JUNE 2019

OWLS CALENDAR OF EVENTS
There are written policies on our website.
Visit www.Northdale OWLS.org & become informed!
Unless noted, activities originate at
Northdale Park, 15550 Spring Pine Dr., Tampa, FL. 33624

Jun 4, TODAY – Monthly Meeting & Pot-Luck Lunch-11 AM at Park – Bring FOOD
   • Ralph Alloco -- Vegas Style Entertainment!

Jun 13, Thurs – Lunch at Lavender N Lace Tearoom & Gift Shop with Railroad Museum @ $24
   • 9:30 AM Martz Bus departs Northdale Park for Lake Alfred, FL. (est. return 4:30 PM)
   • Dutch-treat lunch at Lavender N Lace Tearoom, a lovely dining experience, open to men and women. Please go to www.lavendernlacetearoom.com and select your entree, salad or sandwich and let Ruth know your choice no later than June 7 so Lavender N Lace can have plenty of food of our choice prepared.
   • En route home we will stop at the Robert W. Willaford Railroad Museum in Plant City. Docents will tell the history of railroading in Florida and its impact on Hillsborough County and Plant City. We'll view their collection of railroad memorabilia, including a restored Seaboard Airline 5735 caboose. Museum is free but donations are welcomed.
   Contact Ruth Zeigler (813) 962-0397 - Deadline June 7 for your food choice. Call Ruth

Jun 17, Mon – Bunco at Brunchies, 14366 N. Dale Mabry Hwy@ $17 (NO PAYMENT AT DOOR)
   • 10 AM Fee covers cost of lunch and prizes – Games start at 10 AM Sharp!
   Contact: Lorrie Allen (813) 230-9919 – PAYMENT DEADLINE IS PRIOR WED.

Jun 19, Wed – Lunch Bunch at Wright’s Gourmet House (separate checks)
   • 11:30 AM Meet at Wright’s Gourmet House, 1200 S. Dale Mabry Hwy.
   • Best sandwiches and desserts in town!
   Contact: Marty Katz (813) 961-5649 – Please Sign-up at meeting or call. Headcount is needed!

Jun 21, Fri – Historic Cassadaga Spiritualist Tour, Luncheon & Readings @ $89
   • 830 AM Martz bus departs Park. Estimated return is 530 PM.
   • Come visit the spiritualist camp in Cassadega. Established in 1894, it is now on the National Registry of Historic Places. Our guided tour will include several Victorian era homes, a church, and the beautiful Cassadega natural surroundings. You will learn about the historic, unique & mysterious beginnings that still go on today in many of the historic homes in the present day community. Gain insight into Spiritualism and feel the energy that is Cassadega. Seekers are welcome and self-exploration is encouraged.
   • We will enjoy a salad and sandwich buffet at the Meeting House followed by mini-readings and then the bus tour through the village with our tour guide.
   • Cassadega is a community of Spiritually-minded people many of whom are mediums and healers who can be contacted for lengthy personal readings at your leisure.
   Contact: Sylvia Katz (813) 961-5649
July 2, Tues – NO MONTHLY MEETING IN JULY

July 14, Sunday Matinee – OWLS Take in Carrollwood Players @ Pay in Advance to Reserve Seat!
  □ 2:30 PM Meet at 4333 Gunn Hwy – The Importance of Being Ernest, a classic farce.
  Contact: Gloria Duggan (813) 335.4777 – For Payment Instructions!

July 15, Mon – Bunco at Brunchies, 14366 N. Dale Mabry Hwy@ $17 (NO PAYMENT AT DOOR)
  □ 10 AM Fee covers cost of lunch and prizes – Games start at 10 AM Sharp!
  Contact: Lorrie Allen (813) 230-9919 – PAYMENT DEADLINE IS PRIOR WED.

July 17, Wed – Lunch Bunch at METRO DINER [separate checks]
  □ 11:30 AM Meet at 4011 W. Kennedy Ave. ‘where the locals eat’ (just W. of Dale Mabry).
  Contact: Marty Katz (813) 961-5649 – Please Sign-up at meeting or call. Headcount is needed!

