



DR. WILLIAM E. HALE SENIOR ACTIVITY CENTER

April 2026

Stay Informed - Stay Connected

April arrives with renewed energy and fresh possibilities. We're excited to welcome spring with engaging programs, workshops, and wonderful opportunities to connect, stay active, and enjoy our community together. 🌸

MONTHLY LUNCHEON

Don't miss our "Pranzo Party: Everything Italy!" Savor a delicious Italian-inspired lunch, socialize with friends, and enjoy a fun themed activity that adds a touch of Italian charm to the day.

- Weds, April 8, 12:00 pm
- \$6 / \$7 (must register by Thurs, April 2)
- Sponsored by:



DULCIMER FOR BEGINNERS

Have you ever wanted to play a musical instrument? Discover the mountain dulcimer - an easy-to-learn folk instrument with a beautiful, soothing sound. No musical experience needed, and instruments are provided.

- Mondays, April 13 - May 4, 11 am - 12 pm
- \$35 / \$40 (must register by Weds, April 8)



BIG BAND DANCE & CONCERT

Dance the afternoon away with the Dunedin Three O'clock Big Band, playing hit songs from the 1930s to 1970s. Don't miss this vibrant celebration of music - come dance with us!

- Wed, April 15, 3:00 p.m.
- \$5 / person



VINTAGE VIBES DANCE NIGHT

Break out your boogie shoes and get ready to groove! Celebrate the greatest hits and dance moves from your favorite eras! Join us for a night of lively fun and great company.

- Thurs, April 23, 6-8:00 pm
- \$5 / person



FACILITY HOURS

Mon: 8 a.m. - 9 p.m.
 Tues: 8 a.m. - 5 p.m.
 Weds: 8 a.m. - 5 p.m.
 Thurs: 8 a.m. - 9 p.m.
 Fri: 8 a.m. - 3 p.m.
 Sat / Sun: Closed

CLOSURES

Fri, April 3

CONTACT INFO

- 727-298-3299
- 330 Douglas Ave
Dunedin, FL 34698
- www.Dunedin.Gov
- @cityofdunedin

DROP-IN PROGRAMS



MONDAYS

- 9-10:00 am Functional Fitness \$5 / \$6
- 9:30-10:30 am Zumba Gold \$5 / \$6
- 10:30-11:30 am Intro to Tai Chi \$5 / \$6
- 10:30-3:00 pm Samba \$0 / \$1
- 12-2:00 pm Drum Circle \$1 / \$2
- 12-3:30 pm Casual Bridge \$2 / \$3
- 3-5:00 pm Chess Learn & Play \$0 / \$1
- 6-8:00 pm Mah Jongg \$1 / \$2
- 6:30-8:00 pm Dunedin Ukes \$1 / \$2

TUESDAYS

- 8:30-9:30 am Pancake Breakfast \$4 / \$5
- 9 am-12 pm Woodcarving \$8 / \$12
- 9:30-10:30 am Chair Yoga \$5 / \$6
- 11 am-4 pm Samba \$0 / \$1
- 11:45am-3:30pm Duplicate Bridge \$2 / \$3
- 1-3:00 pm Dulcimer Club \$1 / \$2
- 1-4:00 pm Quilter's Corner \$0 / \$1

WEDNESDAYS

- 9:30-10:30 am Qi Gong \$5 / \$6
- 10:30-11:30 am Line Dance Exp \$5 / \$6
- 11:15am-4:30pm Canasta \$0 / \$1
- 12-3:00 pm Casual Bridge \$2 / \$3
- 12-2:00 pm Drum Circle \$1 / \$2
- 2-3:00 pm In the News \$0 / \$1

THURSDAYS

- 9:30-10:30 am Chair Yoga \$5 / \$6
- 10:15-11:15 am Zumba Gold \$5 / \$6
- 10:45-12:45 pm Drum Circle \$1 / \$2
- 11:45am-3:30pm Duplicate Bridge \$2 / \$3
- 12-5:00 pm Samba \$0 / \$1
- 1-5:00 pm Mah-Jongg \$2 / \$3
- 3-4:00 pm In the Sports News \$0 / \$1
- 4-5:30 pm Ukulele Play Along \$1 / \$2
- 6-8:30 pm Sketch Group \$2 / \$3

FRIDAYS

- 9-10:00 am Functional Fitness \$5 / \$6
- 9:30-10:30 am Qi Gong \$5 / \$6
- 10:30-11:30 am Line Dance Exp \$5 / \$6
- 10:30am-3:30pm Hand, Knee & Foot \$0 / \$1
- 12-3:00 pm Quilter's Corner \$0 / \$1

If you feel you need an accommodation to access any service or program, please call 727-298-3042 or email Theresa.Smalling@Dunedin.gov at least 7 days prior to the requested participation date for the city's review.

SCAN FOR MORE INFO



Website



Rec Cards



Online Reg



Rentals



WREATH MAKING WORKSHOP

Discover the fun of creating your own decorated mesh wreath in this beginner-friendly workshop. Materials provided. Wreaths start at 14" with final size between 16-20".

- **Spring / Flower Wreath**
 - Mon, April 13, 1-4:00 pm
 - \$25 / \$35 (must register by April 8)

LINE DANCE - BEGINNERS

Learn popular line dances played at weddings and parties. This class is a fun, healthy way to exercise and improve memory.

