

October 2018

(727) 298-3299

Witches & Warlocks Luncheon

Wednesday, October 24
12 Noon

\$5/Rec Card, \$6/No Card
(register by Fri, October 19)

Come enjoy a ghoulishly, delicious meal dressed as your favorite witch or warlock, or just come as you are! Trick or treat is our beat; give us something good to eat!



Luncheon sponsored by:



[330 Douglas Avenue](http://330DouglasAvenue.com)
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

Building Closures

No Building Closures

Recreation Card Rates

Dunedin Resident	\$10 / 1 year
Non-Resident	\$90 / 1 year
	\$56 / 6 months
Unincorporated (Pinellas County)	\$56 / 1 year

To **obtain** or **renew** a Rec Card, residents must present a photo ID (Florida Driver's License) and another proof of residency containing: name, address and a date that is less than 90 days old upon date of application.

ADA Accommodation - If you have a disability that requires accommodation, please notify the Dunedin ADA Coordinator at (727) 298-3199 a minimum of (48) hours prior to the event or program and reasonable accommodation will be made.

Special Events

BOO BINGO

Friday, October 12
1 - 3:00 pm

\$3/Rec Card, \$4/No Card
(register by Wednesday, October 10)



Join us for spooktacular treats and good, old-fashioned bingo games with great friends. Participants may come dressed in a Halloween costume.

Free Health Screenings

Memory Screening

1st Wednesday of the month, 11:30 am
Performed by Arden Courts

Blood Pressure Checks

1st Tuesday of the month, 9 am
Performed by Manor Care

Ear Wax Removal & Hearing Test

2nd Tuesday of the month, 9 am
Performed by Digital Hearing Solutions

Leg Vein Screening

3rd Tuesday of the month, 9 am
Performed by Vein Institute of Pinellas

CANCELLED

Comprehensive Eye Screening

3rd Tuesday of the month, 9 am
Performed by Healthy Vision Institute

Spinal Screening

4th Tuesday of the month, 9 am
Performed by Spinal Correction Centers

Community GARAGE SALE

Saturday, November 17
8 am - 12 pm

10'x10' Vendor Space only \$12
Free to attend



Rent a 10'x10' space at the Hale Center and bring your items to sell. We will do the advertising for you bringing in hundreds of people to shop. Vendors must register in advance and in person, to reserve and pick your spot.

MONDAY

9-10am.....Senior Exercise - \$4/\$5
10-11am.....Line Dance Beginners (Oct29-Dec3) - \$16/\$24
10am-12:30pm.....Mexican Train Dominoes - Free/\$1
10:15am-11:15am.....Zumba Gold - \$4/\$5
10:30am-12pm.....Prediabetes/Diabetes Management - \$3/\$4
12:45-4pm.....Casual Bridge - \$2/\$3
1-3:30pm.....Parkinson's Support Group (Oct 15) - Free
1-3pm.....Chair Volleyball - \$2/\$3
5:30-6:30pm.....Ballroom Dance - \$10/\$15(D); \$36/\$54 (M)
6-8:30pm.....Watercolor Wonders (Oct 8 & 22) - \$15/\$22
6:30-8:30pm.....Dunedin Ukuleles - \$1/\$2
7-9pm.....Starlight Dance (Oct 1, Nov 5) - \$6

TUESDAY

8:30-9:30am.....Breakfast Social - \$4/\$5
8:30am.....Walking Club - \$5/\$8 (Y)
9-10am.....Health Screenings (1st - 4th Tues)- Free
9am-12pm.....Woodworking - \$8/\$12(D); \$28/\$42 (M)
9:30-11am.....Tai Chi - \$4/\$5
9:30-11:30am.....Telephone Freedom (Oct 9) - Free
10am-12pm.....Computer Basics 1 (Oct 16 - 25) - \$20/\$30
11:45-3:30pm.....Duplicate Bridge - \$2/\$3
1-4pm.....Pinochle - \$Free/\$1
1-3pm.....Dulcimer Club - \$1/\$2
1-4pm.....Quilter's Corner - Free/\$1
3:15-4:30pm.....Happy Taps - \$4/\$5

WEDNESDAY

8:15-9:15am.....Essentrics/Aging Backwards - \$4/\$5
9:30-10:30am.....Qi Gong - \$4/\$5
9:30-11am.....Drawing from Still Life - \$5/\$7
9:30am-12:30pm.....Senior Counseling (appt. req.) - Free
10am.....Alzheimer's Support Group - Free
10-11am.....In the News (discussion group) - Free/\$1
10:30-11:30am.....Line Dance - \$4/\$5
11:30am.....Memory Screening (Oct 3) - Free
11:30am-4:30pm.....Canasta - \$2/\$3
12:45-4pm.....Casual Bridge - \$2/\$3
1-3pm.....(non-luncheon days) Chair Volleyball - \$2/\$3