July 20 & 21, Sat & Sun – John Erb’s Mango Run @ $210 Double ($265 Single)
  □ 7:30 AM (Sat.) vans depart Northdale Park for Lantana, FL. Est. return is 7 PM (Sunday).
  □ Arrive at Lake Worth Casino Mulligans Beach House for Dutch-treat Lunch & watch waves in the surf crash on the beach. Then on to Lantana where we purchase the biggest, sweetest, juicy, tree ripened mangoes at Hatcher Mango Hill.
  □ Then on to Lion Country Safari where we’ll drive through the four mile cage-free zoo featuring over 900 animals including lions, giraffes, zebras, ostrich and rhinos.
  □ We check in at the lovely Historic Seminole Inn, Indiantown, FL. Enjoy a swim in their pool followed by a nice dinner, followed by some homemade night time entertainment & foolishness. Know any good ghost stories, anybody?
  □ Sunday morning we enjoy their Gourmet Sunday Brunch and then off to Erickson Farms for the Mango Festival. In route home we WILL stop at a McDonald’s to enjoy some ice cream with our ripe mangoes.
  Contact Ruth Zeigler (813) 962-0397 – Fee covers transport, safari, hotel and two meals at Inn.

Aug 6, Tues – Monthly Meeting & Pot-Luck Lunch-11 AM at Park – Bring FOOD
Entertainment: Vocal Gold performance by Bob & Cyndi MacDonald.

Aug 15 & 16, Thurs & Fri – Murder Mystery Train & Edison Ford Homes (Do Not Pay Owls)
  □ We go overnight to Ft. Myers for the Dinner mystery train for a super meal with a mystery mixed in. The last time Sylvia did one of these Marty turned out to be the Killer! And she had to go home with the guy! What fun. Next day we enjoy a lunch & a boat ride at the Country Club in Ft. Myers. This is Edison’s favorite river trip & we will learn all about the river & its history. Then we should have time to tour the two riverside homes - next door to one another. This eventful trip is priced at $399. Dbl./$445. Sgl - Ins. at $47.00. Call Sylvia to complete your application & you can use your credit card.
  □ Plan your summer around a few short trips & make the season a memory filled one.
  Contact: Sylvia Katz (813) 961-5649 – DO NOT PAY THE OWLS FOR THIS TRIP!

Aug 19, Mon – Bunco at Brunchies, 14366 N. Dale Mabry Hwy@ $17 (NO PAYMENT AT DOOR)
  □ 10 AM Fee covers cost of lunch and prizes – Games start at 10 AM Sharp!
  Contact: Lorrie Allen (813) 230-9919 – PAYMENT DEADLINE IS PRIOR WED.

OWLS HELP LESS FORTUNATE:
In addition to food & toy drives for Metropolitan Ministries & Toys for Tots,
We collect box tops (education), used eye glasses (Lions), and used hearing aids (Sertoma),
Aluminum tabs (Shriners’ Hospital), cell phones, slightly used or new pillow cases (“Dress A Girl”),
and Owls Transport Pool.
“FEEL BETTER ABOUT WHOM YOU ARE BY GIVING TO OTHERS!”
Carrying these cards?
Then you may also be able to carry this card and get even more benefits!

A Humana Dual Eligible Medicare Advantage plan includes Medicare coverage and works with your Medicaid benefits so you can get the benefits you need and more, like:

• Prescription drug coverage
• 24-hour nurse advice line
• Rewards for completing preventive health screenings and activities
• Maximum annual out-of-pocket protection
• Doctor's office visits and hospital coverage
• And more we haven't listed!

Call a licensed sales agent today to find out more about the Medicare designed with you and your needs in mind.

