

“WEEKLY RECREATION PROGRAMS for OWLS”

*Sponsored by: Hillsborough County Parks, Recreation & Conservation Department
in partnership with the Northdale Owls -- Contact Becca Mendoza at **813-981-4237***

Adult Indoor Soccer	Fridays	6:00pm-8:30pm	Free!
Adult Volleyball	Fridays	6:30pm-8:30pm	Free!
Aerobics “Lite”	Mon/Wed	9:30am-10:30am	\$2/class
BING-OWL (BINGO)	1st Fri	9:30am-11:30am	Bring a Gift
<i>Simply bring a wrapped gift to participate. Neat prizes and Owl-Bucks!!! Just show up!</i>			
BBOB’S (Bill’s Blooming Orchid Buddies)	4th Tues	Contact: Bill Castens	(813) 340-9436
Games:	Bridge	Tues/Thurs	Contact: Shirley Beller (813) 961-5495
	Cards & Games	Tuesdays	Contact: Kay Farland (813) 889-7972
	Hand & Foot	Tues/Thurs	Contact: Kay Farland (813) 889-7972
	Hand & Foot	Fri	Contact: Rose Oursler (813) 909-8082
	Mah Jongg	Mondays	Contact: Hilda Hodges (813) 416-3317
	Mah Jongg	Wednesdays	Contact: Marie Alley (813) 962-0063
Laughter Yoga	Sundays	12 Noon-12:30pm	Free!
Line Dance – Beginner1/Beginner2	Mondays	10:30am-12 Noon	\$2/class
Line Dance – Beginner2/Improver	Thursdays	10:30am-12 Noon	\$2/class
Line Dance – Intermediate	Fridays	10:30am-12 Noon	\$2/class
Nutrition Class	Thursdays	2:00pm-3:00pm	Free!
<i>Contact Pat Cullina at 813-335-3818 for more information or to register.</i>			
Pickleball Lessons - Beginning Players	Tues/Thurs	9:00am-10:00am	Free!
Pickleball Play (Experienced Players)	Tues & Thurs	11:00am-2:00pm	Free!
Pickleball “Other Play”: Mon 9-2 Wed 6:30–8:30pm, Sat 8am – 1am + Outdoors anytime			
Quilting/Knitting Club	Fridays	9:30am-12:30pm	
Sing Along With Owls	Wednesdays	Contact Ed Rodriguez	(813) 810-9733
Strut with Your Mutt	Mon/Thurs	4:30pm-5:30pm	Free!
Table Tennis (Ping Pong)	Mon/Wed	11:00am-1pm	Free!
<i>Table Tennis for all adults and seniors. Contact Becca Mendoza at 813-981-4237 for more Info.</i>			
Tai Chi	Call for Dates	1:00pm-2:00pm	Free!
Technology Workshop	2nd Mon	3:30pm-5:00pm	Free!
Walking Club	Tues/Thurs	8:00am-9:30am	Free!
YOGA for Seniors	Fridays	11:30am-12:15pm	\$5/class