Game face on Summer Camp
Baseball, Soccer, Football, Cheerleading, Track & more!

NEW Barefoot Ballroom
No fancy shoes needed!

Flag Football
North Pinellas Youth League begins February 2019

Summer Camp
Registration opens February 2019

www.CSAPalmHarbor.org
FOR PARK INFORMATION / RENTALS, CALL 727.771.6000

Parks and fields are generally open to the public during the hours noted. However, department-sponsored programs may take precedence and certain facilities may be closed for public use during organized times. Please call or consult our website for additional information.

RAINOUT LINE, CALL 727.228.1633 or ONLINE at CSAPalmHarbor.org
ABOUT US

CSA Palm Harbor

MISSION
Dedicated to building a stronger community through quality, affordable programs and activities.

Vision
CSA Palm Harbor wants to be the recreational, cultural and gathering center of Palm Harbor - where locals think of first as the place to Meet, Play and Connect!

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Director's Note

Erica Lynford Executive Director

The sun is shining, the weather’s warm and your family may be more than a little stir crazy. From your own backyard to the neighborhood tennis courts, there are many fun, family-friendly ways to enjoy the wonderful weather and get exercise at the same time. Building healthy fitness habits as a family can help lower the risk of obesity, heart disease, diabetes and high blood pressure. And when you raise your heart rate outside, you get the added mental benefits of enjoying nature, sunlight and fresh air.

So gather your family and get active...outdoors...at one of our parks or venues. And, don’t forget the sunscreen, bug spray or water bottles!

As 2019 begins, we are excited about upcoming events, our new magazine design, our ask for a new community center/gym building that doubles as a hurricane shelter in North County, our great community partners and most of all, you.

See you around town!

Erica
Events & Happenings

FRIDAY NIGHT DINNER DANCE
The Centre | Everyone Welcome
3rd Friday, monthly | 5 pm Dinner, 6 - 8 pm Dancing | $10, includes dinner & entertainment | BYOB | Ice tea, water, coffee and ice provided.
Put on your dancing shoes and enjoy a beautiful evening with friends at our monthly-themed party of music and food! Advance ticket purchase is recommended as space is limited. Watch our website each month for the menu.

ICE CREAM SOCIAL
The Centre | Everyone Welcome
Last Friday, monthly | 2:30 - 3:30 pm
Free
Ice Cream is better shared with friends, so bring your best pal and join us for a scoop... or two!

FOLLOW US ON FACEBOOK
Get all the latest info, see and share photos and so much more!

Winter Wonderland
Friday, January 18
Entertainment by Just Us Duo

Sweetheart Dance
Friday, February 15
Entertainment by Dino

St. Patrick’s Day
Friday, March 15
Entertainment by Just Us Duo

Spring is in the Air
Friday, April 19
Entertainment by Dino
CSA CLOSINGS
Monday 1/21/19 | Staff Enrichment
The Centre will be closed from 8 am - 5 pm
Monday 2/18/19 | President’s Day

HARBOR HAPPENINGS
Mark your calendars and don’t miss these upcoming events! Be sure to check our Website and Facebook page as we get closer to the events for all of the up-to-the-minute details!

COMMUNITY HEALTH FAIR
The Centre | POSTPONED UNTIL FALL 2018
Valuable information to enhance your lifestyle! Healthy Living Vendors, Health Screenings, Food, Giveaways & Fun. Free parking & admission. Open to the public.

BUNNY BREAKFAST & EGG HUNT
The Centre | April 20 | 8:30 am - 10 am
Spring into breakfast, hop on in for an egg hunt and sit for pictures with the Bunny. All ages welcome and tickets available at the event. Check our website for more information!

SHRED EVENT
The Centre | April 24 | 11 am - 2 pm
Bring unwanted documents and confidential files to be securely disposed. Limit per car: 3 copy paper-sized boxes or 3 kitchen-size trash bags. Free event, donations welcomed.