Robert DeMeo
(813) 774-1286
(TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.
Aug 21, Wed – Lunch Bunch at Riviera Restaurant (separate checks) - they accept CASH only!
- 11:30 AM Meet at Riviera Restaurant, 14819 Dale Mabry Hwy (next to Michael’s Crafts).
  Contact: Marty Katz (813) 961-5649 – Please Sign-up at meeting or call. **Headcount is needed!**

Sept 3, Tues – Monthly Meeting & Pot-Luck Lunch-11 AM at Park – Bring FOOD
  Entertainment: **Rueben Morales** and his wonderful voice singing Owls songs!

Sept 4, Wed – Rays vs Baltimore Orioles @ $18
- 11:30 AM County Bus departs Park (est. return 6:30PM) – Fee covers admission & bus.
- **Take me to the ballgame** while enjoying the HOOT on every Rays Home Run!
- Dutch dine at Ferg’s Sports Bar & Grill after game – **Come have fun with OWLS!**
  Contact: Don Clark (813) 985-4859 - Good deal: **No Parking Fee, Admission & Good Company!**

Sept 6, Fri – ForCare Medical Center Tour with “Lunch & Learn” @ **FREE**
- 11:00 AM County Bus departs Park (estimated return at 2 PM). For those who prefer to drive, meet at ForCare Medical Center, 15416 N. Florida Avenue at 11:30 AM.
- Guided tour of the new two story medical complex featuring medical health services in Dermatology, Rheumatology, Primary Care & Clinical Research efforts.
- Dr. Seth Forman, the Owls dermatologist, is a long-term supporter of our club.
- Please attend this “lunch & learn” event to learn of the services ForCare offers at helping seniors stay healthy. A “dip in the 1,000 gallon salt water fish tank” is optional!
- Includes Q&A session with a scrumptious buffet lunch catered by Riviera Café.
  Contact: Bill Castens (813) 833-0102 to reserve spot - Headcount helpful in ordering food!

Sept 11, Wed – Lunch Bunch in St. Pete (separate lunch checks) @ $12
- 11 AM County bus departs Park (5 PM return). Many great restaurants to choose from.
- Fee includes transport, driver’s meal and a $10 Cash rebate you may choose to use towards your lunch. Bus seating limited to 38 so send payments now.
  Contact: Marty Katz (813) 961-5649 – Payment reserves seat on the bus!

Sept 14, Sat -- Disco/Sock Hop in the Gym at the Park (What a Steal of a deal!) @ $7
- Doors open at 5:30 PM... Must be out of building by 9 PM.
- Oldies music we can dance to! Wear your 50, 60, 70’s outfits if you like!
- Live DJ, Free Line dance lessons and John Erb’s famous hamburgers & hotdogs.
- If you have an old car, bring it, and share the memories of the Good Old Days!
- Spend $7 and come dance or come watch others dance on a Friday night!
  Contact: Martha Hughes (813) 477-0924, or Robert Mantler (813) 843-2137

Sept 16, Mon – Bunco at Brunchies, 14366 N. Dale Mabry Hwy@ $17 (NO PAYMENT AT DOOR)
- 10 AM Fee covers cost of lunch and prizes – **Games start at 10 AM Sharp!**
  Contact: Lorrie Allen (813) 230-9919 – PAYMENT DEADLINE IS PRIOR WED.

Sept 16 - 28th... Fabulous Canadian Rockies Tour @ **DO NOT PAY OWLS** – See Below.
- Travel with the OWLS to the magnificent Canadian Rockies. Visit Vancouver, Kelowna, Banff National Park, Jasper National Park, Sun Peaks Whistler & Victoria.
- **Vancouver city tour** we see China Town beaches, the harbor. Free time maybe take a water taxi to Granville Island or historic Gastown. Enjoy a winery tour in Kelowna.
- **Glacier National Park** you will see 4,379 ft high Rogers Pass with glaciers & waterfalls. Then on to Banff, gateway to the magnificent Rockies with grizzly bears & wolves.
- See the turquoise Lake Louise, then Jasper National Park & stop at the Columbia Icefield with 750 ft. thick ice you will ride on. Enjoy a cruise on Maligne Lake & visit Spirit Island. Travel a fur trapper route to Sun Peaks & 13,000 ft. high Mt. Robson. In Whistler
you may choose to take one of the exciting excursions offered like float planes or Gondola rides. Take the ferry across to Victoria for a day of leisure whale watching, World famous Butchart Gardens. Then ferry across to Vancouver & home.

