

CANCELLATION POLICY

If you sign up for a class, especially an art class where materials need to be purchased, and you need to cancel, please call (727) 562-4904 to cancel at least 10 business days in advance so that we can offer the spot to those on the waiting list. Thank you in advance for your kind consideration.

AREA AGENCY ON AGING'S HELPLINE

The city of Clearwater's Aging Well Center partners with the Aging and Disability Resource Center's Helpline through the Area Agency on Aging of Pasco-Pinellas, Inc.

The Helpline is a federally funded service to help seniors and caregivers gain access to services in the community. The Helpline staff provide information and assistance/referral and screening for services over the telephone to seniors and caregivers in Pasco and Pinellas Counties. The Helpline provides information on government funded programs, non-profit agencies and for-profit businesses that serve seniors.

Information is available in many areas including caregiver support, case management, in-home services, insurance counseling, legal help, meal services, nursing home and assisted living facilities, transportation, victim advocacy and more.

How to Contact the Helpline

- 1-800-96-ELDER (963-5337) or (727) 217-8111
- agingcarefl.org/contact-the-helpline.html
- Monday through Friday, 8 a.m. to 5 p.m.



ADA ACCOMMODATION

If you have a disability that requires an accommodation, please notify the Aging Well Center supervisor at (727) 562-4904 a minimum of 10 business days prior to the event or program and a reasonable accommodation will be made.



CLEARWATER
AGING WELL CENTER

Programming Calendar of Events JUNE 2026

1501 N. Belcher Road in the Long Center

MyClearwater.com/AgingWell

For more information, call (727) 562-4904.



CENTER HOURS

Mon. - Thu., 7:30 a.m.-5 p.m.; Fri., 7:30 a.m.-4 p.m.;
Sat. & Sun., Closed

Proper shoes required for all exercise/dance classes.

*Sign up for the Aging Well Center's VIP Email Club.
Be the first to know about the latest programs,
special events and receive exclusive VIP offers.*

We take Visa or Mastercard as payment.

EXPLORE KNOWLEDGE & CREATIVITY

Space is limited. Pre-registration recommended for all in-person classes. To register, call (727) 562-4904. Devices brought for technology classes should be fully charged in advance.

Knit and Stitch Circle: Wed., 10 a.m. to noon. Join the Stitch Niche Group with your stitchery projects and socialize with other like-minded crafters. Free.

Reiki Share: Mon., June 1, 1 to 2:30 p.m. Reiki Master Joye Swisher will facilitate this session and share the simple technique that may allow the student to tap into a "life force energy," improve health and enhance quality of life. Free.

Technology Chat - iPhone, iPad & Android: Informal question and answer session. Ask about navigation features, apps, social networks, customizing, email and more. Make sure your device is charged and that you have your passwords accessible. Free.

- **iPhone & iPad:** Mon., June 1, 1 to 2 p.m.
- **Android:** Mon., June 1, 2 to 3 p.m.

Insurance Counseling: Tue., June 2 & 16, call to schedule a free appointment. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration is required.

Artful Cards for You, with Free Instruction*: Tue., June 2, 1 to 3 p.m. Join Kathleen as you try your hand at creating two beautiful summer cards. Sentiment choices also include a Happy Birthday option. All materials supplied. A \$10 (exact amount in cash) material fee is required to be paid to the instructor on the day of the class. Space is limited.

The Great Course, How Colors Affect You, What Science Reveals: Wed., June 3, 1 to 2 p.m. Enjoy lifelong learning with Ted during this lecture series presented by the foremost experts in their fields. Ongoing monthly segments with DVDs and discussion for each session builds on the previous session. This month will be the discussion on "The Yellow Lecture." Free.

Creative Writing Group: Fri., June 5, 10:30 a.m. to noon. Bring your sharpened pencils and notebook. Writing assignments will be assigned for each class, as well as feedback from the previous assignment will be given by your peers and the instructor. This group will inspire and engage you in poetry and writing exercises. Free.

Women's Hour: Fri., June 5, 1 to 2 p.m. Meet like-minded women in the same place in life and create long-lasting friendships. Kathleen will ease the way for the opportunity to bond with others, and maybe even make plans outside of scheduled meeting times. Free.