SUNDERMAN MUSIC FESTIVAL
Sunderman Complex | March 9 | 12 - 6 pm
This family-friendly event in its 3rd year returns to rock the park with live music, concessions & a children’s play area. Featuring Last Exit, Jericho Turnpike and headliner, The Greg Billings Band! Watch for more details!!
Pickleball

The Centre | Tuesday 10 am & 5:30 pm and
Thursday 5:30 pm | Ages 15+ | $3 per session

Pickleball is a cross between tennis, badminton and ping-pong played on an indoor/outdoor court with a paddle and wiffle ball. Fun for all ages!

**FEATURED Sport**

One of the fastest-growing sports in the U.S., Pickleball improves fitness and may ward off depression, according to two new studies on the game’s health benefits according to AARP.

These findings add to the enthusiasm many people have for this oddly named sport — one that’s a little like tennis, a bit like Ping-Pong, and offers a mix of moderate exercise and social connection that many say can be life-changing!

How so? It’s no surprise that exercise and socialization are good for your body and mind, but picklers (yes, that’s what the most devoted players are called) say there’s something special about the game.

Many players are older, in part because pickleball offers aerobic exercise without a lot of risk of injury. Games usually last 10 to 15 minutes, so players can take frequent breathers. And, since the court is small and most people play doubles, there’s no serious running — making it easier on the knees. An injury such as tennis elbow is less likely, thanks to the plastic ball and lightweight paddle (like a ping-pong paddle but larger).

As for the mental health benefits? One of the best things about it is the social connections people make. Different generations can, and do, play together. Grandparents teach the game to their kids and grandkids, it’s a perfect game for all ages.
Palm Harbor Little League
Ages 5+
PHLL offers affordable and reputable softball, t-ball, baseball and clinics in both Spring and Fall leagues for the Greater Palm Harbor community.

North Pinellas Panthers
Ages 5+
This Pop Warner youth football and cheerleading program promotes sportsmanship, athletics and academics. Season starts each fall and offers year-round opportunities.

Tampa Bay United Rowdies Soccer Club
Ages 3+
This competitive and recreational soccer organization welcomes players, youth to adult, from local communities throughout the Tampa Bay area.

SOFTBALL [Co-Ed]
Sunderman Complex | Schedule varies | Ages 18+
For more info, contact CSA at 727.771.7000 or Recreation@CSAPalmHarbor.org
Under the lights with friends and competitors. Team spaces are limited. Winter 2019 registration opens 1/4/19.

TENNIS
Putnam Park Tennis Courts | Schedule varies
All Ages | For registration & rates: JohnnyAngelTennis.com or 727.742.0525
Join Johnny Angel, an Olympic tennis coach and one of Tampa Bay’s most highly regarded instructors, as you learn the basics or keep up your tennis skills.

TRACK [North City Track]
Locations vary | Ages 5-17
Registration opens December 2018
Season: February - March 2019 | $100 pp/season
Join other cities from North Pinellas for a fun and competitive flag football league! This is the second season that CSA is partnering with the YMCA and all games are played in Palm Harbor on Saturday morning. Ages 5-6 (instructional); Ages 7-17 (instructional with a competitive edge).

MARTIAL ARTS

TAE KWON DO
The Centre Palm Room | Monday & Wednesday, 5:30 - 6:15 pm ( Ages 4-11) | 6:15 - 7:00 pm ( Ages 12+ ) | $65 monthly
Taught by Master Tiffany Barbee, a 5th degree black belt and internationally-certified instructor, the sport teaches self-defense, motivation, teamwork and discipline. First class is free!

TAI CHI
The Centre | Thursday, 10 - 11 am | Ages 18+
$7 per class or $25 monthly
This graceful form of exercise is a martial art that focuses on balance, strength and is often described as meditation in motion.
Barefoot Ballroom Dancing
The Centre Dance Studio | Monday & Wednesday, 6:30 - 7:30 pm
Ages 18+ | $10 per class or monthly: $35 - 1x/week or $60 - 2x/week
Come as you are! Join us as we learn to partner dance in some of ballroom’s most popular dances. No experience, partner or fancy shoes needed!
Instructor Dana Jamieson is Fred Astaire Dance Studios certified.

