

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

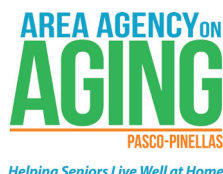
The city of Clearwater's Aging Well Center partners with the Aging and Disability Resource Center's Helpline through the Area Agency on Aging of Pasco-Pinellas, Inc.

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.



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.



CLEARWATER
AGING WELL CENTER

Programming Calendar of Events JANUARY 2026

1501 N. Belcher Road in the Long Center

MyClearwater.com/AgingWell

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



CENTER HOURS

Mon. - Thu., 7:30 a.m.-5 p.m.; Fri., 7:30 a.m.-4 p.m.;
Sat. & Sun., Closed; Jan. 1 & 19, Closed

Proper shoes required for all exercise/dance classes.

*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.

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.

Creative Writing Group: Fri., Jan. 2, 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., Jan. 2 & 16, 1 to 2 p.m. 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., Jan. 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 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 passwords accessible. Free.

- **iPhone & iPad:** Mon., Jan. 5, 1 to 2 p.m.

- **Android:** Mon., Jan. 5, 2 to 3 p.m.

Insurance Counseling: Tue., Jan. 6 & 20, 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. 6 & 20, 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 mindfulness and loving-kindness meditations as a way of connecting compassionately to yourself and others. No experience necessary. Free.

Discover Your "SELF" with Numerology: Wed., Jan. 7, 14, 21 & 28, 10:30 a.m. to Noon. Learn about the meaning of the numbers in your name and discover your life purpose. Find out how you can reveal the energies behind your name and birth date plus discover the challenges that you are here to overcome in this lifetime. Each class builds upon the previous one so bring a notebook they are helpful. Must attend all four classes. Free.

Acrylic Painting with Free Instruction*: Thu., Jan. 8, 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.

Planting Your Spring Garden: Fri., Jan. 9, 2 to 3 p.m. Join Master Gardener Liza as she shares tips on planting and harvesting your spring garden! Free.

Italian Lessons: Mon., Jan. 12, 10:30 to 11:30 a.m. Are you ready for some Italian? Have you always wanted to speak Italian? Now is the time to learn from a real Italian teacher with twenty years' experience teaching Italian to English speakers. Free.

Between the Covers Book Club: Mon., Jan. 12, 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.

- **January's Book:** "The Nightingale" by Kristen Hannah

Wisdom Circle: Mon., Jan. 12, 1 to 2:30 p.m. Joye Swisher introduces a way for small groups to create a space of trust, authenticity, caring and openness to change. Share in this life-affirming gathering with kindred spirits. Free.

Ultra Processed Foods: Tue., Jan. 13, 2 to 3:30 p.m. About 70% of the food supply in the US is considered ultra processed! Join Sheryl as we discuss the potential health implications. Free.

The Great Course, Scientific Secrets for a Powerful Memory Fifth Session: Wed., Jan. 14, 1 to 2 p.m. Enjoy lifelong learning with Ted during this lecture series presented by the foremost experts in their fields. Ongoing monthly segments with DVDs and discussion for each session builds on the previous session. This month will be the discussion on "Keeping Your Whole Brain in Peak Condition." Free.

Silly Sinatras Social: Thu., Jan. 15, 2 to 3:30 p.m. Enjoy music from the great American songbook such as Frank Sinatra, Dean Martin and others, along with light refreshments and door prizes. Space is limited. 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

Wreathmaking with Free Instruction*: Fri., Jan 16, 12:30 to 3 p.m. Learn how to make a wreath from decorative mesh. Choose colors, ribbons, flowers, and signs to decorate them and then 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.

Artful Cards for You with Free Instruction*: Wed., Jan. 21, 1 to 3 p.m. Join Kathleen as you try your hand at creating two beautiful Valentine cards. Sentiment choices also include a Happy Birthday option. 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.

Water Coloring with Free Instruction*: Thu., Jan. 22, 1 to 3 p.m. This is a two-hour workshop for beginners and advanced beginners interested in watercolor techniques. We all draw the same thing; the instructor guides 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.

Google Email, or Gmail: Mon., Jan. 26, 10:30 a.m. to Noon. See all those icons on the Gmail screen? The Gmail settings have many ways to make Gmail interesting from changing color of text, to how many Gmails are shown on a page, to separating important Gmails from spam. Join us to learn how you can make your Gmail inbox fun with Marvin. Free.

Macrame with Free Instruction*: Tue., Jan. 27, 1 to 3 p.m. Join in this new introductory class taught by Theresa. Learn the art of macrame knotting and become familiar with macrame knot terminology such as Larkhead, Square, Spirals and many more. Have fun learning, (or re-learning) some basic knots to create a small decorative wall hanging of your own! \$25 (exact amount in cash) material fee is required to be paid to the instructor on the day of your class. Space is limited.

Creative Resign-ations LED Light Stand with Free Instruction*: Wed., Jan. 28, 1 to 3 p.m. Join us to create your very own uniquely designed 7" LED light stand. You choose the design; an array of colorful supplies will be on hand. A demonstration using resin, and one-on-one guidance is provided. *\$35 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

Valentine Heart Necklace and Earring Set with Free Instruction*: Thu., Jan. 29, 1 to 3 p.m. Make yourself, or give as a gift, a festive beaded-wire heart pendant and matching earrings. Beginners welcome. \$20 (exact amount in cash) materials fees to be paid to the instructor on the day of the class. Be sure to bring your best glasses for close-up work. Space is limited.

Identity Theft: Fri., Jan. 30, 2 to 3 p.m. Identity Theft Awareness Week. Join Anna Maire from Pinellas County Consumer Protection to learn how to detect, defend and deter against identity theft. 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. and Mon.-Thu., 4 to 4:45 p.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. and Mon. & Wed., 3:10 to 3:55 p.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. to 12:15 p.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.*

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 65 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 eight classes. For ages 60 and up. Free

DAY TRIP

Registration starts Mon., Feb. 2 at 8 a.m. Space is limited.

Olive Grove, Brooksville: Fri., Feb. 13, 8:45 a.m. to 4 p.m. \$45 plus tax. Seminar and lunch included.

- Refer to our Refund Policy for any questions.

FITNESS CLASSES

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)

Health Hike: Thu., Jan. 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, 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 for hydration. \$5(W) /\$6(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. 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.