- Mondays, 10:30-11:30 am
- \$20 / \$30 (per month)

WALKING CLUB

Join this friendly, energetic group and discover how enjoyable walking and exercise can be along the Pinellas Trail! Sponsored by Arden Courts ProMedica Memory Care.

- Tues & Thurs, 8:30 am
- \$5 / \$8 (per year, Oct-Sept)

FREE TECHNOLOGY LECTURES

AARP's Senior Planet provides hands-on classes that introduce popular tech topics, explain common devices and digital concepts, and share practical tips for utilizing key features.

- **A.I. All Around**
 - Tues, April 7, 10-11:30 am
- **Smartphone Camera Uses Beyond Photography**
 - Tues, April 14, 10-11:30 am
- **Intro to Artificial Intelligence**
 - Tues, April 21, 10-11:30 am
- **Intro to TikTok**
 - Tues, April 28, 10-11:30 am

\$Free. No registration required; walk-ins welcome!



SUPPORT GROUPS

- **ALZHEIMER'S SUPPORT GROUP**
 - Wednesdays, 10-11:00 am - Free
 - Led by Alzheimer's Association
- **APHASIA ACTIVITY GROUP**
 - C.A.N. Activities
 - Thursdays, 10 am - 12 pm
 - Conversation Group
 - Thursdays, 1-3:00 pm
 - Led by Voices of Hope for Aphasia
 - Prior to attending, call 727-249-1953 or email brooke@vohaphasia.org
 - \$2 / \$3 (per meeting)
- **BLIND SUPPORT GROUP**
 - 2nd Monday of every month
 - 1-3:00 pm - Free
 - Led by Pinellas Council of the Blind
- **PARKINSON'S SUPPORT GROUP**
 - 3rd Monday of every month
 - 1-3:30 pm - Free
 - Led by the American Parkinson's Disease Association-Florida Chapter

FREE HEALTH SCREENINGS

Take charge of your health with a free screening provided by a trusted local healthcare professional.

- **Blood Pressure Check**
 - 3rd Tuesday of every month, 9:00 am
 - By Dedicated Senior Medical Health
 - Walk-ins welcome
- **Hearing Health Screening**
 - 4th Tuesday of every month, 9:00 am
 - By Miracle Ear Dunedin
 - Walk-ins welcome
- **Memory Screening**
 - Appointment only - call 727-298-3299
 - By Arden Courts ProMedica Memory Care



BUS TRIP: FLORIDA BOTANICAL GARDENS

Reconnect with nature at this 100-acre park, featuring 26 unique areas filled with shady trails, vibrant blooms, and diverse flora and fauna. Enjoy a docent-led tour through the historic grounds where every path and plant reflects the garden's history and tranquil setting. Lunch will be on your own at Roosterfish.

- Ages 40+
- Thursday, April 23, 9 am – 2:30 pm
- \$40 (must register by April 16)

NEW BROADWAY MUSICALS EXPLAINED

Join Broadway Edutainer, Ellen Katz, for a lively, in-costume presentation exploring the lives of these remarkable women.

- **Carole King**
 - Mon, April 6, 3-4:30 pm
- **Bette Midler**
 - Mon, April 27, 3-4:30 pm

\$5 / day. Register in advance to reserve your seat. Walk-ins welcome, if space is available.

NEW INSTANT POT COOKING WORKSHOP

Join certified plant-based chef, Rita Anthony, for a fun, hands-on experience making simple, hearth-healthy dishes using a pressure cooker. Enjoy tasty samples and bring a container for leftovers!

- **Lasagna Soup and Stuffed Cabbage Soup**
 - Mon, March 30, 1-4:00 pm (must register by 3/27)
- **Asian Noodle Bowl**
 - Weds, April 29, 1-4:00 pm (must register by 4/27)

\$45 / \$65 (per month)

FITNESS ROOM & EQUIPMENT

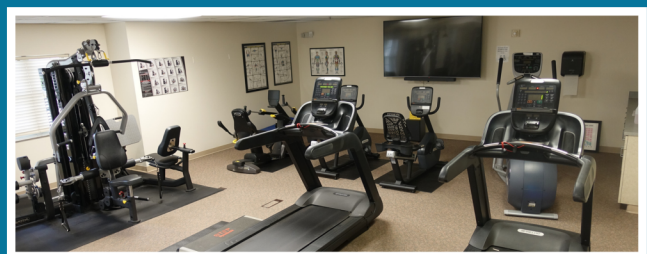
Equipped with both cardio and strength equipment, the Fitness Room includes two treadmills, two recumbent bikes, a seated cross-trainer, a multi-station exercise machine, plus dumbbells and resistance bands.


- Open Monday-Friday during business hours
- \$Free with Rec Card or \$1 without (per day)

FREE FITNESS EQUIPMENT ORIENTATION

Join our Fitness Coordinator, Bobby Gallagher, for a free hands-on orientation as he demonstrates safe and effective ways to use equipment.

- 1st & 3rd Thursday of the month, 3:30 pm
- 2nd & 4th Tuesday of the month, 10:30 am



 727-298-3299

 www.Dunedin.Gov