TAP
The Centre Building 2 | Tuesday, 10 - 11 am | Ages 50+
$7 per class or $25 monthly
This fun and friendly tap class is designed for both the beginner and advanced dancer looking to improve their technique.
CARDIO DRUMMING
The Centre | Ages 18+ | Monday & Wednesday, 5:30 or 7 pm and Select Saturdays. Call 727.771.6000 for dates | $7 per class
You, an exercise ball and drumsticks. Exercise to the beat of a different drummer. Equipment included, just bring you!

FIT CAMP
Sunderman Complex | Ages 18+ | Tuesday & Thursday 6:30 pm | FREE
This camp on the multi-purpose field at Sunderman is a total body workout. Come on out, it’s always free!

GYMNASTICS
The Centre Dance Studio | Ages 3+
For registration & rates: 727.798.0861 or EuroStarGymnastics.net
Focusing on learning the basics as well as advancing gymnastic skills while teaching girls and boys proper stretching and techniques.

CENTRE DANCE STUDIO

PRE-BALLET
Tuesday 6 - 6:30 pm or Thursday 5 - 5:30 pm
Ages 3-6 | $35 monthly
This fun, energetic class combines creative movement with basic ballet techniques and French terminology. Ballet shoes required.

TAP
Tuesday 5:30 - 6 pm | Ages 4-9 | $35 monthly
Dancers will learn how to make music with their feet and enhance their rhythm. Tap shoes required.

Ballet
Tuesday 6:30 - 7 pm or Thursday 5:30 - 6 pm
Ages 7-13 | $35 monthly
Designed for students to expand their foundation of all ballet, this class will focus on classical ballet technique. Ballet shoes required.

Ballet II / Pre-Pointe
Thursday 6:45 - 7:30 pm | Ages 10+ | $40 monthly
Intended for the mature dancer ready for the next level. Focus on strength and technique training required for basic pointe work. Pointe shoe recommended for pointe shoes at teacher’s discretion.

Jazz / Lyrical
Thursday 6 - 6:45 pm | Ages 7-13 | $40 monthly
For the intermediate dancer, this class will work on basic dance moves and more advanced techniques. Students must have completed a basic dance course.

Hip-Hop
Tuesday  7 - 7:30 pm | Ages 7-13 | $35 monthly
This class introduces students to the dynamic world of hip-hop dance. Age appropriate movement and music will be used. Comfortable clothing and sneakers should be worn.

PICK YOUR DANCE OPTIONS
Good for one child to pick any TWO or THREE of the same classes in the same week: Pre-Ballet, Pre-Tap, Ballet, Ballet II/Pre-Pointe, Jazz/Lyrical or Hip-Hop. Must be used by the same child, not a sibling. Student may also use this option to take two/three of the same class during a week.
Pick TWO - $55 monthly. Pick THREE - $75 monthly
BARBERSHOP SINGERS
Crystal-Aires
The Centre | Monday 6:45 - 9 pm
Everyone Welcome | For more info: Jim Eustice, 727.255.3777 or CrystalAires.com
A male a cappella four-part harmony chorus that sings a blend of old and new songs in a Barbershop-style. Come join us for a fun learning and singing experience. Guests welcome!

QUILTERS CROSSING GUILD
Harbor Hall | Wednesday 9 am - 12 pm
Everyone Welcome | $41 per year, payable to club, Quilters Crossing | For info: QuiltersCrossingGuild@gmail.com
Learn how to quilt or expand your existing quilting skills when you join other quilters who enjoy making memories with a needle!

WOODCARVING & WOOD BURNING
The Centre | Wednesday 9 am - 12 pm
Everyone Welcome | $9 per class
Whether you’re a beginner looking to learn the ropes or an advanced craftsman fine-tuning your skills, come join the fun and learn a new and exciting craft.

TEENS HELPING THE COMMUNITY
The Centre | Times & locations vary
Youth | For more info or to join, call CSA at 727.771.6000
CSA Palm Harbor is searching for youth who care about the community and others, want to complete service projects, earn Bright Futures hours and help with fun-filled events! This youth run and lead group will choose its own direction. You can make a difference right here in our community!

