

"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 Volleyball	Fridays	6:30pm-8:30pm	Free!
Aerobics "Lite"	Mon/Wed	9:30am-10:30am	\$2/class
BING-OWL (BINGO)	1 st Fri	9:30am-11:30am	Bring a Gift

Simply bring a wrapped gift to participate. Neat prizes and Owl-Bucks!!! Just show up!

BBOB'S (Bill's Blooming Orchid Buddies)	4 th 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
Nutrition Class	Thursdays	1:30pm-3:00pm	Free!

Contact Pat Cullina at 813-335-3818 for more information or to register.

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	
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!

Table Tennis for all adults and seniors. Contact Becca Mendoza at 813-981-4237 for more info.

Tai Chi	See Dates Below	1:00pm-2:00pm	Free!
<i>April 10,17,24, May 8,15</i>			
Technology Workshop	2 nd 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

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

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 "Lock Box" at Northdale Park, Bldg. B