

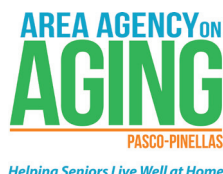
CANCELLATION POLICY

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.

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 MARCH 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

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.

Reiki Share: Mon., March 2, 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., March 2, 1 to 2 p.m.

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

Insurance Counseling: Tue., March 3 & 17, 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., March 3 & 17, 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.

The Great Course, How Colors Affect You What Science Reveals First Session: Wed., March 4, 1 to 2 p.m. Enjoy lifelong learning with Ted during this lecture series presented by the foremost experts in their fields. Monthly segments with DVDs will be ongoing and discussion for each session will build on the previous session. This month will be a discussion on "The Meanings of Color." Free.

Don't Be Fooled National Consumer Week: Wed., March 4, 2 to 3 p.m. Join Anna Marie from Pinellas County Consumer Protection and learn how to spot and stop a scam. Free.

Creative Writing Group: Fri., March 6, 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., March 6 & 20, 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.

Italian Lessons: Mon., March 9 & 30, 10:30 to 11:30 a.m. Have you always wanted to speak Italian? Now is the time to learn from a real Italian teacher with twenty years of experience teaching Italian to English speakers. Free.

Creative Resign-ations Realistic Beachy Tray with Seashells*: Mon., March 9, 1 to 3 p.m. Let the coastal vibes guide your creativity in this fun, hands-on workshop. No experience needed. *\$35 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

Healthy Eating in 2026: Tue., March 10, 2 to 3:30 p.m. Sheryl explores current research and trends, sharing good nutrition tips and takeaways from multiple credentialed sources. 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

Between the Covers Book Club: Mon., March 16, 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.

- **March's Book:** "The Thursday Murder Club Book," by Richard Osman

NEW Introduction to Computers: Mon., March 23, 10:30 a.m. to Noon. Computers and programs have changed. This class will introduce you to some of the new computer updates including AI (Copilot) and the Microsoft Cloud. Use of AI and the Cloud is becoming increasingly popular in new computer systems. Free.

Photo Walk: Wed., March 25, 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.

Water Coloring with Free Instruction*: Wed, March 25, 1 to 3 p.m. This two-hour workshop is for beginners, and advanced beginners, interested in watercolor techniques. All participants will draw the same thing and the instructor will guide every step from start to finish. *\$20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

Common Garden Myths: Mon., March 30, 2 to 3 p.m. Join Master Gardner Liza as she shares information to help you with your backyard garden. Free.

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.* 4 p.m. class cancelled on March 31.

- **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.* 3:10 p.m. class cancelled on March 31.

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., March 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 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.