

**May 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

Closed Monday, May 27 for Memorial Day

**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.

**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

**Mexican Fiesta Luncheon**

**Wednesday, May 15, 12 Noon**

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

Register by Friday, May 10. Space is limited.

Ole! Join us for a grand fiesta with friends and food.

Sponsored by:  **ARDEN COURTS**  
PROMEDICA MEMORY CARE



**Senior Hall of Fame Awards Ceremony**

**Wednesday, May 29, 12-2:00 pm**

Free to attend, Space is limited.

Must RSVP by Friday, May 17. Call 727-298-3299.



POWERED BY CONNECTION: MAY 2024

May is Older Americans Month! The 2024 theme "Powered by Connection" recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Join the City of Dunedin's Committee on Aging in celebrating this special month and the Senior Hall of Fame ceremony. During the Awards Ceremony, we will honor the 2024 Senior Hall of Fame recipients who have contributed their time, talent, and life experiences to benefit others. Lunch will be provided by the City of Dunedin.

**Cardio Drumming**



**Thursdays, 6:30 - 7:30 pm**

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



Cardio Drumming is an upbeat, energetic, full body workout for all ages. Get ready to sweat, make noise, and release that inner rock star. This rock-out workout will have you lost in the music and feeling stronger than ever. Class concludes with a calming stretch and smooth movement cooldown. Must bring your own mat.

**Hog Hustle 5K Run**

**Saturday, May 4**

8:00 am start

\$25 through May 1; \$30 as of May 2

Register ahead of time at [www.active.com](http://www.active.com) or call 727-812-4530 for more information.



## 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>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.....Dunedin Ukes - \$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  
 11:45 am-3:30 pm.....Duplicate Bridge - \$2/\$3  
 1-3 pm.....Dulcimer Club - \$1/\$2  
 3:15-3:45 pm.....Happy Taps (Beginners)- \$3/\$4  
 3:45-4:30 pm.....Happy Taps (Intermediate)-\$4/\$5

## WEDNESDAY

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)  
 9-10 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  
 10:45 am-12 pm.....Happy Taps - \$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.....Cardio Drumming - \$5/&6

## 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

## Music

### Intergenerational Drum Circle

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

### Ukulele - "Dunedin Ukes"

**Mondays, 6:30-8:00 pm**  
 \$1/Rec Card, \$2/No Card



### Dulcimer Club

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



## Cards & Games



### ◆ Casual Bridge

**Mondays & Wednesdays**  
**12:30-4 pm**  
 \$2/Rec Card, \$3/No Card

### ◆ Mah-Jongg

**Thursdays**  
**12:30-4:30 pm**  
 \$2/Rec Card, \$3/No Card

### ◆ Duplicate Bridge

**Tuesdays & Thursdays**  
**11:45 am - 3:30 pm**  
 \$2/Rec Card, \$3/No Card

### ◆ Samba

**Thursdays**  
**12:30-5:00 pm**  
 \$Free/Rec Card, \$1/No Card

### ◆ Canasta

**Wednesdays**  
**11:15 am - 4:30 pm**  
 \$Free/Rec Card, \$1/No Card

### ◆ Hand, Knee & Foot

**Fridays**  
**11:15 am - 3:00 pm**  
 \$Free/Rec Card, \$1/No Card

## Crafts & Hobbies

### Wreath Making: Patriotic/Welcome Wreath

**Monday, May 20, 1-3:00 pm**

\$22/Rec Card; \$33/No Card. Register by Wed, May 15

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.

### 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.

### 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.

### Quilter's Corner - 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.

## 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, May 13, 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, May 20, 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, May 28 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. 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. Lead by Kelly Siegel of Empath Health.

## Support Services (continued)

### Senior Counseling

Mondays & Wednesdays 9:30 am - 3:30 pm

\$Free, Donations accepted. Appointments required.

To make an appointment please call Shakeita Hazley at 727-570-9695 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. Call 727-298-3299 to schedule your 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.

## Fitness & Exercise

### Functional Fitness

Mondays & Fridays, 9-10:00 am

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

### Zumba Gold

Mondays, 9:30-10:30 am, Thursdays, 10:15-11:15 am

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

### Walking Club

Tuesdays & Thursdays, 8:00 am

\$5/Rec Card, \$8/No Card (per year, Oct-Sept)

### Chair Yoga

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

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

### Qi Gong (No class 5/10)

Wednesdays & Fridays, 9:30-10:30 am

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

### Exercise Equipment Orientation (No class 5/2)

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

### Cardio Drumming

Thursdays, 6:30-7:30 pm

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



## Free Seminars

### A.I. (Artificial Intelligence): What You Need to Know

Tuesday, May 7, 10:00 am

### Empath Honors Veterans: A Program For Veterans And Their Families

Tuesday, May 14, 10:00 am

### Staying Safe With Technology

Tuesday, May 21, 10:00 am

## Nature & Outdoors

### 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 pre-register by the Wednesday before.

Meet at the Dunedin Marina Fishing Pier.

Meet up with fellow outdoor and fishing enthusiasts to fish and learn about ethical angling, conservation, Florida's aquatic habitats, basic fishing gear, and general fishing concepts to help you be a confident and responsible angler. We will practice the catch & release method and be sure to properly dispose of all hooks, fishing lines, and unused bait.

Please bring your own fishing pole, tackle, and bait, as well as close-toed shoes, sunscreen, and water. A few loaner fishing poles may be provided on a first come, first-serve basis.

Additionally, participants are required to obtain a valid Florida fishing license before arriving - visit [www.myfwc.com](http://www.myfwc.com).

## Health & Wellness

### Mindfulness & Creativity

Mondays, 6:30-8 pm (June-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, sewing, etc.).



## Dance

### Ballroom/Latin Dance - Level I

Mondays, 4:30-5:30 pm (4/29, 5/6, 5/13 & 5/20 Only)  
\$40/Rec Card, \$60/No Card (month). Must pre-register

If you are new to ballroom and want to dance socially at parties, weddings or on a cruise, then this class is for you! Learn basic ballroom and rhythm patterns in waltz, foxtrot, tango, rumba, cha-cha, east coast swing and salsa. Instructor Arielle was a professional dancer for Busch Gardens.

### Happy Taps

**Beginner:** Tuesdays, 3:15-3:45 pm (no class 5/7, 5/14)  
\$3/Rec Card; \$4/No Card

**Intermediate:** Tuesday, 3:45-4:30 pm (no class 5/7, 5/14)  
\$4/Rec Card; \$5/No Card

**Intermediate:** Thursdays, 10:45 am-12 pm (no class 5/2)  
\$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. Students may have the opportunity to perform before a live audience. No experience necessary.

### Line Dance - Beginners

Mondays, 10:30-11:30 am (4/29, 5/6, 5/13 only)  
\$15/Rec Card, \$22/No Card (month). Must pre-register

For beginners who enjoy great music and want to learn 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  
(Fridays end on May 10)

\$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.

## Joy Rides Dunedin

Mondays, 10 am & 11 am • Free

Go for a free rickshaw ride for up to two people. Each ride lasts approximately 45-minutes. To schedule your ride, call 727-298-3299. Participants must fill out a waiver before riding. This program is provided by the First Presbyterian Church.



## Chess - Learn & Play

Mondays 3-5:00 pm

18+ years. \$Free/Rec Card;\$1/No Card

