

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

JANUARY 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 Jan. 1 & 15

*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.

Insurance Counseling: Tue., Jan. 2 & 16. 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., Jan. 2 & 16, 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

Reiki Share: Mon., Jan. 8, 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., Jan. 8, 1 to 2 p.m.
- **Android:** Mon., Jan. 8, 2 to 3 p.m.

Healthy Aging: Tue., Jan. 9, 2 to 3:30 p.m. Sheryl Graham outlines research that identifies actions you can take to help manage your physical, mental and cognitive health. Live as independently as possible and maintain your quality of life as you age. Free.

Health Hike: Thu., Jan. 11 & 25, 8 to 8:45 a.m. Join Christina Wilkinson, A.C.S.M. Certified Personal Trainer and 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 a water bottle. \$5(W) /\$6(W/O)

The Seven McMullen Brothers of Pinellas: Thu., Jan. 11, 2 to 3 p.m. Shelley Blood, from Tampa Bay History Center, will cover how descendants of Scottish immigrants, the seven McMullen Brothers came one by one, settling in the Pinellas County peninsula between 1841 and 1871. Free.

Ice Cream Social: Thu., Jan. 18, 2 to 3:30 p.m. Celebrate the New Year with us 50s style. JK Crum will take us on a stroll down memory lane with favorites from an era when cars had fins and "The Hop" was a dance sensation. There will be sweet treats and door prizes. Space is limited. Free.

Introduction to Gmail: Mon., Jan. 22, 10:30 a.m. to noon. Learn some tricks and fine points of Gmail. Bring your fully charged laptop or Chromebook. Free.

Acrylic Painting with Free Instruction*: Tue., Jan. 23, 1 to 3 p.m. Join us for a fun afternoon of painting acrylics on a 12 x 12 canvas. With easy-to-follow, step-by-step instructions. 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.

EXPLORE KNOWLEDGE & CREATIVITY

Wisdom Circle: Mon., Jan. 29, 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.

A Matter of Balance: Wed. & Thu., Jan. 31-Feb. 28, 12:30 to 2:30 p.m. An evidence-based, Boston University program to manage falls and increase activity levels. Program consists of eight – 2-hour sessions to include lecture from certified instructors, group discussion and exercises. Must attend all eight classes. For ages 60 and up. 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.

- Botanical Gardens, Largo:** Wed., Jan. 24, 8 a.m. to 1:15 p.m. Guided tour. Bring \$5 cash for donation and a packed lunch.
- Olive Grove, Brooksville:** Fri., Feb. 16, 8:45 a.m. to 4:30 p.m. \$35 plus tax. Lunch included.
- Marie Selby Botanical Gardens, Sarasota:** Fri., March 29, 8:15 a.m. to 3:30 p.m. \$38 no tax. Guided tour.
- Seminole Hard Rock Casino, Tampa:** Fri., April 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.*

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.

Trivia via ZOOM: First Fri., 1 to 2 p.m. Join us as we play trivia. 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.