- Trip INCLUDES round trip airfare. Hotels are rated 3 Star. All hotels have restaurants on site & are centrally located in town areas. Mail checks payable to Advantage Tours ($3,073 Dbl; $4,108 Sngl) care of Marty Katz, 4639 Landscape Drive, Tampa, Fl. 33624
- Optimal Insurance ($249 pp). Call Marty if looking for a roommate or have questions.

Contact: Marty Katz (813) 961-5649 – Reserve for September now with $999.00 deposit.

**Sept 17, Tues – SOAR Nature Trip TBD**
Contact: Brad Lympney (813) 957-6150 – Details TBD – Save The Date!

**Sept 19, Thurs – Southeastern Guide Dogs @ $19**
- 10:15 AM Martz Bus departs Park for Palmetto, Fl (estimated return 4:15 PM).
- First we eat Dutch-lunch at Popi’s Family Restaurant in Ellenton.
- At Southeastern Guide Dogs we’ll be in the same room for their 90 minute presentation.
- **Beyond the Dark** is their new multisensory experience. We will witness this transformation and engage in their mission to employ our senses while immersing into the experiences of people with vision loss and veterans with disabilities. We’ll meet graduates and hear their triumphant stories. We’ll witness their highly trained guide dogs and service dogs at work and see firsthand the powerful difference they make.
- We’ll come away with a greater connection to the human-dog teams that journey beyond the dark. Extraordinary dogs transform lives!

Contact: Ruth Zeigler (813) 962-0397 – Not much walking.

**Oct 1, Tues – Monthly Meeting & Pot-Luck Lunch-11 AM at Park – Bring FOOD**
- 10 AM Doors open. Entertainment: Bert & Sassy performance – bring dance shoes!

**Oct 2-3, Wed & Thurs – Sally Corp, Jacksonville @ SEE COST BELOW – DO NOT PAY OWLS**
- 8 AM, Wed, Advantage Cruises & Tours Bus departs with estimated return 5 PM Thurs.
- First Stop is for tour of Sweet Pete’s Chocolate Factory. Get your own custom designed chocolate. Later Wed evening we dine being entertained at Alhambra Dinner Theatre.
- Thurs morning we enter the World of Animatronics, as we tour the Sally Corporation, one of the major creators of dark rides. A dark ride is an enclosed attraction, in which a vehicle conveys you through passages that entertain with fantastic or grotesque scenery, moving figures, and coordinated sounds, using robotic technology and sculptural artistry. At the core of this craft is science of animatronics: the construction of robots, in accurate likenesses of humans and animals, that are programed to perform intricate lifelike movements synchronized with recorded soundtrack.

Contact: Ruth Zeigler (813) 962-0397 – DO NOT PAY OWLS! Lots of walking at Sally’s.

**Oct 9, Wed - Weeki Wachee Springs State Park @ $18**
- 8:45 AM. **“If at first you don’t succeed ----,” so once again,** the plan is for the County bus to leave Northdale for Weeki Wachee Springs State Park (estimated return 3 PM).
- Known to both Floridians and tourists alike as “Spring of Live Mermaids”, it was named Weeki Wachee by the Indians, meaning “little spring.” **Although you can’t swim with the “mermaids,” you can watch from the underwater theater as they perform. If you**
When an emergency happens, you need to know you’ve got a team you can count on. Our ER experts are here 24/7 to care for your emergency in our new Dr. Kiran C. Patel Emergency Department. We are dedicated to providing fast, compassionate, high quality care to help you get back to your life and back to feeling whole.

ERCareNow.com
(813) 336-5799

In case of a medical emergency, call 911.
do want to swim, lockers are available for swimmers in spring-fed Buccaneer Bay. (You DO know that “spring-fed” means 72 degree water?)

