

## **“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***

<b>Adult Volleyball</b>	<b>Fridays</b>	<b>6:30pm-8:30pm</b>	<b>Free!</b>
<b>Aerobics “Lite”</b>	<b>Mon/Wed</b>	<b>9:30am-10:30am</b>	<b>\$2/class</b>
<b>BING-OWL (BINGO)</b>	<b>1<sup>st</sup> Fri</b>	<b>9:30am-11:30am</b>	<b>Bring a Gift</b>
<i>Simply bring a wrapped gift to participate. Neat prizes and Owl-Bucks!!! Just show up!</i>			
<b>BBOB’S (Bill’s Blooming Orchid Buddies)</b>	<b>4<sup>th</sup> Tues</b>	Contact: Bill Castens	(813) 340-9436
<b>Crocheting/Knitting Club</b>	<b>Fridays</b>	<b>9:30am-12 Noon</b>	<b>Free!</b>
<b>Games:</b>	<b>Bridge</b>	<b>Tues/Thurs</b>	Contact: Shirley Beller (813) 961-5495
	<b>Cards &amp; Games</b>	<b>Tuesdays</b>	Contact: Kay Farland (813) 889-7972
	<b>Hand &amp; Foot</b>	<b>Tues/Thurs</b>	Contact: Kay Farland (813) 889-7972
	<b>Hand &amp; Foot</b>	<b>Fri</b>	Contact: Rose Oursler (813) 909-8082
	<b>Mah Jongg</b>	<b>Mondays</b>	Contact: Hilda Hodges (813) 416-3317
	<b>Mah Jongg</b>	<b>Wednesdays</b>	Contact: Marie Alley (813) 962-0063
<b>Laughter Yoga</b>	<b>Sundays</b>	<b>12 Noon-12:30pm</b>	<b>Free!</b>
<b>Line Dance – Beginner1/Beginner2</b>	<b>Mondays</b>	<b>10:30am-12 Noon</b>	<b>\$2/class</b>
<b>Line Dance – Beginner2/Improver</b>	<b>Thursdays</b>	<b>10:30am-12 Noon</b>	<b>\$2/class</b>
<b>Line Dance – Intermediate</b>	<b>Fridays</b>	<b>10:30am-12 Noon</b>	<b>\$2/class</b>
<b>Nutrition Class</b>	<b>Thursdays</b>	<b>1:30pm-3:00pm</b>	<b>Free!</b>
<i>Contact Pat Cullina at 813-335-3818 for more information or to register.</i>			
<b>Pickleball Lessons - Beginning Players</b>	<b>Tues/Thurs</b>	<b>9:00am-10:00am</b>	<b>Free!</b>
<b>Pickleball Play (Experienced Players)</b>	<b>Tues &amp; Thurs</b>	<b>11:00am-2:00pm</b>	<b>Free!</b>
<b>Pickleball “Other Play”:</b> Mon 9-2 Wed 6:30–8:30pm, Sat 8am – 1am + Outdoors anytime			
<b>Sing Along With Owls</b>	<b>Wednesdays</b>	Contact Ed Rodriguez	(813) 810-9733
<b>Strut with Your Mutt</b>	<b>Mon/Thurs</b>	<b>4:30pm-5:30pm</b>	<b>Free!</b>
<b>Table Tennis (Ping Pong)</b>	<b>Mon/Wed</b>	<b>11:00am-1pm</b>	<b>Free!</b>
<i>Table Tennis for all adults and seniors. Contact Becca Mendoza at 813-981-4237 for more Info.</i>			
<b>Tai Chi</b>	<b>See Dates Below</b>	<b>1:00pm-2:00pm</b>	<b>Free!</b>
<i>March 13, 20, 27, April 10, 17, 24, May 8, 15</i>			
<b>Technology Workshop</b>	<b>2<sup>nd</sup> Mon</b>	<b>3:30pm-5:00pm</b>	<b>Free!</b>
<b>Walking Club</b>	<b>Tues/Thurs</b>	<b>8:00am-9:30am</b>	<b>Free!</b>
<b>YOGA for Seniors</b>	<b>Fridays</b>	<b>11:30am-12:15pm</b>	<b>\$5/class</b>