

“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*

Adult Volleyball	Fridays	6:30pm-8:30pm	Free!
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	
Boomers Bike Club	3rd Friday	Contact: Becca Mendoza	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
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	Mon/Wed	11:00am-1:00pm	Free!
Tai Chi	Tuesdays – See dates below	1:00pm-2:00pm	Free!
	<i>Winter Classes: Feb 12, 19, 26 Spring Classes: March 12, 26, April 9, 16, 23, 30</i>		
Technology Workshop	2nd Mon	3:30pm-5:00pm	Free!
Tone and Stretch	Wednesdays	1:00pm-1:45pm	\$5/Class
	<i>Bring resistance bands and light weights, instructor Jennifer Shipherd 813-546-3715</i>		
Ukulele Lessons	Tues/Fri	10:30am-12 Noon	Free!
Walking Club	Tues/Thurs	8:00am-9:30am	Free!
YOGA for Seniors	Fridays	11:30am-12:15pm	\$5/class

Our Mission... is to create a growing network of co-ed seniors, to provide social activities, local events, travel, entertainment, and educational seminars in common interest groups as ways to safely enjoy our lives.

Our Refund Policy... is to reimburse you for prepaid events if you give prior notification, and if we can resell ticket to another participant, usually day of event.

Checkout the website at www.NorthdaleOWLS.org, or
visit Northdale Park for details on how to join...

Still Got Questions? Talk to any member of the OWLS, or contact Bill Castens at (813) 340-9436

Like Northdale OWLS on Facebook

Your reservation is made upon RECEIPT of your payment... Please itemize each event.

Make checks payable and mail to:

Northdale OWLS, 3853 Northdale Blvd., # 374, Tampa, FL 33624

Or

DROP Payment in one of the “Lock Boxes” at Northdale Park, Bldg. B and BCG