March 2020

St. Patrick’s Party

Wednesday, March 25, 12 Noon
$5/Rec Card, $6/No Card
Pre-register by Friday, March 20

Wear your green and join us for a festive, Irish celebration! May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours. That stay with you all the year long.

Luncheon sponsored by: 

The International Chorale presents:
“Ready, Set, Spring”

Sunday, March 29, 2:00 pm
$5 admission at door (doors open at 1:30pm)

The International Chorale's mission is to get our audience's feet tapping and hearts soaring as we share our love of music. Our repertoire includes secular, gospel, solos, duets, Americana, seasonal, international songs, comedy and more. Directed by Frederick Eschenfelder with accompanist, JoAnn Metropoulous.

“Dunedin 3 O’clock Big Band” Dance & Concert
Woody Herman, Band Music from Broadway Movies and TV themes

Wednesday, March 4, 3:00 pm (doors open at 2:30 pm)
$5/person at the door

Enjoy live music, solos and dance including swing, ballads, waltzes, polkas and Latin music. This 18-piece Big Band is led by Ed Geimer, who has led the US Air Force Band and played in Broadway shows for over 20 years.

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 Resident Rec Card, residents must present a photo ID (FL Driver’s License) and another proof of residency containing: name, address and date less than 90 days old upon date of application.

Free Health Screenings

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 United Vein Centers

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

Memory Screening
Appointment required, please call (727) 492-7510.
Performed by Arden Courts
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Dance

Ballroom/Latin Dance - Beginners
Mondays, April 6 - 27, 4:30-5:30 pm
$40/Rec Card, $60/No Card (must pre-register)
If you are new to ballroom dance this class is for you! You will learn basic Ballroom and Rhythm patterns in Waltz, Foxtrot, Tango, Rumba, Cha-Cha, East Coast Swing, and Salsa.

Ballroom / Latin Dance
Mondays, 5:30-6:30 pm
$10/Rec Card, $15/No Card (Drop-in Fee)
$40/Rec Card, $60/No Card (Monthly Fee)
Learn the Cha-Cha, Rumba, Salsa, Waltz, Swing and Tango. Wear comfortable shoes and attire. All levels welcome. Instructed by Arielle Giordano who was a professional dancer for Busch Gardens.

Line Dance - Beginners
Mondays, March 23 - April 13, 10-11:00 am
$16/Rec Card, $24/No Card (must pre-register)
For the beginner who enjoys great music and wants to learn the line dances played at weddings, parties and much more. Fantastic for memory and exercise.

Line Dance - Experienced
Wednesdays & Fridays, 10-11:00 am*
$4/Rec Card, $5/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 Mine, Electric Slide and Boot Scoot & Boogie.
*Returns to 10:30 am on March 20

Music

Intergenerational
Community Drum Circle
2nd thru 5th Monday of the month, 7-8:30 pm
Thursdays, 4-5:30pm
$2/person
Enjoy an intergenerational activity for all abilities and ages. All drums and percussion provided or bring your own! This program is led by Marte Clark. We drum, sing, dance, and laugh while making great music and meeting new friends!

Free Seminars

Caregiving Survival Tips
Tuesday, March 3, 10:00 am, $Free to attend
Keeping your sense of humor while things change quickly or are not what they used to be. Humor can be key to maintaining a Caregiver’s health. Taking care of a family member can include small errands and meal prep. Please join Kelly for her Top Ten Caregiving Survival Tips including navigating caregiver community resources, teaching you what taking care of yourself might include, how to find and ask for help and re-establishing the relationship you once had. Please RSVP to Kelly Siegel at 735-8743 or kellysiegel@empathhealth.org to reserve your spot. Materials provided.

Senior Scams - The Latest Out!
Tuesday, March 17, 10:00 am, $Free to attend
Crooks use clever schemes to defraud millions of people each year. They often combine sophisticated technology with age-old tricks to get people to send money or provide personal information. Pinellas County Consumer Protection will tell you about current scams, ways you could be targeted, and how to protect yourself.

