

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 OCTOBER 2023

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

*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.

Reiki Share: Mon., Oct. 2, 1 to 2:30 p.m. Reiki Master Joye Swisher will facilitate 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 and Android: Informal question and answer session. Ask about navigation features, apps, social networks, customizing, email and more. Make sure that your password is accessible. Free.

• **iPhone & iPad:** Mon., Oct. 2, 1 to 2 p.m.

• **Android:** Mon., Oct. 2, 2:15 to 3:15 p.m.

Insurance Counseling: Tue., Oct. 3, 10, 17, 24, & 31, call for appointment. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration required.

Mindfulness Meditation: Tue., Oct. 3 & 17, 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.

Diabetes Education Empowerment Program (DEEP): Wednesdays, Oct. 4 through Nov. 8, 12:30 to 2:30 p.m. The National American Association of Diabetes Educators provides this six-week interactive course to empower people to take charge of their diabetes by avoiding disease complications and improving self-management skills. The class meets once a week (two-hour classes) for six-weeks. Free. To register, call BayCare at (855) 269-4777 or register online at www.BayCare.org/GetHealthy.

Healthy Steps for Older Adults: Tue., Oct. 10 & Thu., Oct. 12, 12:30 to 3 p.m. Must attend both classes, each class is 2.5 hours. This is a community-based fall risk screening and education workshop for adults aged 65 and older. Participants attend two classes 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.

Health Hike: Thu., Oct. 12 & 26, 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 bottles. \$5(W) / \$6(W/O)

Basic Photography Composition: Mon., Oct. 16, 1 to 2 p.m. "Using Composition Rules to Improve Your Photography" is an introduction to six basic rules of composition and how they apply to photographs. Applying these rules helps develop confidence in picture taking, more pleasing photographs and lessens the amount of time spent in post-production editing. After a PowerPoint presentation, we will go outside and practice. Bring your camera, smartphone and/or tablet. Free.

Medicare Advantage Plans: Tue., Oct. 17, 2:30 to 3:30 p.m. SHINE Counselors will provide unbiased information about Medicare Advantage plans, including eligibility and enrollment, types of plans, and rights and considerations. SHINE representatives will be available to answer questions and provide enrollment or benefit application assistance. Free.

EXPLORE KNOWLEDGE & CREATIVITY

Inktense Pencils with Free Instruction*: Thu., Oct. 19, 1 to 3 p.m. These intensely colored pencils are made in the UK by Derwent. Join May Ann Packard to learn techniques on both watercolor paper and fabric. Designs can be traced or drawn, colored in and then "painted" with water to release the vibrant colors. They can be used on quilt blocks, bags, clothing, etc. The *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class. Materials include basic pencils, a brush and squares of fabric and paper. Bring an apron and a smile. Space is limited.

Introduction to Computers: Mon., Oct. 23 10:30 a.m. to noon. Bring your laptop and learn the basic skills of using your laptop computer with Marvin. No Mac computers please. Free.

Wreathmaking with Free instruction*: Tue., Oct. 24, 12:30 to 3 p.m. Learn how to make a festive wreath from deco mesh. Choose colors, ribbons, flowers, and signs to decorate them and take them home. The *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class.

Moccasin Lake Nature Park: Tue., Oct. 24, 2 to 3 p.m. Haven't been to Moccasin Lake Nature Park yet? Meet a staff member that will walk you through what to expect at this Clearwater gem of a park with a photo tour. Learn about the Bird of Prey Program, the clubs and societies of the park, the trails, the Nature Center, find out what a bird blind is, and more. Free.

Resin Art workshop - 'Creative-Resin-ations' with Free Instruction*: Thu., Oct. 26, 10:30 a.m. to 12:30 p.m. Brigitte Miner will teach you how to create your own unique resin art on an 8" x 10" glass frame. No two are alike. You choose the design/theme. All supplies provided. *\$35 (cash) materials fee to be paid to the instructor on the day of your class. Space is limited.

Medication Reviews: Wed., Oct. 25, 9 a.m. to 1 p.m. Chris Steiner, Pharm. D., will review your pharmacy medications and over the counter supplements in a private 20-minute appointment. Must pre-register; call for appointment time. Free.

Vegetable Gardening: Tue., Oct. 31, 2 to 3 p.m. Join A Pinellas County Master Gardener as we cover the ups and downs of Vegetable Gardening. We will touch upon bed preparation, seasonal crop selection and proper fertilization techniques and much more! Free.

DAY TRIPS

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

- **Calypso Queen Lunch Buffet, Clearwater Marina:** Mon., Oct. 16, 10:45 a.m. to 3 p.m. \$49.50 plus tax and gratuity. Lunch included.
- **Fort De Soto Park, Tierra Verde:** Wed., Dec. 27, 8:45 a.m. to 3 p.m. \$5. Bring a packed lunch.

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., 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.*

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.

Scattergories via ZOOM: First Fri. of each month, 1 to 2 p.m. Join us as we play the Scattergories, so 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.