THURSDAY

8:30am.....Walking Club - \$5/\$8 (Y)
9:30-10:30am.....Chair Yoga - \$4/\$5
9:30-11am.....Sing-Along Socials - Free
10am-12pm.....Computer Basics 1 (Oct 16-25) - \$20/\$30
10am-12pm.....Aphasia CAN - \$2/\$3
10:15-11:15am.....Zumba Gold - \$4/\$5
10:45am-12pm.....Happy Taps - \$4/\$5
11:45-3:30pm.....Duplicate Bridge - \$2/\$3
12:30-4:30pm.....Mah Jongg - \$2/\$3
1-3pm.....Aphasia Conversation Group - \$2/\$3
1-5pm.....Hand and Foot - Free/\$1
4-6pm.....Chair Volleyball - \$2/\$3
6-7:30pm.....Painting Party! (Oct 25) - \$21/\$31
6-8:30pm.....Sketch Group - \$2/\$3
6:30-9pm.....Snell's Square Dancing - \$6

FRIDAY

9-10am.....Senior Exercise - \$4/\$5
9:30-10:30am.....Qi Gong - \$4/\$5
10am-12:30pm.....Crafter's Corner - Free/\$1
10:30-11:30am.....Line Dance - \$4/\$5
12-3pm.....Quilter's Corner - Free/\$1
1-3pm.....Brain Fitness (Aug 31 - Oct 19) - \$20

Pricing Key: \$/Rec Card, \$/No Card

All fees are daily/drop-in fees unless otherwise noted by the following:
(M)=Monthly Fee, (Y)=Yearly Fee

Free Seminars

Medicare Prescription Drug Plans

Tuesday, October 9, 10 am

Prescription drugs can be very costly. Learn about Medicare Part D, when to qualify, financial costs and assistance, and how to choose the right plan. Presented by SHINE counselors.

Diabetes

Tuesday, October 16, 10 am

Learn about the signs, symptoms and the newest treatments for diabetes. Daily diet, exercise and health complications related to diabetes will also be discussed. Presented by Dr. Faisal Syed.

Tips for Caregivers

Tuesday, October 23, 10 am

Caring for someone can be challenging and unfamiliar, yet rewarding. Learn about local resources through Empath Health, seeking support, practicing self care and well-being and other recommendations to help guide you.

Osteoporosis & Bone Health

Tuesday, October 30, 10 am

The food you eat and activities you engage in affect your bone health. Learn simple choices you can make to strengthen and preserve your bones, safeguard your health and keep you active on your feet. Presented by ManorCare Health Services of Palm Harbor.

Upcoming Trips

Christmas at Bok Tower Gardens

Wednesday, November 28, 9am - 6pm

\$48/person

(must pre-register, limited seats)

Enjoy a guided 1-hour tour of Pinewood Estate, lunch on your own at Blue Palmetto Café, and a free concert on the Singing Tower Carillon.



Holiday Lights Tour

Wednesday, December 19, 6 - 9pm

\$8/person (must pre-register, limited seats)

Leave the driving to us and come enjoy the beautiful holiday lights around town. Light refreshments and holiday music prior to the tour.

Seats limited. Online registration available.

No refunds on trips or one-day programs/classes

Prediabetes & Diabetes Management Education

NEW CLASS!

Mondays, 10:30 am - 12 pm
\$3/Rec Card, \$4/No Card (drop-in)

This ongoing class covers many of the health issues of prediabetes & diabetes resulting in you having a clear understanding of your disease. There is so much to learn. Let's do this together with nurse Mary and get informed. Bring your questions and what you already know to share. So, "no diabetic is left behind". Led by Mary Gynn RN, BSN, MSN, MPH, CDE.



Crafts & Hobbies

Drawing from Still Life

Wednesdays, 9:30 - 11 am (no class October 31)
\$5/Rec Card, \$7/No Card

Bring your own materials- sketchbooks, drawing pads, pencils, pens, art mediums, with which you would like to explore and practice with during this still life sit in. All levels welcome. Instruction by Julianne DiBlasi Black.

Painting Party!

Thursday, October 25, 6 - 7:30 pm
Theme: Pumpkin in an Eerie Halloween Scene
\$21/Rec Card, \$31/No Card

Paint with artist, Shawn Dell Joyce who takes you step-by-step to make your own painting, even if you've never painted before. Using sea sponges and big brushes makes it easy for shaky hands to grasp and following along. Paints, canvas, brushes and apron provided.



Scrap Happy Quilter's Corner

Fridays, 12 - 3 pm
\$Free/Rec Card, \$1/No Card

Join the "Scrap Happy Quilter's Corner"! Quilters can gather, sew and share the secrets of the trade and learn from each other. You are welcome to bring your own sewing machine. All levels welcome.

