

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.



CLEARWATER
AGING WELL CENTER

Programming Calendar of Events MARCH 2025

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

*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.

Reiki Share: Mon., Mar. 3, 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 "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 password readily accessible. Free.

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

Insurance Counseling: Tue., Mar. 4 & 18, 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., Mar. 4 & 18, 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.

Women's Hour: Fri., Mar. 7 & 21, 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.

Discover Shakespeare: Mon., Mar. 10, 1 to 2:30 p.m. Get in touch with the Bard. Read, discuss and perform scenes from plays and Shakespeare's sonnets with Carlos. Free.

Oil Pastels Crayon with Free Instruction*: Tue., Mar. 11, 1 to 3 p.m. This is a two-hour workshop for beginners and advanced beginners interested in oil pastel crayon techniques. The instructor will teach each step from start to finish and everyone will draw the same picture. *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

Health Hike: Thu., Mar. 13 & 27, 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 bottles. \$5(W) /\$6(W/O)

Wreathmaking with Free Instruction*: Fri., Mar. 14, 12:30 to 3 p.m. Learn how to make a spring wreath. Choose colors, ribbons, flowers and signs to decorate them to take home. The *\$25 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class.

Creative Resign-ations "Makin" Waves Jewellery Workshop with Free Instruction*: Mon., Mar. 17, 12:30 to 2:30 p.m. In this workshop, you will create jewelry pieces with a sandy beach and ocean waves, designed in bezel, which includes one bracelet and two pendants with wire collar necklaces. *\$35 (exact amount in cash) materials fee 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

Creative Writing Group: Fri., Mar. 21, 10:30 a.m. to noon. Bring your sharpened pencils and notebook. Join Alyia as she facilitates, inspires and engages you in poetry and writing exercises. Free.

Microsoft Edge: Mon., Mar. 24, 10:30 a.m. to noon. March is a good time to learn some of the “stuff” you didn’t know about Microsoft Edge. Bring your laptop. No Macs or Chromebooks, please. Free.

Acrylic Painting with Free Instruction*: Tue., Mar. 25, 1 to 3 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. *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

Sonder: Mon., Mar. 31, 2 to 3 p.m. Join Sheryl Graham in the practice of sonder, the realization that everyone has a story as vivid and complex as your own. We will use oral and picture prompts to develop people’s tales. Free.

Savvy Caregiver: Wed., Apr. 2 through May 7, 10:30 to 12:30 p.m. Do you provide care for a family member or friend who is 60 and over living with Alzheimer’s disease or a related dementia illness in a household? Each session uses a combination of instruction, interactive exercises and home assignments for participants to learn concepts often utilized by nurses and social workers, and apply them to their own caregiving situations. The class meets once a week (two-hour classes) for six-weeks. Provided by the Area Agency on Aging. Free.

DAY TRIPS

Registration starts Mon., April 7 @ 8 a.m. Register in person for only one trip per person until April 21, then you may register for additional trips if available. Lunch is at your own expense unless otherwise posted. Refer to our Refund Policy for any questions. Mastercard and Visa payment only. Registration needs to be done in person.

Participant can only register one’s self, spouse or partner.

Calyпсо Queen Cruise, Clearwater: Fri., May 30, 10:45 a.m. to 3 p.m. \$50 plus tax and gratuity. Buffet lunch included. **Ed Fletchers Early Bird Theater “Social Security,”**

Clearwater: Thu., June 12, 10 a.m. to 3:30 p.m. \$56 plus tax. Buffet lunch included.

Mazzaro, St. Petersburg: Wed., July 16, 8:45 a.m. to 1p.m. Free. Shopping excursion.

Dali Museum, St. Petersburg: Fri., Aug. 1, 8:45 a.m. to 3:30 p.m. \$30. Lunch at your own expense at The Hanger.

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.*

Yoga: Tue., 11:30 a.m. to 12:15 p.m. or Tue. & Thu., 12:30 to 1:15 p.m. Seated and standing yoga poses to increase flexibility, balance and range of motion.* Can only attend one class on Tuesday.

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.

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 55 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

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.