

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 SEPTEMBER 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 - Sept. 7

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.

Insurance Counseling: Tue., Sept. 1 & 15, 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., Sept. 1, 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 Great Course, How Colors Affect You - What Science Reveals: Wed., Sept. 2, 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 "Green Lecture." Free.

Musical Fall Social: Thu., Sept. 3, 2 to 3:30 p.m. Tim Rowland, the Voice of Legends, is a singing impressionist who can perfectly imitate legendary entertainers like Elvis, Johnny Cash, Frank Sinatra and many more in a fun filled show with comedy and audience participation! Light refreshments and fabulous door prizes. Space is limited. Free.

Spanish for Beginners: Fri., Sept. 4, 10:30 to 11:30 a.m. Join Ted and learn words, phrases and sentences in Spanish. Free.

Women's Hour: Fri., Sept. 4 & 18, 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.

Artful Cards for You with Free Instruction*: Tue., Sept. 8, 1 to 3 p.m. Join Kathleen as you try your hand at creating two beautiful fall cards. Sentiment choices also include a Happy Birthday option. All materials supplied for a fee of \$10 (exact amount in cash) which is required to be paid to the instructor on the day of the class. Space is limited.

Beaded "Ocean Wave" Earrings with Free Instruction: Thu., Sept. 10, 1 to 3 p.m. Make a pair of unique and beautiful earrings using an assortment of beads and beading wire. It's an easy technique but bring your best glasses for up-close work to thread the small beads. We will also make an accent charm that you can add to your favorite necklace chain. A *\$15 materials fee (exact amount in cash) is required to be paid to the instructor on the day of the class. Space is limited.

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., Sept. 14, 1 to 2 p.m.

• **Android:** Mon., Sept. 14, 2 to 3 p.m.

Italian Lessons: Mon., Sept. 14 & Fri., Sept. 25, 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.

Florida Fruit Alternatives to Citrus: Mon., Sept. 14, 2 to 3 p.m. Join Master Gardener Caterina Stillwagon as she shares her knowledge on Florida fruit alternatives to citrus. Free.

Medicare 101: Tue., Sept. 15, 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.

Acrylic Painting with Free Instruction*: Thu., Sept. 17, 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. A *\$20 materials fee (exact amount in cash) is required to be paid to the instructor on the day of your 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

Classics of American Poetry: Fri., Sept 18, 12:30 to 2:30 p.m. Join Carlos and explore classics of American Poetry with works by poets such as W. Whitman, E. Dickinson, R. Frost, Langston Hughes, Sylvia Plath and Alan Ginsberg. Participants will work in groups and includes open discussion. Free.

Between the Covers Book Club: Mon., Sept. 21, 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.

- September's Book:** "Theo of Golden" by Allen Levi

Johnstown, Pennsylvania, Flood of 1889: Tue., Sept. 22, 2 to 3 p.m. Join Karen as she discusses Friday, May 31, 1889, and how an unprecedented amount of rain continued to fall, an earthen dam maintaining a lake at a hunting and fishing resort east of Pittsburgh gave way, releasing billions of gallons of water that rushed downhill toward the borough of Johnstown, wiping out multiple communities along the way. In the wake of the flood that killed more than 2,000 people and cost millions in damages, it became clear that the tragedy had mainly been the result of decisions made by the resort owners and could have been prevented. Free.

Water Coloring with Free Instruction*: Wed., Sept. 23, 1 to 3 p.m. This two-hour workshop is for beginners and advanced beginners interested in watercolor techniques. Attendees will all draw the same thing and the instructor will guide every step from start to finish. 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.

Google Chrome & Google Drive: Mon., Sept. 28, 10:30 a.m. to Noon. Join Marvin and learn to create profiles, pin tabs, grouping tabs, synching information, using Gemini to summarize tab information, Gemini voice and more. Chrome books are welcome. Google Chrome need to be be downloaded on your fully charged device. Free.

Basket Weaving with Free Instruction*: Tue., Sept. 29, 12:30 to 3 p.m. Join us to make your own basket to take home. Theresa will provide the opportunity for you to learn 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.

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. & 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.*

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., Sept. 10 & 24, 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. \$5(W) /\$6(W/O)

Line Dancing: Fri., Sept. 11 & 25, 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. Space is limited. No pre-registration. Free.

ACTIVE AGING ACTIVITIES

Enjoy several mind challenging 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.
- 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.