GIRL SCOUTS
The Centre | For more info or to join: GSswcf.org or daisyjanew@gmail.com
Helping girls discover their strengths, passions, and talents...that’s what Girl Scouts is all about. Brownie or Girl Scout troops meet regularly.
THERE'S SOMETHING FOR EVERYONE!

BINGO & LUNCH
The Centre | Thursday 11:45 am - 2:15 pm
Bingo starts at 12:15 pm | All Ages
$1 donation for bingo card, lunch prices vary
Fill your squares and fill your stomach with a great lunch!

MEXICAN TRAIN DOMINOS
The Centre Palm Room | Wednesday 1 - 3 pm
Ages 50+ | $1 per session
Come try the new craze where everyone contributes to their own train as well as the Mexican Train!

DUPLICATE BRIDGE
The Centre Palm Room | Wednesday & Friday
12 - 4 pm | Ages 50+ | $2 per session
BYOP - bring your own partner - and enjoy an afternoon of Bridge!

MAH JONGG
The Centre | Tuesday 12:30 - 3 pm | Ages 50+
$2 per session
Just learning? Join us for Beginners Mah Jongg on Mondays at 3 pm.

EUCHRE
The Centre | Friday 12 - 4 pm | Ages 50+
$2 per session
Euchre is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24, 25, or sometimes 32, standard playing cards. Come pick your trump!

HAND & FOOT
The Centre | Monday 11 am - 3 pm | Ages 50+
$2 per session
Hand & Foot is card game where each player is dealt two sets of cards and the goal is for each player to get rid of all his cards. The rules and variations are very similar to Canasta.

PINOCHLE
The Centre | Every Tuesday and the 2nd, 4th & 5th Friday monthly 10 am - 3 pm | Ages 50+
$2 per session
This fun, trick-taking card game is great for someone looking to spend a great afternoon with friends!
HEALTH, Childhood Development & Lifelong Learning

OSHER LIFELONG LEARNING INSTITUTE
Locations vary | For a complete schedule or more info, visit Eckerd.edu/OLLI or call The Osher Institute 727.864.7600
Where curiosity never retires! Every course, trip, interest group and encounter is an experience in active thought. CSA is proud to partner with Eckerd to offer these classes and be one satellite facility in North Pinellas.

PUBLIC SPEAKING
Toastmasters
The Centre | Thursday 7pm | For more info: PHToastmasters.com or 727.542.6100
Working with you to teach the ins and outs of public speaking, this class will help improve the way you communicate with the world around you.

DIGITAL PHOTOGRAPHY
The Centre | Ages 18+ | 2nd Friday monthly 1 -3 pm
For info: 727.785.2984
This group of photography enthusiasts can work with you to help bring your photos to life! Look for their creative and inspired work throughout The Centre.

BLOOD PRESSURE CHECK
The Centre | 1st Thursday, every month, 11 am
Free
Get your complimentary blood pressure check courtesy of Palm Harbor Fire Rescue.

DIGITAL HEARING SOLUTIONS
The Centre | 1st Monday, every month, 9 -10:30 am
Free | Hearing Test by appointment, contact Andrew Moore, HAS | 727.421.8179
Gentle ear wax cleaning, otoscopic evaluations, hearing screenings, minor hearing aid repair with free battery replacement (some restrictions may apply).

EYE SCREENING
The Centre | 1st Thursday, every month
10 am - 12 pm | Free
Comprehensive eye screenings by the Healthy Vision Institute. No pain, no dilation with portable retina imaging system. No appointment necessary.
MUSIC WITH MAR
The Centre | Tuesday and Wednesday 10 - 10:45 am
Ages 8 months - 5 years (with parent) | $12 per class or $50 for 5 classes
An interactive music and movement class for you and your child to share! All songs are brain based and aid in major areas of development, like social, cognitive, motor and language skills.

ZUMBINI
The Centre | Ages 0-4 years (with parent/caregiver)
Monday, 10 am | 6 week sessions | Register at zumbini.com | For more info, Joanne Pergola, zumbiniwithjoanne@gmail.com, 516.205.9740
Created by Zumba and BabyFirst, Zumbini combines music, dance and more for 45 minutes of non-stop bonding, learning and fun!

