

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.

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.



CLEARWATER
AGING WELL CENTER

Programming Calendar of Events SEPTEMBER 2024

1501 N. Belcher Road in the Long Center
MyClearwater.com/AgingWell

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



CENTER HOURS

Mon. - Fri., 8 a.m. - 4 p.m.; Sat. & Sun., Closed
Closed Mon., Sept. 2

*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.

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.

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.

Insurance Counseling: Tue., Sept 3 & 17. Call for 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., Sept 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 toward personal growth. You will learn meditations as a way of connecting compassionately to yourself and others. No experience necessary. Free.

Aging Well Center Women's Hour: Fri., Sept. 6 & 20, 1 to 2 p.m. Join this group to meet like-minded women in the same place in life and create long-lasting friendships. Enjoy an opportunity to bond with others and maybe even make plans outside of scheduled meeting times. Free.

Dementia Caregivers Support Group: Fri., Sept. 6 & 20, 10:30 to noon. Join Maureen, a Board-Certified Patient Advocate and Certified Dementia Care Partner, that specializes in working with families on their Dementia journey. Join us as we learn from and support each other. Free.

Reiki Share: Mon., Sept. 9, 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 questions 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 password readily accessible. Free.

- **iPhone & iPad:** Mon., Sept. 9, 1 to 2 p.m.
- **Android:** Mon., Sept. 9, 2 to 3 p.m.

The Weedon Island Preserve: Tue., Sept. 10, 2 to 3 p.m. Join the Tampa Bay History Center as they explore the rich history of this Old Tampa Bay jewel. Free.

Health Hike: Thu., Sept. 12 & 26, 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 with 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. \$5(W) /\$6(W/O)

Fall Prevention: Thu., Sept. 12, 2 to 3 p.m. Falling doesn't have to be an inevitable consequence of aging. Join A Matter of Balance trainer Sheryl Graham for a seminar packed with tips, techniques and resources. Free.

Wisdom Circle: Mon., Sept. 16, 1 to 2:30 p.m. Joye Swisher introduces a way for small groups to create a space of trust, authenticity, caring and openness to change. Share in this life-affirming gathering with kindred spirits. Free.

Medicare 101: Tue., Sept. 17, 2:30 to 3:30 p.m. The SHINE Program presents unbiased Medicare information regarding Medicare basics, supplement insurance, advantage plans and financial assistance programs. SHINE representatives will be available to answer questions and provide enrollment or benefit application assistance. Free.

Creative Writing Class: Wed., Sept. 18, 10:30 a.m. to noon. Bring your sharpened pencils and notebook. Join William as he will inspire and engage you in poetry and classroom writing exercises. Free.

Citrus in Florida: Wed., Sept. 18, 2 to 3 p.m. Join the Master Gardner as we cover both the history and current status of the Sunshine States citrus crop. 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

Google Drive: Mon., Sept. 23, 10:30 a.m. to noon. Unlike Microsoft, all Google files, photos and Gmail attachments are saved to Google drive, nothing is saved to the device hard drive. Marvin will show you how to use Google Drive to save and retrieve files, photos and how to share files. If you have Google Chrome, you also have Google Drive. Bring your fully charged laptop or Chromebook. Free.

Basket Weaving: Tue., Sept. 24, 12 to 2:30 p.m. Join us to make your own beautiful fall basket to take home. Theresa Bromm-Boesen provides the opportunity for you to learn the art of basket weaving 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.

Grow a Family Tree, Introducing Genealogy: Wed., Sept. 25, 2 to 3 p.m. Join Karen Fortin as she provides a general introduction to genealogical concepts, resources and methods for those wishing to get started in personal family history research. Free.

Wreathmaking with Free instruction*: Mon., Sept. 30, 12:30 to 3 p.m. Learn how to make a beautiful wreath from deco mesh. Choose colors, ribbons, flowers, and signs to decorate them and take them home. The *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class.

DAY TRIPS

Lunch is at your own expense unless otherwise posted. Refer to our Refund Policy for any questions. Mastercard and Visa payment only. Participants can only register one's self, spouse or partner.

Olive Grove, Brooksville: Mon., Sept. 23, 8:45 a.m. to 4 p.m. \$45 plus tax. Lunch included.

Odyssey Dolphin Tour & Hellas Restaurant, Tarpon Springs: Mon., Oct. 14, 8:30 a.m. to 3:15 p.m. \$26.99 plus tax for boat ride.

Weeki Wachee, Spring Hill: Mon., Nov. 25, 7:15 a.m. to 3:30 p.m. \$17 plus tax.

International Mall, Tampa: Tue., Dec. 31, 9:15 a.m. to 3 p.m. 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. 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., 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.*

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

Splash: Improve flexibility and cardiovascular endurance. Held in the shallow end of the Olympic-sized pool.* Call (727) 562-4905 for times and dates.

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.

EVIDENCE-BASED PROGRAMS

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

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

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 55 and up. 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.

Trivia: First Fri., 1 to 2 p.m. Join us as we play Trivia. Put on your thinking caps and join in on all of the fun. Free.

Zoom 101: Fourth Wed. of each month, 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.