## 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.

AREA AGENCY ON AGING PASCO-PINELLAS
*Helping Seniors Live Well at Home*

### How to Contact the Helpline

- 1-800-96-ELDER (963-5337) or (727) 217-8111
- 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
## DECEMBER 2026

1501 N. Belcher Road in the Long Center
MyClearwater.com/AgingWell

For more information, call (727) 562-4904.

AGE FRIENDLY CLEARWATER

### CENTER HOURS

Mon.-Thu., 7:30 a.m.-5 p.m.; Fri., 7:30 a.m.-4 p.m.;
Sat. & Sun., Closed; Closed on Dec. 25

**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.

**Insurance Counseling:** Tue., Dec. 1 & 8, 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.

**Citrus & Veggie Stamp Art with Free Instruction*:** Tue., Dec. 1, 1 to 3 p.m. Get creative and design your own washable dish towel. Participants will use halved citrus fruits and vegetables, dip them in paint and stamp their unique shapes and textures onto a dish towel. Experiment with different colors, patterns and combinations to create a one-of-a-kind kitchen accessory. A *$20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

**The Closer Look, Micro-Photography Stroll:** Wed., Dec. 2, 10:30 a.m. to Noon. Learn how to take professional-looking photos using just your smartphone. This beginner-friendly workshop takes place entirely on the short trail segment directly behind the Aging Well Center. We will practice adjusting your phone's exposure for bright daylight, finding unique framing angles and transforming everyday trail textures into great images. Free.

**The Great Course, The Inexplicable Universe; Unsolved Mysteries:** Wed., Dec. 2, 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 "History's Mysteries." Free.

**Beaded Holiday Tree Pendant and Earrings with Free Instruction*:** Thu., Dec. 3, 1 to 3 p.m. Join us for a fun and easy project making a festive pendant and earring set for the holidays, to keep for yourself or give as a gift. Bring your best glasses for up-close work. A $20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

**Holiday Wire Mesh Wreath Class with Free Instruction:** Fri., Dec. 4, 1 to 3 p.m. Create a beautiful piece for the holidays in this beginner-friendly wire mesh wreath class. Follow step-by-step instruction to design your wreath using colorful ribbons, seasonal flowers, berries and a decorative accent sign. A $30 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

**Women's Hour:** Fri., Dec. 4 & 18, 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 class times. Free.

**Reiki Share:** Mon., Dec. 7, 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 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., Dec. 7, 1 to 2 p.m.
- **Android:** Mon., Dec. 7, 2 to 3 p.m.

**The Real Race Around the World in 80 Days:** Tue., Dec. 8, 2 to 3 p.m. In 1889, as a publicity stunt for rival publications, two women journalists sought to prove Jules Verne's fictional prediction that it was possible to travel around the world in 80 days. Both attempted to beat the other back to New York City in 80 days or less by travelling in opposite directions. Their race took them through the far corners of the world, battling storms and train delays, and even led to a meeting with Jules Verne. Did they succeed and who won the race? Join Karen to find out. Free.

**Spanish for Beginners:** Fri., Dec. 4 & 11, 10:30 to 11:30 a.m. Join Ted to learn words, phrases and sentences in Spanish. Free.

**Artful Cards for You with Free Instruction*:** Thu., Dec. 10, 1 to 3 p.m. Join Kathleen to create two beautiful fall cards. Sentiment choices also include a Happy Birthday option. All materials supplied. A $10 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

**Italian Lessons:** Mon., Dec. 14, 10:30 to 11:30 a.m. Are you ready to learn to speak Italian? Now is the time to learn from an Italian-language teacher with 20 years of experience teaching Italian to English speakers. Free.

**Growing Herbs:** Mon., Dec. 14, 2 to 3 p.m. Join our Master Gardner Marianne as she shares her knowledge on growing herbs. 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., Dec. 14, 1 to 2 p.m. Join Kathleen on the third Monday of each month, along with other fabulous book lovers, to discuss a new reading adventure. Bring a book you'd like to recommend for the next meeting. Free.

- **December's Book:** "The Lincoln Highway" by Amor Towles

**Mindfulness Meditation:** Tue., Dec. 15, 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 meditation as a way of connecting compassionately to yourself and others. No experience is necessary. Free.

**Sensory Grounding for the Holidays:** Wed., Dec. 16, 2 to 3 p.m. Even though December has joyful celebrations, holiday times can be stressful. Sheryl discusses some sensory grounding and mindfulness techniques to help you maintain balance. Free.

**Oil Pastels Crayon with Free Instruction*:** Thu., Dec. 17, 1 to 3 p.m. This two-hour workshop is 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. A *$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class. Space is limited.

**Holiday Basket Weaving with Free Instruction*:** Fri., Dec. 18, 12:30 to 3 p.m. Join the fun, in this step-by-step interactive class. Good hand dexterity is required. 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.

**Microsoft Edge & Google Chrome:** Mon., Dec. 28, 10:30 a.m. to Noon. Join Marvin for this session and learn that there is more to the internet browsers Microsoft Edge and Google Chrome. This session will show you what is behind the three dots in the corner of the screen. 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.; Tue. & Thu., 8 to 8:45 a.m. and Mon., Tue. & Wed., 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.*

**Splash:** Improve flexibility and cardiovascular endurance. Olympic Pool shallow end.* For program times and dates, call (727) 562-4905.

# 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 three 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.

# FITNESS CLASSES

**Register in person at the Aging Well Center or 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., Dec. 10, 8 to 8:45 a.m. Join Christina Wilkinson, A.C.S.M. Certified Personal Trainer A.C.E. and Certified Group Fitness Instructor, on a morning walk that adds in gentle exercises along the way. Enjoy the park and conversation while improving health. We'll be working on balance, strength and range of motion. Participants should bring water bottles for hydration. $5(W) /$6(W/O)

**Line Dancing:** Fri., Dec. 11, 1 to 2 p.m. Line dancing provides many benefits beyond fun and social interaction, such as low-impact cardiovascular exercise and cognitive stimulation. It improves balance, coordination, flexibility and muscle strength, which helps reduce falls. Additionally, it boosts mental health by enhancing memory, relieving stress and reducing depression. Space is limited. No pre-registration. Free.

# ACTIVE AGING ACTIVITIES

**Enjoy several mind challenging games. Free.**

- **Euchre:** Thu., 10 a.m. to Noon. Easy-to-learn, tough-to-master card game.
- **Player's 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. This 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.
- **Social Bridge:** Second and Fourth Tue.,10 a.m. to Noon. Fun partnership card game that turns a mental challenge into a friendly social gathering.
- **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.

# 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.