Italian Lessons: Mon., June 8 & Fri., June 26, 10:30 to 11:30 a.m. Are you ready to learn Italian? Now is the time to learn from an Italian-language teacher with 20 years of experience teaching Italian to English speakers. Free.

Florida Friendly Landscaping: Mon., June 8, 2 to 3 p.m. Join our Master Gardener as participants will learn the trick of the trade pertaining to a Florida picturesque landscape. Free.

Flower Pounding with Free Instruction*: Tue., June 9, 1 to 3 p.m. This two-hour, hands-on workshop teaches participants how to create a natural botanical print by pounding fresh flowers onto a dish towel. Participants will learn the technique through a demonstration, design their own towel and leave with a finished keepsake. A *\$20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

Words That Will Build Your Brain: Wed., June 10, 2 to 3 p.m. Sheryl helps build your vocabulary and stimulate your mind with fun and fresh romp through intriguing words. Free.

**ALL AGING WELL CENTER PROGRAMS BEGIN PROMPTLY AT THEIR SCHEDULED START TIME.
IF PARTICIPANTS ARRIVE LATE, THEY MAY NOT BE PERMITTED TO ENTER THE CLASS OR PROGRAM.**

EXPLORE KNOWLEDGE & CREATIVITY

Social “Moving Clouds,” The Life of a Tocobaga Woman: Thu., June 11, 2 to 3:30 p.m. Join Nan Colton as she presents a theatrical telling of the historic arrival of the Spaniards in 1528 to the shore of Pinellas County. Enjoy light refreshments and door prizes. Space is limited. Free.

Line Dancing: Fri., June 12 & 26, 1 to 2 p.m. Line dancing provides many benefits beyond having fun and social interaction, such as low-impact cardiovascular exercise and cognitive stimulation. It greatly improves balance, coordination, flexibility and muscle strength, which helps reduce falls. Additionally, it boosts mental health by enhancing memory, relieving stress and reducing depression. Free.

Between the Covers Book Club: Mon., June 15, 1 to 2 p.m. Join Kathleen on the third Monday of each month, and other fabulous book lovers, as they discuss a new reading adventure. Bring a book you'd like to recommend for our next meeting. Free.

• **June's Book:** “The Midnight Library” by Dan Haig

Macrame with Free Instruction*: Thu., June 18, 1 to 3 p.m. Join this new introductory class taught by Theresa. Learn the art of macrame knotting and become familiar with macrame knot terminology such as Lark'shead, Square, Spirals and many more. Have fun learning, or re-learning, some basic knots to create a small decorative wall hanging of your own. A *\$25 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

The Raid on Deerfield, Massachusetts, 1704: Tue., June 23, 2 to 3 p.m. Just before dawn on Feb. 29, 1704, a large group of French soldiers and their Native American allies attacked the outlying English settlement of Deerfield, Massachusetts. The tragedy at Deerfield sent shockwaves throughout New England. Karen will explore what took place and how the story of Deerfield fits into the context of New England history. Free.

Beaded Bracelet, Pendant and Earrings with Free Instruction*: Wed., June 24, 1 to 3 p.m. Get ready to celebrate the Fourth of July in style. Join Kathy as she shows you how to make a festive beaded bracelet with matching pendant and earrings. Be sure to bring your best glasses for close-up work. Av*\$20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

Acrylic Painting with Free Instruction*: Mon., June 29, 1:30 to 3:30 p.m. Join us for a fun afternoon of painting acrylics on a 12 x 12 canvas. Easy-to-follow, step-by-step instructions and all supplies are included with the materials fee. You will be amazed at the beautiful work of art you will create. A *\$20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

SILVERSNEAKERS® CLASSES

Free for SilverSneakers members. Non-SilverSneakers fees; \$4(W)/\$5(W/O) *Classes indicated are offered at no cost to Silver & Fit and Renew Active members at this time.