Watercolor Wonders

Monday, October 8 & 22 (2nd & 4th Mondays)
6 - 8:30 pm

\$15/Rec Card, \$22/No Card (must pre-register, per day)
Learn the basic techniques of wet wash, dry brush, wiping out and detail all in one evening. Come for one class or progress through multiple classes. Supplies provided. Instructed by C.W. Petit.

Computer Classes

Computer Basics 1

Tuesdays & Thursdays, 10am-12pm
Session 2: October 16-25
\$20/Rec Card; \$30/No Card
Must pre-register

Focus on computer basics and prepare to understand computer terminology, copy, and paste, organize files and folders and operate Windows. Not for MAC/Apple users.



Computer Basics 2

Tuesdays & Thursdays, 10am-12pm
November 6-15
\$20/Rec Card; \$30/No Card
Must pre-register

Must have completed Computer Basics 1 or a similar class, or have the equivalent knowledge of using Microsoft Windows. Learn how to save, locate, organize, back-up and retrieve your files & folders on your computer or mobile device. Not for Mac/Apple users.

Cards & Games

Casual Bridge

Mondays & Wednesdays, 12:45 - 4:30 pm
\$2/Rec Card, \$3/No Card

Enjoy a friendly game of casual bridge. No partner needed. Must have playing knowledge of hand evaluation, bidding, play and strategy.

Duplicate Bridge

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

Offered two days per week for experienced players. Bring your playing partner and get in the game!

Mah Jongg

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

This game is played in groups of four, each using (14) Chinese-character tiles and playing with skill and strategy similar to rummy. All levels welcome.

Pinochle

Tuesdays, 1 - 4 pm
\$Free/Rec Card, \$1/No Card

An enjoyable afternoon of pinochle, a relaxed, friendly card game that requires no partner.

NEW DAY & TIME!

Aphasia Programs

Aphasia Can - 10am - 12pm

Aphasia Conversation - 1 - 3 pm

Thursdays (no class October 4)

\$2/Rec Card, \$3/No Card

Join the Voices of Hope for hands-on activities that support communication. Drop-ins welcome or contact Jackie at (727) 249-1953 or jackie@vohaphasia.org.

Dance

Line Dance - Beginners

Mondays, 10-11 am

Session 2: Oct 29 - Dec 3 (no class Nov 12 & 19)

\$16/Rec Card, \$24/No Card (must pre-register)

For the beginner line dancer who enjoys great music and wants to learn the line dances played at many wedding parties and much more. Line dance is great for the memory as well as good wholesome exercise.



Starlight Dance Series

Monday, October 1 & November 5, 7-9pm

October-April (1st Monday of the Month)

\$6/person (Drop-in Fee)

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

Line Dance

Wednesdays & Fridays, 10:30 - 11:30 am

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

Progressive learning for experienced line dancers. Learn line dances to new releases and the original classics

Ballroom Dance Lessons

Mondays, 5:30 - 6:30 pm

\$10/Rec Card, \$15/No Card (per class)

\$36/Rec Card, \$54/No Card (per month)

Come learn Ballroom and Latin dances! Please wear comfortable shoes and attire. All levels welcome.

Snell's Square Dancing

Thursdays, 6:30-9 pm

\$6/person

Enjoy a fun evening of square dancing with professional callers, Rosie and Allen Snell. All levels welcome!

Happy Taps

Tuesdays, 3:15 - 4:30 pm

Thursdays, 10:45 am - 12 pm

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

Learn tap dance to improve your balance, coordination, endurance and memory. No experience necessary.

Exercise & Wellness

Chair Volleyball

Mondays & Wednesdays 1 - 3 pm

Thursdays, 4 - 6 pm

\$2/Rec Card, \$3/No Card

It's played just like volleyball but seated with a beach ball catering to the activity level of older adults.

Chair Yoga

Thursdays, 9:30 - 10:30 am

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

Through relaxation techniques, improve your strength, flexibility, energy and sense of well-being.

Essentrics

Wednesdays, 8:15 - 9:15 am

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

Improve your circulation and memory, lower your blood sugar, and begin to look and feel younger.



Qi Gong

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

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

Improve balance, release stress and awaken your inner energy. Join us for slow movements and meditation.

Senior Exercise

Mondays & Fridays, 9 - 10 am

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

A low-impact workout focusing on strength, stamina, flexibility and balance. You may choose to sit during the class.

Tai Chi

Tuesdays, 9:30 - 11 am

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

Join us at 9:30am for a focus on Beginner I moves, then at 10:30am concentrate on Beginner II moves.

Walking Club

Tuesdays & Thursdays, 8:30 am

\$5/Rec Card, \$8/No Card

(yearly Oct-Sept)

Join this friendly, energetic club to exercise and socialize as you walk the Pinellas Trail.

Zumba Gold

Mondays & Thursdays, 10:15 - 11:15 am

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

This Latin-inspired, dance-fitness class feels fresh, exhilarating and keeps you in the groove of life.