- Then witness the wildlife show, take a boat ride on the river – all included in admission. For additional charge, renting a kayak is available but only if you reserve one in advance.
- Lunch will be Dutch-treat in the Weeki Wachee State Park, and there’s a choice of indoor or outdoor seating to enjoy salads, wraps at The Galley, and ice cream, snacks and cold drinks throughout the Park. (There’s even a Tiki bar!)
- Now an official Florida State Park, Weeki Wachee Springs will surely have undergone extensive renovations that can be enjoyed by the first S4 to pay.

Contact: Gail Wise (813) 935-3344.

Oct 11, Fri – Blues & Bar-B-Que at Lakeridge Winery @ S39
- 9:30 AM Martz bus departs Park with estimated return at 4:30 PM.
- Get ready for the Clash of the Titans! Five of the Top Bar-B-Que rib competitors from around the country compete in an epic battle for the title of “Rib Champion” at the winery. While feasting on delicious BBQ you will enjoy the LIVE music on the outdoor stage with some of the area’s top Blues Bands, plus some great solo acts in the Wine & Cheese Bar. Arts & Crafts vendors will set up shop offering a wide variety of art & hand crafted items. Included is a tour of the winery and wine tasting, plus favorite Lakeridge wines, cold beer, ice cream and a variety of tasty treats are available for purchase.
- Room in bus storage for you to bring your own lawn chair – Be sure your name is on it!
Contact: Sylvia Katz (813) 961-5649 - So let’s Eat, Drink, Shop & be Merry!

Oct 16, Wed – Lunch Bunch at Outback Steakhouse (separate checks)
- 11:30 AM Meet 10918 N. Dale Mabry Hwy. Special pricing on your choice of: 6oz Center Cut Sirloin or Grilled Chicken Breast, plus Aussie Fries, Salad and a Coke or a Draft Beer.
Contact: Marty Katz (813) 961-5649 – Please Sign-up at meeting or call. Headcount is needed!

Oct 21, Mon – Bunco at Brunchies, 14366 N. Dale Mabry Hwy @ S17 (NO PAYMENT AT DOOR)
- 10 AM Fee covers cost of lunch and prizes – Games start at 10 AM Sharp!
Contact: Lorrie Allen (813) 230-9919 – PAYMENT DEADLINE IS PRIOR WED.

Oct 22, Tues – SOAR Nature Trip TBD
Contact: Brad Lympany (813) 957-6150 – Details TBD – Save The Date!

Oct 25, Fri – Howl’ O Ween at Northdale Park @ FREE
- 7 PM Kids & Dogs Costume Contest & Games.
- “Trunk or Treat” out of the back of your Halloween decorated car! What a great way to participate in this neighborhood event for the little ones, or dress up and watch.
Contact: Ryan Shives (813) 210-1713, or Beccia (813) 210-1831 – Volunteers appreciated

Oct 29, Tues – Sweetwater Farms @ S12
- 10 AM County bus departs Park (estimated return 2:30 PM).
- We will enjoy a walking tour of The Sweetwater Farm in West Tampa. The farm is open under new leadership and is one of Tampa’s best known organic farms. We will learn all about their activities. The farm is open to the public only on Sundays, but hopefully we will be able to purchase some organic vegetables to take home.
- Dutch-lunch at Cracker Barrel Restaurant before we return to Northdale Park. Fee includes transport and a S10 Cash rebate you may choose to use towards your lunch.
Contact: Don Clark (813) 985-3859
“WEEKLY RECREATION PROGRAMS for OWLS”

Sponsored by: Hillsborough County Parks, Recreation Department in partnership with the Northdale Owls

