

# ON DEMAND PROGRAMS

These videos can be found online at any time at these links:

[MyClearwater.com/AgingWell](https://www.MyClearwater.com/AgingWell),  
[Facebook.com/ClearwaterParksandRec](https://www.facebook.com/ClearwaterParksandRec) and  
[YouTube.com/MyClearwater](https://www.YouTube.com/MyClearwater)

A chair yoga class focused on improving range of movement, strength and balance, all from the support of a chair at home. Participants will need a sturdy chair, water and time to reconnect with wellness. Yoga mat not required.

[Virtual Chair Yoga at Lake Chautauqua](#)  
[Virtual Chair Yoga at Clearwater Beach](#)  
[Virtual Chair Yoga at Clearwater Beach Recreation Center](#)  
[Virtual Chair Yoga at Cooper's Bayou](#)  
[Virtual Yoga Video at the Aging Well Center](#)  
[Virtual Chair Yoga at Coachman Ridge Park](#)  
[Virtual Chair Yoga at Lake Chautauqua](#)  
[Virtual Chair Yoga at Coachman Ridge](#)

Connect with wellness through this meditative Tai Chi and Balance class.

[Virtual Balance Chi at Coopers Bayou](#)  
[Virtual Balance Chi at Kapok Park](#)  
[Virtual Balance Chi at Clearwater Beach](#)  
[Virtual Balance Chi at Lake Chautauqua](#)  
[Virtual Balance Chi at Coachman Park](#)

Take a virtual meditative and reflective walk.

[Virtual Guided Walk of Cliff Stevens Park](#)  
[Virtual Guided Walk of Clearwater Beach Part 2](#)  
[Virtual Guided Walk of Clearwater Beach Part 1](#)  
[Virtual Guided Walk of Kapok Park](#)  
[Virtual Mindful Walk at Lake Chautauqua](#)

Focus on improving range of movement, strength and balance.

[Virtual Strength Training at Coachman Ridge Park](#)

Join us for virtual mediation. Take a deep breath and relax.

[Virtual Meditation at Coopers Bayou Park](#)  
[Virtual Meditation at Lake Chautauqua](#)  
[Virtual Meditation at Lake Chautauqua](#)  
[Virtual Meditation at the Harbor Marina](#)  
[Virtual Meditation at Coachman Ridge](#)

A high-impact cardio workout.

[Virtual Cardio Fit at Coachman Park](#)  
[Virtual Cardio Fit at Coachman Ridge](#)

Karen Fortin presents this five-part series designed for beginners interested in learning how to start researching their family history.

[Genealogy Series - Lesson 1](#)  
[Genealogy Series - Lesson 2](#)  
[Genealogy Series - Lesson 3](#)  
[Genealogy Series - Lesson 4](#)  
[Genealogy Series - Lesson 5](#)

Check out these educational videos:  
[How to Use Facebook](#)

[Family History Fun with the Grandkids](#)  
[Florida Snowbirds - From Vagabonds to Visitors](#)  
[Caring for Your Family Photographs](#)  
[Apple Knowledge](#)  
[Buried Treasure: Exploring Your Family History Collection](#)  
[The Story of the Mayflower](#)