Advanced Directives
Tuesday, March 24, 10:00 am, $Free to attend
What kind of medical care would you want if you were too ill or hurt to express your wishes? An advanced health care directive, also known as living will, personal directive, advance directive, or advance decision, is a legal document in which a person may specify what actions should be taken for their health if they are no longer able to make decisions for themselves. They give you a way to tell your wishes to family, friends, and health care professionals and to avoid confusion later on. Presented by Sherri Stinson, Esq. P.A..

Event

Starlight Dance Series
Monday, March 2 & April 6, 7-9:00 pm
$6/person
Enjoy an evening of dancing and live music with the sounds of the Ellis Hale Band. Join us for a carefree evening of fun and dancing. Co-sponsored by Mease Manor Retirement Community.

Please Note: TD Ballpark, located directly across from the Hale Senior Activity Center, is home to the Toronto Blue Jays during their Spring Training season. On game days, the Hale Senior Activity Center will close at 11:00 am. On March 2nd, 9th and 12th the building will re-open at 4:00 pm for evening programs/classes. Please refer to the program calendar to the left for building hours. Programs that have been relocated will take place at the Dunedin Community Center, located at 1920 Pinehurst Road, near the Dunedin Fine Art Center.
Amplified Phones
Tuesday, March 10, 9:30-11:30 am
Free amplified telephones from Florida Tele Communications Relay for Pinellas County residents with hearing loss. The newest amplified phone is an easy-to-use cordless device with caller identification, large easy to read buttons for poor vision, and loud incoming sound that assists with hearing loss. There is also help for people with only a cell phone! Must have Bluetooth and unlimited minutes.

Prediabetes & Diabetes Management
Mondays, 9:30-11 am*
$3/Rec Card, $4/No Card
This ongoing class covers many of the health issues of prediabetes & diabetes resulting in you having a clear understanding of your disease. Let's do this together with nurse Mary Gynn, RN, BSN, MSN/MS, MPH.
*Returns to 10:30am on March 16.

Woodcarving, Wood Burning & Folk Art Painting
Tuesdays, 9 am - 12 pm
$8/Rec Card, $12/No Card (Drop-In Fee)
$28/Rec Card, $42/No Card (Monthly Fee)
Woodcarving, wood burning and painting on pre-made wood products. Paint with oils, acrylics, pencils, pastels or chalk. All skill levels welcome to participate. Instructed by Carol Marek.

Drawing Intensives Series:
Drawing in Reverse
Friday, March 20, 9 am - 12 pm
$15/Rec Card, $22/No Card (must pre-register)
Using white pencils on dark paper, we’ll explore creating a still life out of light instead of shading! Great fun if you’ve never tried it. Instructed by Julianne DiBlasi Black, an internationally recognized and full-time creative artist. Materials included for this class.

Alzheimer’s Support Group
Wednesdays, 10-11:00 am
$Free to attend
A support group for family members, caregivers or others interested in learning more about Alzheimer’s disease.

Parkinson’s Support Group
Monday, March 16, 1-3:30 pm
$Free to attend
Support groups and networks are a major vehicle for dispersing information and making resources available to assist people with Parkinson’s and their caregivers. Meetings help foster self-empowerment and coping skills in a non-judgmental, encouraging and social atmosphere. Includes physical, occupational and speech exercises.

Aphasia C.A.N.
Thursdays, 10 am - 12 pm
$2/Rec Card, $3/No Card
People with aphasia and their caregivers are invited for Communication, Arts, and Networking! Meetings feature games, art & crafts, music and hands-on activities that support communication.

Aphasia Conversation Group
Thursdays, 1 - 3:00 pm
$2/Rec Card, $3/No Card
People with aphasia and their caregivers are invited to participate in supported conversation, short stories and other language activities.

Intro to Taoist Tai Chi
Thursdays, 9-10:00 am
$4/Rec Card, $5/No Card
The focus will be on finding balance, relaxing and having fun. Learn how practicing Tai Chi regularly can improve your balance, flexibility, overall health and general sense of well-being. Taught by the Taoist Tai Chi Society.

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.

Essentrics/Aging Backwards
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.