

## 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.



## Programming Calendar of Events JULY 2025

1501 N. Belcher Road in the Long Center

[MyClearwater.com/AgingWell](https://MyClearwater.com/AgingWell)

For more information, call (727) 562-4904.



### CENTER HOURS

Mon. - Fri., 7:30 a.m. - 4 p.m.; Sat. & Sun., Closed

Closed July 4

*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:** Tue., July 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.

**Reiki Share:** Mon., July 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 a "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., July 7, 1 to 2 p.m.
- **Android:** Mon., July 7, 2 to 3 p.m.

**Let Them Theory:** Thu., July 10, 2 to 3 p.m. So much of our time and energy are spent on wanting other people to match our expectations. What if instead, we "let them" be themselves? Sheryl summarizes Mel Robbins' bestseller about this approach. Free.

**Creative Writing Group:** Fri., July 11, 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.

**Discover Shakespeare:** Mon., July 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.

**Mindfulness Meditation:** Tue., July 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.

**Turf and Your Summer Planting:** Wed., July 16, 2 to 3 p.m. Join Master Gardner Liza for tons of information about summer planting, as well as turf and turf alternatives. Free.

**Wreathmaking With Free Instruction\*:** Thu., July 17, 12:30 to 3 p.m. Learn how to make a colorful, beautiful wreath from deco mesh. Choose colors, ribbons, flowers, and signs to decorate them and take them home. The \*\$25 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class.

**Women's Hour:** Fri., July 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.

**Between the Covers Book Club:** Mon, July 21, 1 to 2 p.m. Join Kathleen on the third Monday of each month, and other fabulous book lovers, as they discuss a new reading adventure. Bring a book you'd like to recommend for our next meeting. Free.

- **July's Book:** "The Latecomer" by Karen Korelitz (2022)

**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

**Dreams and Desperation:** Tue., July 22, 2 to 3 p.m. Ernest Hemingway was not the first member of his family to spend time in Florida. His parents, Clarence and Grace Hall Hemingway wintered in Pinellas County throughout much of the 1920s. During this period, Clarence became caught up in the Florida land boom of the era and, like so many others, was left nearly destitute when it went bust. Join Karen as she explores the ups and downs of the Hemingway family’s time in Pinellas County and how it later contributed to Clarence’s suicide in December 1928. Free.

**Oil Pastels Crayon with Free Instruction\*:** Thu., July 24, 1 to 3 p.m. This is a two-hour workshop for beginners and advanced beginners interested in oil pastel crayon techniques. All participants 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.

**Healthy Steps for Older Adults:** Tue., July 29, 10:30 a.m. to 2:30 p.m. This is a community-based, fall risk screening and education workshop for adults aged 65 and older. Participants attend this workshop to address 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.

**The St. Petersburg Sax Quartet:** Thu., July 31, 2 to 3:30 p.m. Music brings back great memories. The St. Petersburg Sax quartet plays The American Songbook - popular music and jazz classics. Join us for fabulous music, light refreshments and door prizes. 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.\*

**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. 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.\*

## 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.