

“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*

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
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
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
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		
Puzzles	Fridays	10:00am-1:00pm	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!
<i>Table Tennis for all adults and seniors. Contact Becca Mendoza at 813-981-4237 for more info.</i>			
Tai Chi		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

Active Life Games registration is now open (formally Senior Games). Registration is open to anyone age 50 and older. Cost is \$30 (\$55 includes Golf). Fee includes participation in as many of the activities as you choose. Events kick off on October 5 with an opening ceremony breakfast. Activities are held throughout the City of Tampa, Temple Terrace, and Hillsborough County. Some of the activities include dominoes, swimming, horseshoes, bag toss, bowling, and more. Table Tennis will be held at Northdale on October 10. The events wrap up with an award luncheon on October 19. More information at hcfllgov.net/activelifegames or contact Becca Mendoza at 813-981-4237.