

“WEEKLY RECREATION PROGRAMS for OWLS”

*Sponsored by: Hillsborough County Parks, Recreation Department in partnership with the Northdale Owls
Contact: Becca Mendoza at 813-981-4237 or mendozar@hcflgov.net*

Aerobics “Lite”	Mon/Wed	9:30am-10:30am	\$2/class
BBOB’S (Bill’s Blooming Orchid Buddies)	4th Tues	Contact: Bill Castens	(813) 340-9436
Crocheting/Knitting Club	Fridays	9:30am-12 Noon	Free!
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
Jigsaw Puzzles	Fridays	9:30am-12 Noon	Free!
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
Pickleball Lessons – Beginning Players	Tues/Thurs	9:00am-10:00am	Free!
Pickleball Lessons – Beginning Players	Wednesdays	6:00pm – 7:00pm	Free!
Pickleball Play	Varies	Please ask staff for schedule	Free!
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-1:00pm	Free!
Tai Chi	Tuesdays – See dates below	1:00pm-2:00pm	Free!
	<i>Fall Classes: Oct 9,16,23,30 Nov 13 Winter Classes: Dec 11, 18 Jan 8, 15, 22 Feb 12, 19, 26</i>		
Technology Workshop	2nd Mon	3:30pm-5:00pm	Free!
Ukulele Classes	Tues & Fri Oct 9-26	10:30am-12 Noon	Free!
Walking Club	Tues/Thurs	8:00am-9:30am	Free!
YOGA for Seniors	Fridays	11:30am-12:15pm	\$5/class