Boom: Mon., Wed. & Fri., 8 to 8:45 a.m. or 9 to 9:45 a.m.; Tue. & Thu., 8 to 8:45 a.m. and Mon.-Thu., 4 to 4:45 p.m. This 45-minute class is divided into two segments that combines the cardiovascular benefits of dance with the benefits of weight training in a fun, easy-to-follow format.*

- **Boom Move** - Dance-inspired workout to challenge cardio fitness with easy-to-follow movement patterns.
- **Boom Muscle** - Muscle-conditioning blocks and activity specific intervals to improve cardiovascular health and functional skill.

Stability: Mon., Wed. & Fri., 1 to 1:45 p.m. Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.*

Classic: Tue. & Thu., 9 to 9:45 a.m. This 45-minute workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights are recommended.*

Zumba Gold: Tue. & Thu., 9 to 9:45 a.m. This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.*

EnerChi: Tue. & Thu., 10 to 10:45 a.m. Perform modified tai chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.*

Yoga - Level 1: Tue., & Thu., 12:30 to 1:15 p.m. Seated and standing yoga poses to increase flexibility, balance and range of motion.*

Yoga - Level 2: Tue., 11:30 a.m. to 12:15 p.m. This class is a progression of the Level 1 class; in addition to the skills in Level 1, it adds more standing balance poses, as well as some functional movement patterns.*

EVIDENCE-BASED PROGRAMS

For more information, call (727) 562-4904.

Enhance®Fitness: In partnership with the YMCA of the Suncoast, we offer these evidence-based group exercise program that uses simple, easy-to-learn movements that motivate individuals (particularly with arthritis) to stay active. Each sessions includes cardiovascular, strength training, balance and flexibility exercises. One hour class, held three times weekly for 16 weeks. Pre-registration required. For ages 65 and up. Free.

A Matter of Balance: An evidence-based, Boston University program to manage falls and increase activity levels. Program consists of eight, two-hour sessions to include lecture from certified instructors, group discussion and exercises. Must attend all eight classes. For ages 60 and up. Free.

DAY TRIP

Registration starts at 8 a.m. June 1. Space is limited.

Seminole Hard Rock Casino, Tampa: Thu., June 4, 8:30 a.m. to 3 p.m. Free. Lunch is at your own expense unless otherwise posted.

Refer to our Refund Policy for any questions. Mastercard and Visa payment only. Registration needs to be done in person. Participant can only register their self, spouse or partner.

FITNESS CLASSES

Register in person at the Long Center.

Yoga: Tue. & Thu., 7 to 8:15 p.m. Learn proper alignment of yoga postures and stress-reducing breathing techniques. \$7(W) / \$8(W/O)

STRETCH AND PLAY

Space is limited. Pre-registration recommended for all in-person classes. To register, call (727) 562-4904.

Enjoy low-impact stretching before playing games. Free.

- **Euchre:** Thu., 10 a.m. to noon. Easy to learn, tough to master card game.
- **Players Choice:** Tue., 1:30 to 3:30 p.m. Join us for a variety of games from Scrabble, Rummikub, Hearts, Mah-Jong, Mexican Train Dominoes, or bring in your favorite game to play with others.
- **Pinochle:** First and Third Tue., 10 a.m. to noon. Trick-taking card game is easy to learn and fun to play.
- **Rummikub Game:** First and Third Thu., 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- **Hand and Foot Card Game:** Second and Fourth Tue., 10 a.m. to noon. Enjoy this variation of Canasta
- **Mexican Train Dominoes:** Second and Fourth Thu., 1:30 to 3:30 p.m. Dominoes game using chains or 'trains' from a central hub.

Team Trivia Challenge: Fourth Mon., 1 to 2:30 p.m. Exercise your brain through fun challenges about facts, dates and culture. Pre-registration preferred. Free.

VIRTUAL PROGRAMMING

To register, call (727) 562-4904. Call within 24 hours of the scheduled program if you haven't received the Zoom link. Free.

Zoom 101: Fourth Wed., 9 a.m. to noon. Explore in an individual appointment how to use Zoom. Call to schedule a one-hour appointment. We will guide you step-by-step through any questions or concerns you may have with virtual programs. Must have a computer, tablet or smart phone. Free.