

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 APRIL 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.

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: Apr. 1 & 15, 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: Apr. 1 & 15, 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.

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 class) for six weeks. Provided by the Area Agency on Aging. Free.

Beaded Handbag Accessory with Free Instruction*: Thu., Apr. 3, 1 to 3 p.m. It's the latest popular fashion statement. Join Kathy as she leads the class. Choose from an assortment of beads, charms, ribbons and tassels to create something that expresses your personality. *\$20 (exact amount in cash) materials fee to be paid to the instructor on the day of your class. Space is limited.

Creative Writing Group: Fri., Apr. 4, 10:30 a.m. to noon. Bring your sharpened pencils and notebook. This group will inspire and engage you in poetry and writing exercises. Free.

Women's Hour: Fri., Apr. 4 & 18, 1 to 2 p.m. Join this group to 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., Apr. 7, 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 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., Apr. 7, 1 to 2 p.m.

• **Android:** Mon., Apr. 7, 2 to 3 p.m.

Photo Walk: Tue., Apr. 8, 10:30 to 11:30 a.m. Join photographer Sharon for a photo walk on the Ream Wilson Trail, where we will walk, discuss photography tips, and take pictures of whatever captures our imagination. We will focus on taking interesting photographs, using the available light, wildlife and scenery. Bring your photographic equipment (cell phone, camera, tablet), your creativity and water for hydration. 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

Artful Cards for You with Free Instruction*: Tue., Apr. 8, 1 to 3 p.m. Join Kathleen as you try your hand at creating two beautiful spring cards. All materials supplied. *\$10 (exact amount in cash) material fees required to be paid to the instructor on the day of your class. Space is limited.

Clear Water Shuffleboard Club: Wed., Apr. 9, 2 to 3 p.m. President Mark Dyson covers everything there is to know about Clear Water Shuffleboard, should be a great time. Free.

Health Hike: Thu., Apr. 10 & 24, 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 a water bottle for hydration.

Basket Weaving with Free Instruction*: Thu., Apr. 10, noon to 2:30 p.m. Join us to make your own beautiful spring basket. Theresa Bromm-Boesen will teach the art of basket weaving in this step-by-step, interactive class. All materials 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 use during class. Space is limited.

Discover Shakespeare: Mon., Apr. 14, 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.

Spring Fling Ice Cream Social: Thu., Apr. 17, 2 to 3:30 p.m. Join us as we enjoy the golden oldies with JK Crum and company. There will be door prizes and light refreshments will be served. Pre-registration is required. Space is limited. Free.

Between the Covers Book Club: Mon, Apr. 21, 1 to 2 p.m. Join Kathleen and other fabulous book lovers as they discuss a new reading adventure. Bring book your recommendations. Free.

- **April's Book:** "The Guernsey Literary and Potato Peel Society" by Mary Ann Shaffer

Who Were the Passengers of the Mayflower: Tue., Apr. 22, 2 to 3 p.m. We've all heard the story of the Mayflower and the founding of Plymouth Colony in 1620, but who were these intrepid souls, what did they believe, why did they come to New England, and who left descendants? Join Karen Fortin for this presentation explores these topics and provides information on resources available for learning more about our Pilgrim ancestors.

Google: Mon., Apr. 28, 10:30 a.m. to noon. Learn about Google and the Google Chrome browser. Bring your fully charged laptop or tablet. Free.

Healthy Steps for Older Adults: Tue., Apr. 29, 10 a.m. to 2 p.m. This is a community-based fall risk screening and education workshop for adults aged 65 and older. Participants attend this workshop addressing proper footwear, safety at home, good nutrition for bone health, and the importance of exercise to prevent falls. The program also includes information on local fitness programs designed to reduce the risk of falling as well as learning exercises that can help reduce falls to do at home. Free.

Container Gardening: Wed., Apr. 30, 2 to 3 p.m. Join Master Gardener Lisa as she covers the top to the bottom of container gardening. 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. 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.