

Learn the legal way to avoid being impoverished by nursing home costs, how to save your assets, your house, car and way of life and still obtain long-term nursing care. Presented by Sean W. Scott, Elder Law Attorney.

Resumes in the Fall

### **Keep It Safe Seniors (K.I.S.S.)**

The K.I.S.S. that is helping to build Financial Knowledge, Security, and Confidence for seniors. These informative sessions are a one hour program.

Jun. 14      Senior Scams  
Aug. 9      Reverse Mortgages, What are they?  
                    Good vs. Bad.

Tuesdays      10 am

### **Neighborhood Care Network**

A full day of activities and medical monitoring in a friendly, supervised environment. Individualized care plans are established in coordination with physician orders. Provides respite for working caregivers.

For information, call 734-6911.

### **Parkinson's Support Group**

Group meetings with information and resources for people with Parkinson's, caregivers and family members including physical, occupational, and speech exercises and the opportunity to socialize with others.

1st Friday each Month      1:30 pm

### **Safe Driving Class**

AARP offers classes for drivers 55 and older to improve driving skills and prevent accidents.

For info or to register call Bob Hassell, 443-0148

## **Senior Helpline**

An information and referral service with answers for everything including caregiver support, home health, transportation and more.

For information or assistance, call 800-963-5337.

## **Suncoast Center Senior Support Program**

Professional counseling for elders 60+ creating optimal emotional health and finding solutions to relieve depression, anxiety and stress related to grief, changes in health, finances and other issues. In home or at the Hale Center on a "fee by donation basis".

For information or to make an appointment call: Michael Whalen, LMHC at 727-543-8587.

## **Telephone Freedom**

Florida residents hard of hearing, deaf, deaf/blind, or speech impaired can receive specialized telephones and ring-signaling devices at no charge. Equipment is loaned as long as needed.

For information, call 399-9983 or visit Hale Center  
2nd Tuesday / month      9:30 - 11:30 am

## Wellness

### **Free Health Screenings**

Blood Pressure Checks  
1st Tuesday      9 am  
by Manor Care

Ear Wax Removal & Hearing Screenings  
2nd Tuesday      9 am  
by St. John's Hearing Institute

Vision & Glaucoma Screenings  
3rd Tuesday      9 am  
by Eye Institute of West Florida

Blood Sugar Testing  
4th Tuesday      8 am  
by Patriot Medical & The Sugar Free Shoppe

### **Gulf Coast Community Care Senior Presentations**

6/7      Medication Management  
8/2      Stress Management

Tuesday      10 am