

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 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 FEBRUARY 2024

1501 N. Belcher Road in the Long Center

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

To register for these programs, call (727) 562-4904 at least 24 hours in advance.



CENTER HOURS

Mon. - Fri., 8 a.m. - 4 p.m.; Sat. & Sun., Closed
Closed Feb. 19

*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 seven 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.

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)

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.

Creative Cuts: Mon., Feb. 5, 10:15 a.m. to 12:15 p.m. Join Vondi for a craft workshop where plain t-shirts are cut and embellished and turned into works of art. Bring a t-shirt and scissors for this class. Free.

Reiki Share: Mon., Feb. 5, 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 questions 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., Feb. 5, 1 to 2 p.m.

• **Android:** Mon., Feb. 5, 2 to 3 p.m.

Insurance Counseling: Tue., Feb. 6 & 20. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration is required. Call for a free appointment.

Mindfulness Meditation: Tue., Feb. 6 & 20, 1 to 2 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 towards personal growth. You will learn mindfulness and loving-kindness meditations as a way of connecting compassionately to yourself and others. No experience necessary. Free.

Health Hike: Thu., Feb. 8 & 22, 8 to 8:45 a.m. Join Christina Wilkinson, A.C.S.M. Certified Personal Trainer A.C.E. Certified Group Fitness Instructor, for 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 bottled water. \$5(W) / \$6(W/O)

Basket Weaving with Free Instruction*: Fri., Feb. 9, noon to 2:30 p.m. Join us to make your own beautiful basket to take home. Theresa Bromm-Boesen will provide the opportunity for you to learn a new craft through the art of basket weaving. Join the fun in this step-by-step interactive class. All materials are 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 your use during the class. Space is limited.

Using Composition Rules to Improve Your

Photography: Mon., Feb. 12, 1 to 2 p.m. Join Sharon to learn about the lesser-known composition rules, to enable you to know what to look for before taking your picture and to have a greater variety of pleasing photographs. Be sure to bring your camera, smartphone, and/or tablet. Free.

Pin Weaving with Free Instruction*: Tue., Feb. 13, 1 to 2 p.m. Create a tiny weaving that will be used as a bookmark. Each one is unique as you use scraps of yarn, ribbon and fabric. A fabric backing will be fused on to hold it all together. *\$5 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

EXPLORE KNOWLEDGE & CREATIVITY

Introduction to Google Chrome Browser: Mon., Feb. 26, 10:30 a.m. to noon. We often utilize "Google" search. Now let's learn the Google Chrome browser and its advantages. Bring your fully charged laptop or Chromebook. Free.

Painting Pottery Class with Free instruction*: Tue., Feb. 27, 1 to 3 p.m. Join us for a fun afternoon painting pottery. *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class. Pottery will be ready for pick up one week after class due to firing purposes. Space is limited.

Where Should Your Garden Grow?: Wed., Feb. 28, 2 to 3 p.m. Join Master Gardner Debbie Ingram as she discusses how to design a kitchen garden. Bring a friend for lots of fun. Free.

Wreathmaking with Free Instruction*: Thu., Feb. 29, 12:30 to 3 p.m. Learn how to make a St. Patrick's Day wreath from deco mesh. Choose colors, ribbons, flowers, and signs to decorate them and take them home. *\$20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class.

DAY TRIPS

Lunch is at your own expense unless otherwise posted. Refer to our Refund Policy for any questions. Mastercard and Visa payment only.

- **Marie Selby Botanical Gardens, Sarasota:** Fri., Mar. 29, 8:15 a.m. to 3:30 p.m. \$38 no tax. Guided tour.
- **Seminole Hard Rock Casino, Tampa:** Fri., Apr. 26, 8:30 a.m. to 4 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. 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, high-impact class 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.

Yoga: Tue. & Thu., 12:30 to 1:15 p.m. Seated and standing yoga poses to increase flexibility, balance and range of motion.* No Yoga on Feb. 13.

Stability: Mon. & Wed., 1 to 1:45 p.m. Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.*

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.*

Splash: Call (727) 562-4905 for dates and times. A shallow-water exercise class that includes a variety of exercises that can help you build strength and increase your range of movement.*

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.
- **Hearts Card Game:** First and Third Tue., 10 a.m. to noon. Enjoy this easy to play, strategic game.
- **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. of each month, 1 to 2:30 p.m. Exercise your brain through fun challenges about facts, dates and culture. Pre-registration preferred.

VIRTUAL PROGRAMMING

To register, call (727) 562-4904. Call (727) 562-4904 within 24 hours of the scheduled program if you haven't received the ZOOM link. Free.

Wheel of Fortune via ZOOM: First Fri., 1 to 2 p.m. Join us as we play Wheel of Fortune. Put on your thinking caps and join in on all the fun. Free.

ZOOM 101: Fourth Wed. of each month, 9 a.m. to noon. 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

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 eight classes. For ages 60 and up. Free

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.