

## “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*

<b>Adult Volleyball</b>	<b>Fridays</b>	<b>6:30pm-8:30pm</b>	<b>Free!</b>
<b>Aerobics “Lite”</b>	<b>Mon/Wed</b>	<b>9:30am-10:30am</b>	<b>\$2/class</b>
<b>BBOB’S (Bill’s Blooming Orchid Buddies)</b>	<b>4<sup>th</sup> Tues</b>	Contact: Bill Castens	(813) 340-9436
<b>Games:</b>	<b>Bridge</b>	<b>Tues/Thurs</b>	Contact: Shirley Beller (813) 961-5495
	<b>Cards &amp; Games</b>	<b>Tuesdays</b>	Contact: Kay Farland (813) 889-7972
	<b>Hand &amp; Foot</b>	<b>Tues/Thurs</b>	Contact: Kay Farland (813) 889-7972
	<b>Hand &amp; Foot</b>	<b>Fri</b>	Contact: Rose Oursler (813) 909-8082
	<b>Mah Jongg</b>	<b>Mondays</b>	Contact: Hilda Hodges (813) 416-3317
	<b>Mah Jongg</b>	<b>Wednesdays</b>	Contact: Marie Alley (813) 962-0063
<b>Laughter Yoga</b>	<b>Sundays</b>	<b>12 Noon-12:30pm</b>	<b>Free!</b>
<b>Line Dance – Beginner1/Beginner2</b>	<b>Mondays</b>	<b>10:30am-12 Noon</b>	<b>\$2/class</b>
<b>Line Dance – Beginner2/Improver</b>	<b>Thursdays</b>	<b>10:30am-12 Noon</b>	<b>\$2/class</b>
<b>Pickleball Lessons – Beginning Players</b>	<b>Tues/Thurs</b>	<b>9:00am-10:00am</b>	<b>Free!</b>
<b>Pickleball Lessons – Beginning Players</b>	<b>Wednesdays</b>	<b>6:00pm – 7:00pm</b>	<b>Free!</b>
<b>Pickleball Play</b>	<b>Varies</b>	<b>Please ask staff for schedule</b>	<b>Free!</b>
<b>Sing Along With Owls</b>	<b>Wednesdays</b>	Contact Ed Rodriguez	(813) 810-9733
<b>Strut with Your Mutt</b>	<b>Mon/Thurs</b>	<b>4:30pm-5:30pm</b>	<b>Free!</b>
<b>Table Tennis</b>	<b>Mon/Wed</b>	<b>11:00am-1:00pm</b>	<b>Free!</b>
<b>Tai Chi</b>	<b>Tuesdays – See dates below</b>	<b>1:00pm-2:00pm</b>	<b>Free!</b>
	<i>Winter Classes: Dec 11, 18 Jan 8, 15, 22 Feb 12, 19, 26</i>		
<b>Technology Workshop</b>	<b>2<sup>nd</sup> Mon</b>	<b>3:30pm-5:00pm</b>	<b>Free!</b>
<b>Tone and Stretch</b>	<b>Wednesdays</b>	<b>1:00pm-1:45pm</b>	<b>\$5/class</b>
	<i>Bring resistance bands and light weights, Instructor Jennifer Shipherd 813-546-3715</i>		
<b>Walking Club</b>	<b>Tues/Thurs</b>	<b>8:00am-9:30am</b>	<b>Free!</b>
<b>YOGA for Seniors</b>	<b>Fridays</b>	<b>11:30am-12:15pm</b>	<b>\$5/class</b>

**Dec 11 and 18 Tuesday's 10:30-Noon - Ukulele Strum and Sing Sessions for the Holidays @ FREE**  
Come learn to play the Ukulele with us. The Tampa Bay Ukulele Society provides ukes on loan for free and Kent Linder makes learning to play interesting, fun and easy. No music knowledge necessary. If you have your own uke, bring it. We'll be learning to play some great holiday/Christmas songs. There will be a basic lesson for new beginners and a continuation for the returning players. The Ukulele is the second easiest musical instrument to learn to play, with the Kazoo being number one. Meet in Building A.  
**Contact Ruth Zeigler (813) 962-0397 or Kent Linder (813) 265-4828**