Contact: Becca Mendoza at 813-210-1713 or shivser@hcfilgov.net

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Aerobics “Lite”</td>
<td>Mon/Wed</td>
<td>9:30am-10:30am</td>
<td>$2/class</td>
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<tr>
<td>BBOB’S (Bill’s Blooming Orchid Buddies)</td>
<td>4th Tues</td>
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<tr>
<td>Couples Dance Class – Level 1</td>
<td>Mondays</td>
<td>7pm-8:30pm</td>
<td>$10/class (6 Class req.)</td>
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<tr>
<td>Couples Dance Class – Level 2</td>
<td>Wednesdays</td>
<td>7pm-8:30pm</td>
<td>$10/class (6 Class req.)</td>
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<tr>
<td>Games: Bridge</td>
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<td>Cards &amp; Games Tuesdays</td>
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<td>Hand &amp; Foot</td>
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<td>Mah Jongg</td>
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<tr>
<td>Laughter Yoga</td>
<td>Sundays</td>
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<td>Free!</td>
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<tr>
<td>Line Dance – Beginner1/Beginner2</td>
<td>Fridays</td>
<td>10:30am-12 Noon</td>
<td>$2/class</td>
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<tr>
<td>Line Dance – Beginner2/Improver</td>
<td>Thursdays</td>
<td>10:30am-12 Noon</td>
<td>$2/class</td>
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<tr>
<td>Line Dance – Intermediate</td>
<td>Mondays</td>
<td>10:30am-12 Noon</td>
<td>$2/class</td>
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<tr>
<td>Pickleball Lessons – Beginning Players</td>
<td>Tues/Thurs</td>
<td>9:00am-10:00am</td>
<td>Free!</td>
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<tr>
<td>Pickleball Play</td>
<td>Varies</td>
<td>Please ask staff for schedule</td>
<td>Free!</td>
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<tr>
<td>Salsa Cardio Dance Class</td>
<td>Fri/Sat</td>
<td>5:15pm Fri/10:15am Sat</td>
<td>Free!</td>
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<tr>
<td>Sing Along With Owls</td>
<td>Wednesdays</td>
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<td>Free!</td>
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<tr>
<td>Strut with Your Mutt</td>
<td>Mon/Thurs</td>
<td>4:30pm-5:30pm</td>
<td>Free!</td>
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<tr>
<td>Table Tennis</td>
<td>Mon/Wed</td>
<td>11:00am-1:00pm</td>
<td>Free!</td>
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<td></td>
<td>Wed</td>
<td>1:00pm-3:00pm</td>
<td>Free!</td>
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<tr>
<td>Technology Workshop</td>
<td>2nd Mon</td>
<td>3:30pm-5:00pm</td>
<td>Free!</td>
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<td>Ukulele Lessons</td>
<td>Tues</td>
<td>10:30am-12 Noon</td>
<td>Free!</td>
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<td>Walking Club</td>
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<td>8:00am-9:30am</td>
<td>Free!</td>
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<tr>
<td>YOGA for Seniors</td>
<td>Fridays</td>
<td>11:30am-12:15pm</td>
<td>$5/class</td>
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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) 833-0102

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” in all 3 Buildings at Northdale Park.
**WORD BANK**

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<th>Barbecue</th>
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<td>Brave</td>
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<td>Summer</td>
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**Symptoms of Cataracts**
- Decreasing vision with age
- Blurred or double vision
- Seeing halos around bright lights
- Difficulty seeing at night
- Vision that worsens in sunlight
- Difficulty distinguishing colors
- Poor depth perception
- Frequent prescription changes for glasses
- Difficulty reading

**Causes of Cataracts**
- Age
- Eye trauma
- Heredity
- Diabetes
- Congenital cataracts
- Ultraviolet radiation
- Smoking
- Glaucoma
- Certain medications

Dr. Newsom, Dr. Srivastava and their team of optometrists, will perform a series of tests to determine how much the cataract has affected your vision. Typically, when decreased vision disturbs everyday activities or hobbies, a cataract should be removed. Currently, there is no medical treatment to reverse or prevent the development of cataracts. Once they form, the only way to achieve clear vision again is through cataract surgery. For those patients that choose customized cataract surgery, your surgeon may adjust your results after surgery to further enhance your vision.

Call now to schedule your appointment, You Deserve NEWSOM EYES!

**HAPPY FATHER’S DAY**

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