

## 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
- [agingcarefl.org/contact-the-helpline.html](http://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 APRIL 2026

1501 N. Belcher Road in the Long Center  
[MyClearwater.com/AgingWell](http://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

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.

**Tree of Life - A Map to Inner Peace & Understanding:** Wed., April 1, 8, 15, & 22, 10:30 a.m. to 12:30 p.m. This ancient teaching provides a clear-cut tool for understanding oneself and resolving personal issues. The class provides a basic understanding of all the elements found on the Tree of Life, explanations of its various characteristics, and ways to use the tree for personal growth. Must attend all four classes. Space is limited. Free.

**The Great Course, How Colors Affect You What Science Reveals:** Wed., April 1, 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 "The Black and White Lecture." Free.

**Creative Writing Group:** Fri., April 3, 10:30 a.m. to noon. Bring your sharpened pencils and notebook. Writing assignments will be assigned for each class, as well as feedback from the previous assignment will be given by your peers and the instructor. This group will inspire and engage you in poetry and writing exercises. Free.

**Women's Hour:** Fri., April 3 & 17, 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., April 6, 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., April 6, 1 to 2 p.m.
- **Android:** Mon., April 6, 2 to 3 p.m.

**Insurance Counseling:** Tue., April 7 & 21, call to schedule 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., April 7 & 21, 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.

**Italian Lessons:** Mon., April 6 & Fri., April 24, 10:30 to 11:30 a.m. Are you ready to learn Italian? Now is the time to learn from a real Italian teacher with twenty years of experience teaching Italian to English speakers. Free.

**Photo Walk:** Wed., April 7, 10:30 a.m. to noon. Join Photographer Sharon on a photo walk on the Ream Wilson Trail, where we will walk, discuss photography tips, and take pictures of whatever captures our imagination. We will focus on taking interesting photographs, using the available light, wildlife, and scenery. Bring your photographic equipment (smartphone, camera, tablet), your creativity, and water for hydration. Free.

**Mental Health Tips:** Wed., April 8, 2 to 3:30 p.m. Sheryl presents straightforward and thought-provoking advice and tips to care for and to improve your mental health. Free.

**Acrylic Painting with Free Instruction\*:** Mon., April 13, 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. The \*\$20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of your class. Space is limited.

**Wreathmaking with Free Instruction\*:** Tue., April 14, 12:30 to 3 p.m. Learn how to make a spring wreath from decorators 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.

**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

**Plants in Your Diet “A Flavor-Full Path to Health”:** Wed., April 15, 2 to 3 p.m. Join our Master Gardener as they cover all the benefits of plants in your daily diet. Free.

**Beaded Flower Necklace with Free Instruction\*:** Thu., April 16, 1 to 3 p.m. Make a pretty necklace for spring accessorizing. Using needle, thread and beads you will learn to create a flower design, as well as how to finish off the necklace with a knot cover, clasp and extender chain. These beads are easy to thread but be sure to bring your best glasses for close-up work. The \*\$20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of your class. Space is limited.

**Between the Covers Book Club:** Mon., April 20, 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.

• **April's Book:** “The Bird Hotel” by Joyce Maynard

**Windows 11:** Mon., April 27, 10:30 a.m. to noon. Learn the basics of Windows 11 for seniors. Join us and bring your fully charged computer to learn things about Windows 11 you might never have known. Free.

**The Sinking of the Titanic:** Tue., April 28, 2 to 3 p.m. The sinking of the RMS Titanic on its maiden voyage in April 1912 has become an indelible part of our history. However, why and how it happened is a matter of debate. Join Karen as she presents and explores the facts and the legend surrounding this supposedly “unsinkable” ship. Free.

**Oil Pastels Crayon with Free Instruction\*:** Wed., April 29, 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 and 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.

**Macrame with Free Instruction\*:** Thu., April 30, 1 to 3 p.m. Join this new introductory class taught by Theresa. Learn the art of macrame knotting and become familiar with macrame knot terminology such as Lark'shead, Square, Spirals and 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 fees required to be paid to the instructor on the day of your class. Space is limited.

**Savvy Caregiver:** Fri., May 1 through June 5, 12:30 to 2:30 p.m. This evidence-based training program is designed to support informal caregivers of community-dwelling individuals aged 60+ with Alzheimer's disease, or other forms of dementia. It provides caregivers with practical skills, strategies and knowledge to manage daily caregiving challenges, and enhance their loved ones quality of life. The program also emphasizes self-care and stress management to achieve a more content involvement between the caregiver and the care-person. This six-week program is offered for free through the Area Agency on Aging of Pasco-Pinellas. Space is limited.

## 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. This 45-minute class is 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. 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.\*

## 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., April 9 & 23, 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.

## 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.

## 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.