

February 2019

(727) 298-3299

President's Banquet

Wednesday, February 20, 12:00 pm

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

(pre-register by Friday, February 15)

Enjoy lunch and brush up on your history of Presidents with trivia and American facts.

Luncheon sponsored by:  **BROOKDALE**
SENIOR LIVING



Events

The Dunedin 3 O'Clock Big Band Dance & Concert

Music of Tommy Dorsey, Benny Goodman and the 1940s-70s

Wednesday, February 20, 3:00 pm; doors open at 2:30 pm

\$5/person at the door

Enjoy live music, solos and dance styles including swing, ballads, waltzes, polkas, and latin. 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.

Trips

Ringling Museum of Art

Friday, February 22, 8:45 am - 6:15 pm

\$58/person

Travel with us to the John and Mable Ringling Museum of Art, home to three spectacular attractions: the Museum of Art, the Circus Museum and the 56 room mansion - Ca D'Zan. Stroll through the Rose Garden and other delights of the estate along the bay. Fee includes general admission, docent led tour of the Museum of Art and transportation. Lunch is on your own, on-site at Banyan Café.



Port of Tampa

Wednesday, April 3, 7:15 am - 1:00 pm

\$23/person

Hop aboard the beautiful catamaran tour boat for a fun and educational harbor excursion to see the dynamic working Port of Tampa. Upon leaving the Port, we will stop at Cracker Barrel for brunch on your own.



Note: No refunds or transfers on trips or one-day programs/classes.
Register early, seats are limited.

330 Douglas Avenue
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

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.

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.

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 Vein Institute of Pinellas

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

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

MONDAY

9-10am.....	Senior Exercise - \$4/\$5
10-11am.....	Line Dance Beginners - \$16/\$24
10am - 12:30pm.....	Mexican Train Dominoes - Free/\$1
10:15 - 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 - Free
1-3pm.....	Chair Volleyball - \$2/\$3
5:30-6:30pm.....	Ballroom Dance - \$10/\$15(D); \$36/\$54 (M)
6-8:30pm.....	Watercolor Wonders (Feb 11 & 25) - \$15/\$22
6:30-8:30pm.....	Dunedin Ukles - \$1/\$2
6:30-8:30pm.....	Drum Making (Feb 4 & 18) - \$15/\$22
7-8:30pm.....	Intergenerational Drum Circle (Feb 25) - \$2
7-9pm.....	Starlight Dance (Feb 4) - \$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 (Feb 12) - Free
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
9:30am - 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 - 4:30pm.....	Canasta - \$2/\$3
12pm.....	Luncheon (Feb 20) - \$5/\$6
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.....	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! (Feb 14) - \$21/\$31
6-8:30pm.....	Sketch Group - \$2/\$3
6:30-9pm.....	Snell's Square Dancing - \$6

FRIDAY

9-10am.....	Senior Exercise - \$4/\$5
9am - 12pm.....	Drawing Series (Feb 11) - \$15/\$22
9:30-10:30am.....	Qi Gong - \$4/\$5
10am - 12:30pm.....	Crafter's Corner - Free/ \$1
11am - 12:30pm.....	Tai Chi Beg. & Special Needs \$4/\$5
10:30-11:30am.....	Line Dance - \$4/\$5
12-3pm.....	Quilter's Corner - Free/\$1

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

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

Free Seminars

Help With Your Consumer Issues

Tuesday, February 5, 10 am

Hear about the free services and tips on how to handle and resolve a consumer issue, as well as when and how you should file a complaint. Presented by Pinellas County Office of Consumer Protection.

Medicaid Q&A

Tuesday, February 12, 10 am

Finally, answers to your Medicaid questions. Find out the legal way to avoid being impoverished by nursing home costs and how to save your assets, house, car, lifestyle, and still obtain long-term nursing care. Presented by Sean W. Scott, Elder Law Attorney.

Advanced Directives

Tuesday, February 19, 10 am

An advanced health care directive 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. This presentation is your opportunity to fully understand the legalities of advanced directives. Presented by Florida Bar Speakers Bureau, Andrew McDannold PA.

Play Bingo & Learn

Tuesday, February 26, 10 am

Gulfcoast Legal Services is a local organization that serves the senior population and those in need. Learn about what they have to offer. Also, hear from a AAAPP Representative on the dangers of elder abuse and how to recognize the signs. Presented by Gulfcoast Legal Services Attorneys & AAAPP.

Music

Intergenerational Drum Circle

February 25, 7-8:30 pm

\$2/person

Enjoy an intergenerational evening for all abilities and ages. All drums and percussion provided, or bring your own! This program is led by Giving Tree Music. Drum, sing, dance, and laugh while making great music and experiencing the magic of our very own community!

Drum Making

February 4 & 18, 6:30-8:30 pm

\$15/Rec Card, \$22/No Card

\$80 material fee due to instructor during first class (cash or check only); must pre-register.