Space is limited.
Session #1 starts 1/7/19
Session #2 starts 3/18/19

HOME SCHOOL ENRICHMENT PROGRAM
The Centre | Days & times TBD | Call CSA for program details, 727.771.6000
CSA is proud to partner with the home-school community to provide enrichment programs and service opportunities for home-schooled students. More information will be available as the school year progresses.

CODING CREW
The Centre | Tuesday Wednesday or Thursday (see below), 4:45 - 5:45 pm | $60 monthly (4 sessions)
Computer science enrichment classes for kids.
• Introduction to Scratch (Tuesday, Ages 8-12): Students are introduced to computer programming using a visual drag and drop programming language developed by MIT. Students will create and develop their programming skills monthly with projects that range from animated stories to games.
• Introduction to JavaScript (Wednesday, Ages 10-14): Students will build or develop new programming language skills using JavaScript. They will learn how to draw, color and use variables, functions and loops.
• Roblox Game Design (Thursday, Ages 10-14): Students will learn the basic of creating their own games in Roblox Studio.
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<td>AARP Safe Driving Course</td>
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<td>Digital Photography Club</td>
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<td>Osher Lifelong Learning Institute</td>
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<td>Toastmasters (Public Speaking)</td>
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FOR MORE INFORMATION, EVENTS OR TO REGISTER, VISIT US ONLINE AT www.CSAPalmHarbor.org
AARP SAFE DRIVING COURSE
The Centre | 2nd Monday monthly
Ages 50+ | Info & registration: call 727.771.6000
Sharpen your skills and continue to drive safely with this in-demand course.

GOVERNMENT COMMODITY FOODS
We’re a distribution point for the USDA’s Government Commodity Food services. To register, please stop in The Centre today!

DEMENTIA CAREGIVERS SUPPORT
The Centre | Monday, 9:30 - 11 am | All Ages | For info: Kayt Kennedy, 727.735.3570
A safe place for caregivers, family & friends of persons with dementia to meet and develop a mutual support system. Their mission: to provide an open forum for compassionate people, united by mutual need, to help and support each other through a difficult and trying experience.

HUMANE SOCIETY DONATIONS
We’re an authorized drop off for Pinellas County, so walk your paws over to The Centre with donations to make our animal friends happy!

MENTAL HEALTH FAMILY SUPPORT GROUP (NAMI)
The Centre | Varies, for times call 727.771.6000 | All Ages
Focusing on support, education and advocacy for those with mental illness issues in a proactive manner for family and loved ones. Peer to Peer and Family to Family Groups.

PHONES FOR HEARING IMPAIRED
The Centre | Bi-monthly, by appointment | Call Deaf & Hard of Hearing Services at 727.853.1010
All Ages | Free
It’s time to hear what you’ve been missing.

F.E.A.S.T. (Food Emergency and Services Team)
We’re an authorized food pantry drop-off location. Make your donation of groceries and personal care items at The Centre.

PHONE-A-FRIEND PROGRAM
Call CSA at 727.771.6000 with contact info | Free
Know someone who’s homebound & could use a phone friend? Let us know. Volunteers call weekly.

SENIOR HELPLINE - 24/7
Call 727.217.8111 or online at AgingCareFL.com | Free
Coordinated by the Area Agency on Aging, this referral service connects you to local support services.

EYEGlasses Recycle Lions Club
Collection box at The Centre.
Donate your old glasses so that others can see!

CSA Palm Harbor is proud to join Operation Gratitude’s mission to thank every American who serves!
- Check the Donation Wish List
- Drop off your items or monetary contributions at The Centre during normal business hours.
  Make a difference.
  Donate today!

We Need Volunteers
Volunteer@CSAPalmHarbor.org
727.771.6000
BUSINESS SPONSORSHIP OPPORTUNITIES
Event & Year-Round Sponsorships Available from $100

The benefits of being a sponsor at CSA Palm Harbor have never been greater than they are now! Our facilities are open to the public without membership dues or fees - our programs and events are available to all residents. CSA Palm Harbor never turns anyone away based on their ability to pay. Sponsorships play a large part in our ability to offer affordable programming to all residents.

Call CSA today to explore the possibilities...727.771.6000