



# RECREATION ACTIVITIES AT INDIAN SHORES FEBRUARY 2012



RECREATION ACTIVITIES ARE HELD IN THE 4<sup>TH</sup> FLOOR COMMUNITY ROOMS #409 AND #410.  
NO MEMBERSHIP FEES REQUIRED - YOU PAY THE INSTRUCTOR. ALL VISITORS WELCOME!



**Internet Access:** Two Public Computers are available for use in the Computer Room on the 3rd floor in room 305, Monday through Friday, 8:30 am to 3:30 pm, and Saturdays, 10 am to 1 pm. All residents and visitors must purchase a \$5 annual library membership card to use the computers. Staff can issue you a card if the Library is closed. Sign up at the administration desk on the third floor to reserve your 30 minute time slot, which may be reserved in advance. We cannot make appointments for you or take cancellations over the phone due to our limited staff. We do not have Wi-Fi. There is no charge for printing the first 5 pages.



**Library Hours:** Open Mondays, Tuesdays & Thursdays, 1 - 4 pm, and Saturdays 10 am - 1 pm, 595-4020 x 701. The Library is located on the 3rd floor in room 307, next to the computer room and it's bigger and better than ever! Membership is only \$5 per year. Newly released books, designated with a gold star, are checked out for 2 weeks and cannot be renewed. During the high season, January thru March, only 2 newly released books may be checked out at a time. Older books may be checked out for 2 weeks and are renewable for another 2 weeks. A fine of 5 cents per day or 25 cents per week will be charged for all overdue books. A library book drop box is now available at our Main entrance for your convenience! For further information contact Chairperson Alice Lawrence at 595-2173, or at [pipers@tampabay.rr.com](mailto:pipers@tampabay.rr.com).



**NEW CLASS! Texas Hold'em Poker:** Meets Fridays from 1:00 to 2:30 pm in the 4<sup>th</sup> floor Community Room. A 5-week series of lessons for Beginners will run from February 3<sup>rd</sup> through March 2<sup>nd</sup>, followed by a 5-week series for Intermediate and Advanced players from March 9<sup>th</sup> to April 6<sup>th</sup>. Each 45 minute lesson is followed by a 45 minute "practice session" where players can experience live action play. Cost is \$25 for each 5-week session. For further information, contact Randy Evan at 593.0815 or [randya@tampabay.rr.com](mailto:randya@tampabay.rr.com).



**Yoga:** Meets on Tuesdays & Thursdays @ 9 am in the 4th floor Community room. Cost is \$6 per class. Contact Tom Meagher at 365.4901, or [tmeagher1@yahoo.com](mailto:tmeagher1@yahoo.com). Tom teaches Hatha Yoga to beginners and experienced Yoga students. Hatha Yoga emphasizes the breath, the body and meditation. Come and experience a joyful practice. Bring your own mat, or one will be provided for you.



**ACBL Duplicate Bridge:** Play on Wednesdays from 12:30 to 4:00 pm in the 4th floor Community room. Please contact Director Jim Maloney, at 393.8196 or [jmaloney@tampabay.rr.com](mailto:jmaloney@tampabay.rr.com). Cost is \$5 per game, which includes snacks. Come alone or bring a partner. We guarantee you will have a partner.



**Senior Exercise:** Meets Tuesdays & Fridays @ 11 am in the 4th floor Community room. Cost is \$5 per class. Class is designed for men and women interested in toning, increasing and maintaining good health, but not interested in full-body exercising. Gain good foundations and techniques in breathing, range of motion, and exercising in both standing and seated positions. The instructor also makes adjustments for each individual's level of physical ability. Contact Tuesday instructor Angela Frain at 463.1358 or [frain.anglea@gmail.com](mailto:frain.anglea@gmail.com), or Friday instructor Cindy Brauer at 430.2756 or email her at [Sunny4ub@aol.com](mailto:Sunny4ub@aol.com).



**Advanced Tai Chi:** Meets Wednesdays @ 5:30 pm in the 4th floor Community room. You must be a member of the Taoist Tai Chi Society to take this class. The class is free to TTCS members and is non-profit. Contact Ann McDonald at 543.0689 or email her at [amcd46@msn.com](mailto:amcd46@msn.com) for more information.



