

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 seven business days prior to the event or program and a reasonable accommodation will be made.



CLEARWATER
AGING WELL CENTER

Programming Calendar of Events SEPTEMBER 2023

1501 N. Belcher Road in the Long Center
[MyClearwater.com/AgingWell](https://www.clearwater.org/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 Sept. 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.

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.

Mindfulness Meditation: Tue., Sept. 5 & 19, 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.

Sonder: Thu., Sept. 7, 2 to 3 p.m. The realization that everyone has a story; a life as vivid and complex as your own. Sheryl Graham will explain the concept, then participants will practice the art of Sonder together. Bring a photo, original or from a newspaper/magazine, if desired. Free.

Reiki Share: Mon., Sept. 11, 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., Sept. 11, 1 to 2 p.m.
- **Android:** Mon., Sept. 11, 2:15 to 3:15 p.m.

Insurance Counseling: Tue., Sept. 12 & 26. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration required. Call for free appointment.

Pinellas County in the 1920s Florida Land Boom: Tue., Sept. 12, 2 to 3 p.m. Join Shelley from the Tampa Bay History Center as she discusses the land boom. Along with the rest of Florida, hundreds of thousands of people came to the Sunshine State to get rich between 1920 and 1927. Free.

Theatrical Performance by Nan Colton: Thu., Sept. 14, 2 to 3:30 p.m. Mrs. Tidbit, a loquacious and vivacious widow, fictitious character, tells all about the goings on, goings out and about, and the ups and downs of coming to the Sunshine State during the "Roaring 20s." If you have ever wondered about what it was like to live in 1920's during prohibition, when the bridges and the railroads throughout Florida were being completed and everybody was encouraged "for their health" to retire to the Sunshine State, even to purchase some swamp land – then this narrative of a fun journey into another time period is bound to be fascinating, entertaining and thought provoking. Door prizes and light refreshments will be served. Pre-registration required. Space is limited. Free.

Butterflies and Your Garden: Tue., Sept. 19, 2 to 3 p.m. Join Master Gardener Carol Marshall as she discusses the life cycle of butterflies, and how to plan and plant a butterfly garden. Free.

EXPLORE KNOWLEDGE & CREATIVITY

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Acrylic Painting with Free Instruction*: Wed., Sept. 20, 1 to 3 p.m. Join us for an 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. *\$15 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

Sewing Machine 101: Thu., Sept. 21, 12:30 to 2:30 p.m. Do you have a portable sewing machine sitting on a shelf or in a closet? Do you need a review of how to operate it: threading, tensions, functions? We have a former home economics teacher ready to help! Just bring yourself and the machine (if possible) with its cord, foot pedal, needle, bobbin and thread. If you have its manual or instructions, that would be helpful as a reference for when you return home. There will also be a general demonstration, if that is all you want. Free.

Medicare 101: Tue., Sept. 26, 2:30 to 3:30 p.m. The SHINE Program presents unbiased Medicare information regarding Medicare basics, supplement insurance, advantage plans and financial assistance programs. SHINE representatives will be available to answer questions and provide enrollment or benefit application assistance. Free.

Basket Weaving with Free Instruction*: Thu., Sept 28, noon to 2:30 p.m. Join us to make your own beautiful basket to take home. Theresa Bromm-Boesen provides 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.

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 & gratuity. Lunch included.
- **Mazzaro, St. Petersburg**: Tue., Nov. 28, 8:45 a.m. to 1 p.m. Free.
- **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**: Tue., Sept. 5 & 19, 10 a.m. to noon. Enjoy this easy to play, strategic game.
- **Rummikub Game**: Thu., Sept. 7 & 21, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- **Hand and Foot Card Game**: Tue., Sept. 12 & 26, 10 a.m. to noon. Enjoy this variation of Canasta
- **Mexican Train Dominoes**: Thu., Sept. 14 & 28, 1:30 to 3:30 p.m. Dominoes game using chains or 'trains' from a central hub.

Team Trivia Challenge: Mon., Sept. 25, 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 (727) 562-4904 within 24 hours of the scheduled program if you haven't received the ZOOM link. Free.

Wheel of Fortune via ZOOM: Fri., Sept. 1, 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: Wed., Sept. 27, 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.