

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

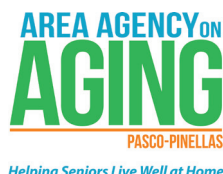
The city of Clearwater's Aging Well Center partners with the Aging and Disability Resource Center's Helpline through the Area Agency on Aging of Pasco-Pinellas, Inc.

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
- <https://www.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 OCTOBER 2025

1501 N. Belcher Road in the Long Center

MyClearwater.com/AgingWell

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



CENTER HOURS

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

*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.

Regret: Wed., Oct. 1, 2 to 3 p.m. Regret is the heavy feeling we get when we picture how things might have been if we'd made different life choices. Sheryl Graham examines research regarding how processing regret can be an instrument of personal reflection and growth. Free.

Acrylic Painting with Free Instruction*: Thu., Oct. 2, 1 to 3 p.m. Join us to paint a 12 x 12 canvas with easy-to-follow, step-by-step instructions. All supplies are included with the materials fee. *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

Clearwater Shuffleboard: Thu., Oct. 2, 2 to 3 p.m. Would you like to meet new people, get some exercise and have a great time? Join us to learn the origins and history of the Clearwater Shuffleboard organization. Free.

Creative Writing Group: Fri., Oct. 3, 10:30 a.m. to noon. Bring your sharpened pencils and a notebook. This group will inspire and engage you in poetry and writing exercises. Free

Women's Hour: Fri., Oct. 3 & 17, 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.

Reiki Share: Mon., Oct. 6, 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., Oct. 6, 1 to 2 p.m.

• **Android:** Mon., Oct. 6, 2 to 3 p.m.

Insurance Counseling: Tue., Oct. 7, 14, 21 & 28, call for free appointment. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration is required.

Mindfulness Meditation: Tue., Oct. 7 & 21, 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 toward personal growth. You will learn meditations as a way of connecting compassionately to yourself and others. No experience necessary. Free.

The Great Course: Wed., Oct. 8, 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 following. Free.

Health Hike: Thu., Oct. 9 & 23, 8 to 8:45 a.m. Join Christina Wilkinson, A.C.S.M. Certified Personal Trainer A.C.E. Certified Group Fitness Instructor, on a morning walk, adding in gentle exercises along the way. Enjoy the park and conversation while building health. We'll be working on balance, strength, and range of motion. Participants should bring water for hydration. \$5(W) /\$6(W/O)

Discover Shakespeare Series: Oct. 9, 10, 16 & 17, 1 to 2:30 p.m. Explore the classic Shakespeare tragedy, Richard III. We will discuss the historical background, read aloud passages from the play and analyze key scenes and speeches. Oct. 9 & 10: Acts I-III, Oct. 16 & 17: Acts IV-V. Get into a Shakespeare play like never before. Free.

Basket Weaving with Free Instruction*: Tue., Oct. 14, noon to 2:30 p.m. Theresa provides the opportunity for you to learn a new craft through the art of basket weaving. Join the fun, in this step-by-step interactive class. 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.

Sun Catchers with Free Instruction*: Wed., Oct. 15, 1 to 3 p.m. Join Kathy for a fun and creative workshop making a beautiful beaded suncatcher. Whether you're a beginner or an experienced crafter, it's perfect for anyone looking to add a touch of sparkle to their home or garden. \$18 (exact amount in cash) materials fee paid to the instructor on the day of the class. Space is limited.

**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

Between the Covers Book Club: Mon., Oct. 20, 1 to 2 p.m. Join Kathleen on the third Monday of each month, and other book lovers as they discuss a new reading adventure. Bring a book you'd like to recommend for our next meeting. Free.

- October's Book:** A Gentleman in Moscow by Amor Towles.

Medicare Advantage Plans: Tue., Oct. 21, 2:30 to 3:30 p.m. SHINE Counselors will provide unbiased information about Medicare Advantage plans, including eligibility and enrollment, types of plans, and rights and considerations. SHINE representatives will be available to answer questions and provide enrollment or benefit application assistance. Free.

Understanding Soil for Home Gardens: Wed., Oct. 22, 2 to 3 p.m. Join Master Gardner Liza as she turns over the facts on soil for your home garden. Free.

The Spanish Flu Pandemic 1918: Thu., Oct. 23, 2 to 3 p.m. Once a passing footnote in history, the Spanish Flu pandemic of 1918 gained new recognition and examination following the 100th anniversary in 2018, followed shortly after by the Covid-19 pandemic of 2020. Join Karen as she discusses the history of the pandemic and its devastating effects on the United States. Free.

Edge and Google browser menus and more: Mon., Oct. 27, 10:30 a.m. to noon. October is a good month to learn about the spooky Edge and Google Chrome browser menus. I'll bet you didn't know they had a menu. We will also go on a short adventure with the AI ghosts of Copilot and Gemini. Join Marvin for this spooky October session. Make sure you have your device charged, have Windows 11 downloaded, and have a mouse if you are not adept at using the touch pad. Free.

Creative Resin-ations Dried Flower Resin Jewelry with Free Instruction*: Wed., Oct. 29, 1 to 3 p.m. In this workshop, you will design one silver pendant necklace and a set of earrings using UV resin techniques. *\$35 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

Water Coloring with Free Instruction*: Thu., Oct. 30, 1 to 3 p.m. This is a two-hour workshop for beginners and advanced beginners interested in water color techniques. We all draw the same thing; the instructor guides every step from start to finish. *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of your 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. A 45-minute class 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 3 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 8 classes. For ages 60 and up. Free

DAY TRIP

Registration starts Mon., Nov. 3 @ 8 a.m. Space is limited.

Mazzaro's Italian Market, St. Petersburg: Mon., Nov. 24, 8:45 a.m. to 2:30 p.m. Free. Shopping and lunch at your own expense.

- Refer to our Refund Policy for any questions.

FITNESS CLASS

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. Call to make an appointment. 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.