**Zumba:** Meets **Mondays and Wednesdays with Liz @ 9:30 am and Fridays @ 9:30 am with Terri**, in 4th floor Community room. Dance your way to a fitter you with exciting and unique Latin moves and rhythms. Zumba is a fun, aerobic workout that will make you will feel stronger, happier and healthier, while dancing to Merengue, Salsa, Bachata, Cumbia, Rock & Roll and more! **First class is free!** Cost is \$4 per class. For more info, contact Liz Quinones at 813.476.9776 or [Liz@Lizumba.com](mailto:Liz@Lizumba.com), or Terri Grittani at 727.545.4071 or [Zumbafannie@yahoo.com](mailto:Zumbafannie@yahoo.com).

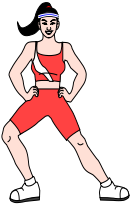


**Beach Ballroom Dance Lessons:** Meets **Wednesdays @ 7:30 pm** in the 4th floor Community room. Lesson lasts one hour, with practice session until 9 pm. Lessons are conducted by Carol Baker. Contact her at 374.3881 or [Cbvideo1@aol.com](mailto:Cbvideo1@aol.com). Cost is \$32 per person for 4 weeks if paid in advance, or \$10 per person per class. No partner needed. Schedule is as follows:

- \* February 1<sup>st</sup> to 22<sup>nd</sup> 2012 - Night Club Style Slow Dance
- \* March 7<sup>th</sup> to 28<sup>th</sup> 2012 - Cha Cha
- \* April 4<sup>th</sup> to 25<sup>th</sup> 2012 - Hustle



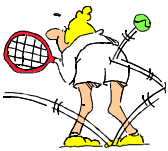
**Beginner Tai Chi:** Meets **Thursdays @ 10:30 am** in the 4th floor Community room. People of all ages can learn the gentle turning and stretching movements which can be adapted to match any level of ability. Whatever one's state of health, Taoist Tai Chi offers an effective way to maintain, improve or recover health. Thousands of people have found the gentle movements of Tai Chi to be an effective therapy for a wide range of health problems, including poor circulation, high blood pressure, arthritis, back pain, breathing difficulties and digestive and nervous disorder. Cost is \$2 per class donation to the non-profit Taoist Tai Chi Society. Contact Deb Marzani @ 397.2826 or [debmar1@tampabay.rr.com](mailto:debmar1@tampabay.rr.com).



**Jazzercise Personal Touch:** Meets **Saturdays @ 9 am** in 4th floor Community room. Kick your workout up a notch! These small group weight training and body sculpting sessions are designed to improve strength and tone muscles. The personalized approach encourages exercise consistency and the attainment of fitness goals. Special attention to movement technique will help you get the most from your workouts. Cost is \$20 per month or \$5 drop-in. (\$15 per month or \$4 drop-in for Jazzercise students from other locations). **First class is free!** Contact Eileen Arsenault at 481.3995 or [Eileen.jazzercise@gmail.com](mailto:Eileen.jazzercise@gmail.com).



**Linda's Yoga Motion:** Held **Wednesdays @ 10:30 am and Fridays @ 3 pm**, in the 4th floor Community room. Thirty minutes of low-impact aerobic movements followed by thirty minutes of Yoga stretch in standing, sitting and lying positions. Strengthens, tones and energizes! \$4 per class (**First class free!**) To register, contact Linda Coppola at 727.599.7049 or [linmarieb@aol.com](mailto:linmarieb@aol.com). Please wear comfortable workout clothes, bring a Yoga mat, a small towel and water.



**Tennis Court:** The Town's tennis court is located on the north side of the park behind Town Hall, next to the Salt Rock Grill. Reservations are not required and there is no charge for use of the court. Please keep your game or practice time to a reasonable amount of time, especially if others are waiting. New lights have been installed for playing after dusk.



**Beginning Oil or Acrylics Painting Class**, Starts on **Thursday, February 2, 2012**, conducted by Betsy Schoepf, from 1:30 to 3:30 pm in the 4<sup>th</sup> floor Community room. Cost for a continuous 4-week class is \$80 per person. No experience is needed. **Participants must pre-register.** For future class info, contact Betsy at 595-1083 or email her at [bschoepf1@tampabay.rr.com](mailto:bschoepf1@tampabay.rr.com).

#### UPCOMING EVENTS:

- MEET THE CANDIDATES RUNNING FOR MAYOR: TUESDAY, FEBRUARY 28<sup>TH</sup>, 7 PM
- SEMI ANNUAL BEACH CLEANUP: SATURDAY, MARCH 10<sup>TH</sup>
- MUNICIPAL ELECTION: TUESDAY, MARCH 13<sup>TH</sup>
- ST. PATRICK'S DAY FESTIVAL: SATURDAY, MARCH 17<sup>TH</sup>