



DR. WILLIAM E. HALE SENIOR ACTIVITY CENTER

July 2026

Stay Informed - Stay Connected

July brings sunshine, celebrations, and the best of summer! Join us for engaging programs, classes, and workshops designed to inspire, connect friends, create memories, and celebrate our vibrant community together.

MONTHLY LUNCHEON

Don't miss our "Stars and Stripes" luncheon! Savor a delicious lunch, socialize with friends, and enjoy a fun themed activity.

- Weds, July 8, 12:00 pm
- \$6 / \$7 per person; register by Thurs, July 2
- Sponsored by:



RAYS BUS TRIP

Join us for an exciting day to Tropicana Field as the Tampa Bay Rays take on the Oakland Athletics!

- Thurs, Sept. 17 (ages 40+)
- Depart: 11 am.; First Pitch: 1:10 pm
- Return: Approx. 5 pm (after game ends)
- \$65 / person. Must register by July 16
- Lunch is on your own at the ballpark

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




FACILITY HOURS

Mon: 8 am - 9 pm
 Tues: 8 am - 5 pm
 Weds: 8 am - 5 pm
 Thurs: 8 am - 9 pm
 Fri: 8 am - 3 pm
 Sat / Sun: Closed

CRAFT SHOP HOURS

Mon-Thurs: 10 am - 4 pm
 Friday: 10 am - 1 pm

CONTACT INFO

 727-298-3299

 330 Douglas Ave
Dunedin, FL 34698

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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

THURSDAYS

- 9:30-10:30 am Chair Yoga \$5 / \$6
- 10:15-11:15 am Zumba Gold \$5 / \$6
- 10:45am-12:45pm 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
(no July classes)
- 10:30am-3:00pm Hand, Knee & Foot \$0 / \$1
- 12-3:00 pm Quilter's Corner \$0 / \$1

ADA Accommodation

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 summer or welcome wreath in this beginner-friendly workshop. Mesh wreaths start at 14" with final size between 16-20"; materials provided.

- Mon, July 13, 1-4:00 pm
- \$25 / \$35 (must register by July 8)

WOODCARVING, WOODBURNING & FOLK ART PAINTING

Explore your creativity on wood and pre-made products using paint, acrylics, pencils, pastels, or chalk. All abilities welcome.

- Tues, 9:00 am - 12:00 pm
- \$28 / \$42 (monthly fee); \$8 / \$12 (drop-in fee)

FREE SEMINAR: TELEMARKETING FRAUD

Join us for this free seminar to learn how to identify telemarketing scams, understand who's calling, and how to use the Do Not Call Registry.

- Tues, July 14, 10:00 am
- Presented by Pinellas County Consumer Protection

LINE DANCE - BEGINNERS

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

- Mondays, 10:30-11:30 am
- \$20 / \$30 (monthly fee)

UKULELE FOR BEGINNERS

Learn all about the ukulele, including how to tune, strum, and play basic chords and simple songs.

If you don't have a ukulele, we'll provide one for you. Register today!

- Thurs, July 2, 9, 16, 6-7:30 pm
- \$12 / \$15 (drop-in fee)



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**
 - **No meeting June, July, or August**
 - Resumes September 14
 - 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 Center
 - 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





FREE SUPPORT SERVICES

MEDICARE COUNSELING - FREE

Receive 1-on-1 guidance and resources for Medicare from trained volunteers from SHINE (Serving Health Insurance Needs of Elders).

- Fridays by appointment - please call 727-298-3299

SENIOR COUNSELING - FREE

Professional counseling is available for eligible older adults with the greatest economic and social need in Pinellas and Pasco counties. This program is funded by the Older Americans Act through the Area Agency on Aging of Pasco and Pinellas.

- Wednesdays, 8:30 am - 2:00 pm
- Appointment required - please call 727-570-9696 ext. 288

AMPLIFIED PHONES - FREE

Pinellas County residents with hearing loss can receive a free amplified phone. Phones are easy to use, have large buttons, and a loud incoming sound to assist with hearing loss. This program is in partnership with Deaf and Hard of Hearing Services of Florida, Inc.

- 3rd Tues of the month, 9 am-12 pm
- Appointment required - please call 727-853-1010 by the Monday prior.

TECH TIME

Need help with your phone, tablet, or internet? Schedule a 1-on-1 session for personalized tech support.

- Free 30-min session available Mon & Wed, 3-5:00 pm
- Call 727-298-3299 to book your appointment

INTERNET HUB

Take advantage of computers equipped with Windows 10 and Microsoft Office, along with free Wi-Fi and a document scanner for digitizing photos and documents.

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

FITNESS ROOM & EQUIPMENT

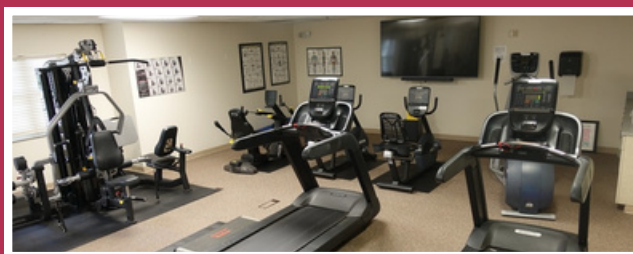
Equipped with both cardio and strength equipment, the Fitness Room includes two treadmills, two recumbent bikes, seated cross-trainer, multi-station exercise machine, dumbbells and resistance bands.


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


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



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