Create your own personalized artwork! Sand, paint and customize your drum shell, then tie-dye and attach a real goat skin head using traditional methods - a real quality musical instrument that sounds great and will keep giving back for years. Instructor is Steve Turner of Giving Tree Music.



Support Services

Prediabetes & Diabetes Management

Mondays, 10:30am - 12pm

\$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. Let's do this together with nurse Mary and get informed.

Computer Workshops

Computer Basics 2

February 5-14

Tuesday & Thursdays, 10am - 12pm

\$20/Rec Card; \$30/No Card

Must pre-register

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

Escape from Password Hell

Wed, February 13, 10am - 12pm

\$30/Rec Card; \$45/No Card

Must pre-register

This program is for Apple users only. Learn about security and your Apple ID/iCloud. Learn how to create effective passwords and passcodes.

Learn what to do if your locked out of your iPhone, iPad or Mac. Why do I have to reset passwords? Learn two-factor authentication and how to set it up. Learn about 3rd party apps using two-factor authentication. Program taught by Johnny Vanderlip certified Pro Logic Apple Instructor.



iPad Basics

February 18-25

Monday & Wednesday, 10am - 12pm

\$45/Rec Card; \$67/No Card

Must pre-register & bring iPad

Learn the terminology and navigation techniques to operate your iPad. Learn to adjust settings, power on/off mode, home screen, camera, photos and basic apps for email, calendar, weather, maps, Facetime and iTunes.

Email & Facebook

February 25 - March 6

Monday & Wednesday, 10am - 12pm

\$20/Rec Card; \$30/No Card

Must pre-register

Learn the basics of service providers, email, contact lists. The Facebook aspect teaches how to set up a profile, upload photos and communicate safely. Basic computer skills required. Not for Mac/Apple users.

Dance

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!

Line Dance - Beginners

February 11 - March 4

Mondays, 10-11 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 more.



Support Groups

Alzheimer's Support Group

Wednesdays, 10-11 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

3rd Monday of the month, 1-3:30 pm

Free to attend

Meetings help foster self-empowerment, coping skills and socialization in a nonjudgmental and encouraging atmosphere. Includes physical and speech exercises.

Aphasia Activity Group

Persons with Aphasia and their caregivers are invited to join this program led by Voices of Hope for Aphasia.

C.A.N. Activities - Thursdays, 10am - 12pm

\$2/Rec Card; \$3 No Card per meeting, per day

Participate in activities that support communication.

Conversation Group - Thursdays, 1-3 :00 pm

\$2/Rec Card; \$3 No Card per meeting, per day

Partake in supported conversation & language activities.

Bereavement Support Group

February 1 - March 8

Fridays, 10am - 12pm

Free to attend

Register through Hospice for this 6 week program with facilitator, Michelle Rock, SW. Call (727) 523-3455.

New!

Crafts & Hobbies

Drawing Intensives Series

Monday, February 11, 9am - 12pm

Lesson: Texture

\$15/Rec Card, \$22/No Card
(must pre-register, per day)

Bring paper and pencils and join us for a three hour tour on a series of disciplines in drawing that anyone can use to benefit their work! No pressure - just fun! Instructed, by Julianne DiBlasi Black, an internationally recognized and full-time creative artist.



Painting Party!

Thursday, February 14, 6-7:30 pm

Theme: "Grow Old with Me" Rustic Sign

\$21/Rec Card, \$31/No Card
(must pre-register)

Paint with artist, Shawn Dell Joyce who takes you step-by-step to make your own painting using sea sponges and big brushes. Paints, canvas, brushes, and aprons provided.

Watercolor Wonders

Monday, February 11 or 25, 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.

Cards & Games

Pinochle

Tuesdays, 1-4:00 pm

\$Free/Rec Card, \$1/No Card

A trick-taking and melding game that can be played solo.

Spring Training is Here!



Due to the Toronto Blue Jays Spring Training schedule, the Hale Activity Center will have the following program cancellations and changes:

Tuesday, February 26:

- Duplicate Bridge, Quilter's Corner and Pinochle will be *cancelled*.
- Dulcimer Club will *move* to the Community Center.

Thursday, February 28:

- Duplicate Bridge, Chair Volleyball, Hand & Foot and Happy Taps will be *cancelled*.
- Mah Jongg will *move* to the Community Center.

Fitness & Wellness

Senior Exercise

Mondays & Fridays, 9-10:00 am

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

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

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.

Chair Volleyball

Mondays & Wednesdays, 1-3:00 pm

Thursdays, 4-6:00 pm

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

It's just like volleyball but instead uses a beach ball and caters to the activity level of older adults.

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.

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.

Tai Chi Beginners & Special Needs

Fridays, 11am - 12:30pm

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

Learn the graceful movements of Tai Chi at a slow, relaxed pace that helps strengthen both the mind and body. Movements adapted for special needs. Led by the Taoist Tai Chi Society.



Tai Chi

Tuesdays, 9:30-11 am

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

Focus on the healing-balancing aspects of this class.

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.

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.