

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 JANUARY 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

Closed Jan. 1 & 20

*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.

Dementia Caregivers Support Group: Fri., Jan. 3 & 17, 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.

Women's Hour: Fri., Jan. 3 & 17, 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.

Reiki Share: Mon., Jan. 6, 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., Jan. 6, 1 to 2 p.m.

• **Android:** Mon., Jan. 6, 2 to 3 p.m.

Insurance Counseling: Tue., Jan. 7 & 21, 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., Jan. 7 & 21, 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.

Health Hike: Thu., Jan. 9 & 23, 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 conversation while getting your steps in. We'll work on balance, strength and range of motion. Participants should bring water for hydration. \$5(W) /\$6(W/O)

Garden Turf: Thu., Jan. 9, 2 to 3 p.m. Join Master Gardener Liz as she shares insights on managing turf and turf alternatives. Free.

Discover Shakespeare: Mon., Jan. 13, 1 to 2 p.m. Get in touch with the Bard. Read, discuss and perform scenes from plays and Shakespeare's sonnets with Carlos. Free.

Photo Walk: Tue., Jan. 14, 10:30 to noon. Join photographer Sharon on 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

Caregivers Helpful Hints: Tue., Jan. 14, 1 to 2 p.m. Based on her book "Because I Love You, My Book About Me," Maureen Rulison will discuss tips on planning for successful and joyful care partnering with your loved one diagnosed with dementia. Free.

Creative Writing Class: Wed., Jan. 15, 10:30 a.m. to noon. Bring your sharpened pencils and notebook. Join William as he inspires and engages you in poetry and classroom writing exercises. 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

Theatrical Performance by Nan Colton: Thu., Jan. 16, 2 to 3:30 p.m. Agatha Christie, is one of the best selling murder mystery authors of all time and the only writer that has captured the modern audience's imagination with two major fictitious detectives. Join us as Nan takes us back in time. There will be door prizes and light refreshments will be served. Pre-registration is required. Space is limited. Free.

PERMA Model of Well-Being: Tue., Jan. 21, 2 to 3 p.m. Sheryl Graham will unpack Dr. Martin Seligman's positive psychology theory of five building blocks that enable human flourishing. Free.

Grow a Family Tree, Introducing Genealogy: Thu., Jan. 23, 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.

Windows 11: Mon., Jan. 27, 10:30 a.m. to noon. Join Marvin to learn what you need to know to use Windows 11. Bring your laptop for hands on participation. Please no Chromebooks or Apple computers for this session. Free.

Magic Within: Mon., Jan. 27, 1 to 2:30 p.m. Joye Swisher will explore ways to laugh and look at your sense of humor to survive some of life's most stressful events. Connect to "The Magic Within" and learn strategies for responding, adapting and managing a variety of creative techniques. Learn ways to turn negative situations into new opportunities. Free.

Oil Pastels Crayon with Free Instruction*: Thu., Jan. 30 1 to 3 p.m. This is a two-hour workshop for beginners and advanced beginners interested in oil pastel crayon techniques. We all will draw the same thing; the teacher will guide every step from start to finish. *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

DAY TRIPS

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.

Parksdale Farm, Plant City: Fri., Jan. 3, 8:30 a.m. to 2:30 p.m. Shopping excursion. Free.

Olive Grove, Brooksville: Tue., March 18, 8:45 a.m. to 4 p.m. Seminar and lunch included. \$45 plus tax.

Seminole Hard Rock Casino, Tampa: Mon., April 21, 8:30 a.m. to 3:30 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. and **on also Tue. & Thu., 8 to 8:45 a.m. starting Jan. 7.** 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. **and also on Fri. starting Jan. 10,** 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., 12:30 to 1:15 p.m. or **11:30 a.m. to 12:15 p.m. starting Jan. 7 & 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.

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.

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.

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 55 and up. Free.