

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 NOVEMBER 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; Closed on Nov. 11, 26 & 27

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., Nov. 2, 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 an "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., Nov. 2, 1 to 2 p.m.
- **Android:** Mon., Nov. 2, 2 to 3 p.m.

Insurance Counseling: Tue., Nov. 3, 10, 17 & 24, 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.

Mindfulness Meditation: Tue., Nov. 3 & 17, 1:30 to 2:30 p.m. Deeply relaxed and deeply alert is the paradoxical truth of mindfulness meditation, an ancient art that may provide a stress management tool and path towards personal growth. You will learn mindfulness and loving-kindness meditations as a way of connecting compassionately to yourself and others. No experience is necessary. Free.

The Story of Thanksgiving: Tue., Nov. 3, 2 to 3 p.m. We all think we know the story of the first Thanksgiving and how our country came to celebrate this holiday. Join Karen and learn about what it was like at that first feast in 1621, when it became a national holiday, how observances have changed over the centuries and more about this uniquely American holiday. Free.

The Great Course, How Colors Affect You What Science Reveals: Wed., Nov. 4, 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 builds on the previous session. This month's discussion is on the "Green Lecture." Free.

Acrylic Painting with Free Instruction*: Thu., Nov. 5, 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 materials fee (exact amount in cash) is required to be paid to the instructor on the day of the class. Space is limited.

Spanish for Beginners: Fri., Nov. 6 & 13, 10:30 to 11:30 a.m. Join Ted to learn words, phrases and sentences in Spanish. Free.

Women's Hour: Fri., Nov. 6 & 20, 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 class times. Free.

Make Small Changes, See Big Results: Fri., Nov. 6, 2 to 3 p.m. Who needs an overhaul? You can get healthier, happier, more fit and better rested by taking one small step at a time. Sheryl describes how little actions, done consistently, can create lasting change. Free.

Vegetable Gardening: Mon., Nov. 9, 2 to 3 p.m. Join Master Gardener Marianne as she shares her knowledge about vegetable gardening. Free.

Artful Cards for You with Free Instruction*: Tue., Nov. 10, 1 to 3 p.m. Join Kathleen to create two beautiful fall cards. Sentiment choices also include a Happy Birthday option. All materials supplied with a \$10 materials fee (exact amount in cash) to be paid to the instructor on the day of your class. Space is limited.

Tree of Life Pendant with Free Instruction*: Thu., Nov. 12, 1 to 3 p.m. Create a Tree of Life pendant, which is a symbol of strength and knowledge. Have your tree reflect your favorite colors or season, or make it a "Giving Tree" and give it as a gift. A \$20 (exact amount in cash) material fee is required to be paid to the instructor on the day of the class. Space is limited.

Italian Lessons: Mon., Nov. 16, & Fri., Nov. 20, 10:30 to 11:30 a.m. Are you ready to learn to speak Italian? Now is the time to learn from an Italian-language teacher with 20 years of experience teaching Italian to English speakers. 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

Basket Weaving with Free Instruction*: Mon., Nov. 16, 12:30 to 3 p.m. Join the fun, in this step-by-step interactive class. Good hand dexterity is required. All materials are supplied for *\$20 (exact amount in cash) to be paid to the instructor on the day of the class. Bring an apron and hand towel for your use during the class. Space is limited.

Between the Covers Book Club: Mon., Nov. 16, 1 to 2 p.m. Join Kathleen on the third Monday of each month, along with other fabulous book lovers, to discuss a new reading adventure. Bring a book you'd like to recommend for the next meeting. Free.

- November:** "Becoming Madame Secretary" by Stephanie Dray

Medicare Part D: Tue., Nov. 17, 2:30 to 3:30 p.m. Unbiased information on Medicare Part D Drug Plans will be presented by specially-trained volunteers of the SHINE program and will provide detailed information about the basic Medicare Prescription Drug Plans, including eligibility and enrollment, costs, and steps to compare and choose a plan. SHINE representatives will be available to answer questions and provide enrollment or benefit application assistance. Free.

Resin Art Light Stand with Free Instructions*: Wed., Nov. 18, 1 to 3 p.m. Brigitte of Creative Resin-ations returns for another season of resin art classes. Design your own dazzling 7" LED light stand. All supplies, such as a variety of colorful pressed flowers and crushed glass, are included. You choose the design. No two are alike. A *\$35 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

Water Coloring with Free Instruction*: Thu., Nov. 19, 1 to 3 p.m. This two-hour workshop is for beginners and advanced beginners interested in watercolor techniques. All participants will draw the same thing and the instructor will guide every step from start to finish. 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.

Google Gmail: Mon., Nov. 23, 10:30 a.m. to Noon. Join Marvin for a session about Google Gmail. Google Gmail has been updated and is one of the most secure free emails available wherever there is a browser. This session will introduce you to the ways you can improve, expand and customize your Gmail. Free.

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., Tue. & Wed., 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.*

Splash: Improve flexibility and cardiovascular endurance. Olympic Pool shallow end.* For program times and dates, call (727) 562-4905.

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.

FITNESS CLASSES

Register in person at the Aging Well Center or 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)

Health Hike: Thu., Nov. 12, 8 to 8:45 a.m. Join Christina Wilkinson, A.C.S.M. Certified Personal Trainer A.C.E. and Certified Group Fitness Instructor, on a morning walk that adds in gentle exercises along the way. Enjoy the park and conversation while improving health. We'll be working on balance, strength and range of motion. Participants should bring water bottles for hydration. \$5(W) /\$6(W/O)

Line Dancing: Fri., Nov. 13, 1 to 2 p.m. Line dancing provides many benefits beyond fun and social interaction, such as low-impact cardiovascular exercise and cognitive stimulation. It improves balance, coordination, flexibility and muscle strength, which helps reduce falls. Additionally, it boosts mental health by enhancing memory, relieving stress and reducing depression.

ACTIVE AGING ACTIVITIES

Enjoy several mind challenging games. Free.

- Euchre:** Thu., 10 a.m. to Noon. Easy-to-learn, tough-to-master card game.
- Player's 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. This 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.
- Social Bridge:** Second and Fourth Tue., 10 a.m. to Noon. Fun partnership card game that turns a mental challenge into a friendly social gathering.
- 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.