

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 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
- <https://www.agingcarefl.org/contact-the-helpline.html>
- Monday through Friday, 8 a.m. to 5 p.m.



CLEARWATER
AGING WELL CENTER

Programming Calendar of Events MARCH 2024

1501 N. Belcher Road in the Long Center
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

*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.

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.

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.

Reiki Share: Mon., Mar. 4, 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., Mar. 4, 1 to 2 p.m.
- **Android:** Mon., Mar. 4, 2 to 3 p.m.

Insurance Counseling: Tue., Mar. 5 & 19. 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., Mar. 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.

George Gandy and His Bridge: Thu., Mar. 7, 2 to 3 p.m. Join the Tampa Bay History Center as they present about the history of the Gandy Bridge and how it connected Tampa and St. Petersburg in 1924. It was spectacular enough to attract worldwide attention and lots of dignitaries, including governors from seventeen states. Free.

Health Hike: Thu., Mar. 14 & 28, 8 to 8:45 a.m. Join Christina Wilkinson, A.C.S.M. Certified Personal Trainer A.C.E. Certified Group Fitness Instructor, for a morning walk adding in gentle exercises along the way. We'll work on balance, strength and range of motion. Participants should bring water. \$5(W) / \$6(W/O)

Free* Instruction Stained & Shattered Resin Art on Canvas Workshop: Tue., Mar. 12, 11 a.m. to 1 p.m. Brigitte will guide you to paint a colorful backdrop with grassy wildflowers on a 4" x 12" canvas. Then using 'stained & shattered' glass along with vitrigraph, you will create a 3D wildflower floral design. *\$35 (exact amount in cash) materials fee due the instructor the day of the class.

The St. Petersburg Sax Quartet: Thu., Mar. 14, 1 to 3:30 p.m. Music brings back memories. The St. Petersburg Sax quartet plays the American Songbook - popular music and jazz classics. Join us for fabulous music, light refreshments and door prizes. Free. Space is limited.

Acrylic Painting with Free Instruction*: Mon., Mar. 18, 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. *\$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

Bringing Your Ancestors to Life - Going Beyond the Facts: Thu., Mar. 21, 2 to 3 p.m. Join Karen Fortin as she explores how you can use traditional genealogy and family resources, such as birth and death records, census records, deeds and newspaper articles to discover more about the lives, experiences and even personalities of your ancestors. Free.

Introduction to Google Spreadsheets: Mon., Mar. 25, 10:30 a.m. to noon. Marvin will show you how to create an address book, check register, birthday/anniversary list and more. You will need a Gmail account and a fully charged laptop or Chromebook. Free.

Growing Herbs for Flavor and Health: Tue., Mar. 26, 2 to 3 p.m. This will be an exciting and informative program. Join a Master Gardener as they present on the how, the what and the when of growing flavorful herbs. Free.

Healthy Aging: Thu., Mar. 28, 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.

DAY TRIPS

Registration starts Mon., Apr. 1 @ 8 a.m. Register for one trip only until Apr. 15. Lunch is at your own expense unless otherwise posted. Refer to our Refund Policy for any questions. Mastercard and Visa payment only.

Calypso Queen Cruise, Clearwater: Thu., May 30, 10:45 a.m. to 3 p.m. \$50 plus tax and gratuity. Buffet lunch included.

Ed Fletchers Early Bird Theater "Moonlight and Magnolias," Clearwater: Thu., June 6, 10 a.m. to 3:30 p.m. \$56 plus tax. Lunch included.

Museum of the American Arts & Crafts Movement, St. Petersburg: Thu., July 11, 8:45 a.m. to 3:30 p.m. \$20, plus tax. Guided tour. Lunch at the café at your own expense.

Tampa Premium Outlets, Lutz: Thu., Aug. 1, 8:45 a.m. to 3:30 p.m. Free. Shopping and lunch at your own expense.

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 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: Improve flexibility and cardiovascular endurance. Held in the shallow end of the Olympic-sized pool.* Call (727) 562-4905 for times and dates.

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.

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.

Scattergories via Zoom: First Fri., 1 to 2 p.m. Join us as we play Scattergories. 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

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

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 session 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.