# THE MONTHLY SCOOP

## HARVEST HOPE PARK

13704 N 20th Street, Tampa FL 33613

**Wellness Wednesdays (FREE):**
November 4th, 11th, 18th, 25th | 6:00 PM – 7:00 PM

**Thursday Harvest (FREE): Every Thursday**
November 5th, 12th, 19th | 6:00 PM – 7:00 PM

**Fridays in the Park | Garden Volunteering, Kinship Market Food Pantry, & USF Health Screenings (FREE):**
November 6th, 13th, 20th, 27th | 9:00 AM – 11:30 AM

**Uptown Community Health Fair (FREE):**
November 14th | 10:00 AM – 2:00 PM

**Tuesdays Together in the Garden | Eggplant (FREE):**
November 17th | 6:00 PM – 7:00 PM

**Energize the Bay Youth Soccer Clinic (FREE):**
November 17th | 6:00 PM – 7:30 PM

## VICTOR CRIST COMMUNITY CENTER COMPLEX

14013 N 22nd Street, Tampa FL 33613

**Computer Basics (FREE): Every Thursday**
November 5th, 12th, 19th | 10:00 AM – 11:00 AM

**Entrepreneur Workshop: Cricut Basics (FREE):**
November 7th | 10:00 AM - 1:00 PM

**Certificación en Mantenimiento y Limpieza (FREE):**
November 16th & 17th | 9:30 AM - 3:00 PM

**Food Handler Certification Training (FREE):**
November 18th | 10:00 AM - 12:00 PM

**Ryan Nece Power of Thanksgiving (FREE):**
November 18th | 5:00 PM – 7:00 PM

## ANNOUNCEMENTS & UPCOMING EVENTS

# FREE Recurring Events (Registration Required)

In observance of Thanksgiving and Black Friday, UACDC offices will be closed on Thursday, November 26th and Friday, November 27th

## MONDAY (NOVEMBER 2, 9, 16, 23)

***Victor Crist Community Center Complex***

**3:45pm** Visual Art w/ Ms. Vivian - Prodigy® Tampa I (ages 5-9) | Art Rm.

**5:00pm** Youth Wrestling - Get Moving | Community Rm.

***New Tampa Family YMCA***

**4:00pm** Youth Swim Lessons - Get Moving

## TUESDAY (NOVEMBER 3, 10, 17, 24)

***Victor Crist Community Center Complex***

**11:00am** Adult Cardio Fitness w/ Instructor Mariana - Get Moving | Gym

**12:00pm** Adult Yoga Class w/ Instructor Mariana - Get Moving | Community Rm.

**12:00pm** Miracles In Motion Bootcamp w/ Instructor Mariana - Get Moving | Gym

**3:00pm** Guitar w/ Mr. Freddie - Prodigy® Tampa I (ages 5-9) | Music Rm.

**4:00pm** Visual Art w/ Mr. Junior - Prodigy® Tampa I (ages 10-13 & 14-17) | Art Rm.

**4:00pm** Dance w/ Ms. Carrie - Prodigy® Tampa I (ages 5-9) | Dance Rm.

**5:00pm** Guitar w/ Mr. Freddie - Prodigy® Tampa I (ages 10-13 & 14-17) | Music Rm.

**5:00pm** NYC Gritty Basketball Clinic - Get Moving | Gym

**5:00pm** Youth Muay Thai - Get Moving | Community Rm.

**6:00pm** Dance Class w/ Ms. Carrie - Prodigy® Tampa I (ages 10-13 & 14-17) | Dance Rm.

## WEDNESDAY (NOVEMBER 4, 11, 18, 25)

***Victor Crist Community Center Complex***

**11:00am** Adult Visual Arts w/ Lorena - Prodigy® *Moves* | Art Rm.

**3:00pm** Visual Art w/ Ms. Angela - Prodigy® Tampa I (ages 5-9) | Art Rm.

**3:45pm** Visual Arts w/ Ms. Vivian - Prodigy® Tampa I (ages 5-9) | Music Rm.

**5:00pm** Youth Wrestling - Get Moving | Community Rm.

**5:00pm** NYC Gritty Basketball Clinic - Get Moving | Gym

**5:00pm** The Sauce (Youth Cooking Class) - Get Moving (ages 7-14) (every other week - November 4th & 18th) | Outdoor Parks & Rec.

## THURSDAY (NOVEMBER 5, 12, 19)

***Victor Crist Community Center Complex***

**10:00am** Computer Basics Class | Computer Lab

**11:00am** Adult Cardio Fitness w/ Instructor Mariana - Get Moving | Gym

**12:00pm** Adult Yoga Class w/ Instructor Mariana - Get Moving | Community Rm.

**3:00pm** Guitar w/ Mr. Freddie - Prodigy® Tampa I (ages 5-9)

**3:00pm** Adult Capoeira/Hip-Hop Dance w/ Instructor Carrie - Prodigy® *Moves* | Dance Rm.

**4:00pm** Visual Art w/ Mr. Junior - Prodigy® Tampa I (ages 10-13 & 14-17) | Art Rm.

**4:00pm** Dance w/ Ms. Carrie - Prodigy® Tampa I (ages 5-9) | Dance Rm.

**5:00pm** NYC Gritty Basketball Clinic - Get Moving | Gym

**5:00pm** Guitar w/ Mr. Freddie - Prodigy® Tampa I (ages 10-13 & 14-17) | Music Rm.

**5:00pm** Youth Muay Thai - Get Moving | Community Rm.

**6:00pm** Dance Class w/ Ms. Carrie - Prodigy® Tampa I (ages 10-13 & 14-17) | Dance Rm.

## FRIDAY (NOVEMBER 6, 13, 20)

***Victor Crist Community Center Complex***

**4:30pm** Visual Art Class for Teens (Advanced) w/ Ms. Vivian - Prodigy® Tampa I (ages 10-13 & 14-17) | Art Rm.

***Harvest Hope Park***

**9:00am** Volunteer in the Garden

**5:00pm** Youth Soccer w/ Coach Lorena - Get Moving

## SATURDAY (NOVEMBER 7, 14, 21, 24, 31)

***Harvest Hope Park***

**9:00am** Youth Fishing Lessons - Get Moving (ages 7-14) (2nd & 4th Sat of every month - November 14th & 28th)

**5:00pm** Youth Soccer w/ Coach Lorena - Get Moving

**Programs of University Area CDC:**

Get Moving — Mind, body and soul.

PRODIGY® Cultural Arts Program

UNIVERSITY AREA INVEST WORKFORCE

**Visit uacdc.org/events for event information and schedules OR**

SCAN ME

uacdc.org/events

**Volunteers are always needed! To volunteer with us, please visit uacdc.org/volunteers or email us at volunteer@uacdc.org**