Virtual Chair Yoga at Cooper’s Bayou: Premiering Tue., Aug. 4, 1 p.m. Debra will guide viewers through a chair yoga class focused on improving range of movement, strength and balance, all from the support of a chair at one of the city of Clearwater’s beautiful parks.

Virtual Guided Walk on Clearwater Beach: Thu., Aug. 13, 1 p.m. Join Michael on this meditative, reflective journey through one of the city of Clearwater’s most beautiful assets.

Virtual Balance Chi at Kapok Park: Premiering Thu., Aug. 27, 1 p.m. Connect with wellness through Debra’s meditative Tai Chi and Balance class at one of the city of Clearwater’s beautiful parks.

Genealogy Series Lesson 2: Premiering Tue., Aug. 18, 1 p.m. This five-part series is designed for beginners interested in learning how to start researching their family history. Each episode will premiere on the third Tuesday of the month and will take viewers through some of the basic steps in genealogy and provide them with simple exercises to practice what they learn on their own.

**VIRTUAL VIDEO PROGRAMMING**

These videos can be found on Facebook.com/ClearwaterParksandRec and YouTube.com/MyClearwater on the scheduled date and time.

**VIRTUAL INTERACTIVE PROGRAMMING**

ZOOM links will be sent after registering for the program.

Health Insurance Education via ZOOM
- SHINE (Serving Health Insurance Needs of Elders) provides information and assistance with Medicare. All services are free, objective and confidential.
- NEW! Weekly Medicare Basics presentations brought to you virtually every Wednesday at 10 a.m. To register, visit floridashine.org. Call (800) 963-5337 or (727) 217-8111.

Technology Chat - iPhone & iPad & Android via ZOOM: 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 password readily accessible.
- iPhone & iPad - Mon., Aug 3, 1 to 2 p.m.
- Android - Mon., Aug 3, 2:15 to 3:15 p.m.

Knitters World via ZOOM: Wed., Aug. 5 & 19, 10:30 to 11:30 a.m. Join our fellow knitters for a social hour to chat about patterns, troubleshooting an issue or just to stay connected.

Snow Show via ZOOM: Thu., Aug. 6, 2 to 3 p.m. Jim Weiss from the Tampa Bay History Center will present a program called the Snow Show, about the year that the downtown Tampa merchants decided to set up a ski slope and make the main street into a winter wonderland and Murphy’s Rule reigned. Disasters you couldn’t imagine kept happening.

Trivia via ZOOM: Fri., Aug. 7, 1 to 2 p.m. Exercise your brain through fun challenges about facts, dates and culture on a virtual platform.

Magic Within with Joye via ZOOM: Mon., Aug. 10, 3 to 4 p.m. Joye Swisher will explore ways to laugh and look at your sense of humor to survive some of life’s most stressful events. Connect to “The Magic Within” and learn strategies for responding, adapting, and managing a variety of creative techniques. Learn ways to turn negative situations into new opportunities.

Components of Wisdom via ZOOM: Tue., Aug. 11, 1 to 2 p.m. Sheryl Graham presents research by Dr. Dilip Jeste that seeks to define the complexity of wisdom and how it develops with aging.

The PERMA Model: A Scientific Theory of Happiness via ZOOM: Tue., Aug. 25, 1 to 2 p.m. Sheryl Graham discusses Dr. Martin Seligman’s five aspects of happiness, with some thought-provoking prompts to enhance well-being.

ZOOM 101: Wed., Aug. 26, 9 a.m. to 3 p.m. The new Tech Era is upon us and the Aging Well Center is now offering programs virtually. Call the center to schedule a one-hour appointment and let us help you feel more comfortable with this new interactive technology. We will guide you step-by-step through any questions or concerns you may have. Must have a computer, tablet or smart phone.

Pictionary via ZOOM: Fri., Aug. 28, 1 to 2 p.m. Join in on our fun and games with video Pictionary. Each participant will get the chance to draw with their mouse. Divide into teams and get the chance to guess what your team is drawing. It’s going to get crazy, so bring your sense of humor. Free.

Between the Covers Book Club via ZOOM: Thu., Sept. 24, 1 to 2 p.m. Join Cheri on the 4th Thursday of each month, and other fabulous book lovers, as they discuss a new reading adventure.
- Sept. - “Where the Crawdad Sings” by Delia Owens
- Oct. - “A Man Called Ove” by Fredrik Backman
- Nov. - “American Dirt” by Janine Cummins

**VITAL INFORMATION**

To view the scheduled video programs, visit: Facebook.com/ClearwaterParksandRec or YouTube.com/MyClearwater

To register for these free programs, please call (727) 724-3070 at least 24 hours in advance.

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.
Virtual Course - Diabetes Education Empowerment Program (DEEP) via Skype:
Mon., Oct. 5 through Nov. 9, 1 to 3 p.m.
The National American Association of Diabetes Educators provides this six-week interactive course to empower people to take charge of their diabetes by avoiding disease complications and improving self-management skills. The class meets virtually once a week (two-hour classes) for six-weeks. Free. To register, call BayCare at (727) 561-2406 or email at GetHealthy@baycare.org.

BayCare HealthChat Audio Podcasts
BayCare HealthChat® is the official podcast series of BayCare and features health care professionals sharing the latest health and wellness topics relevant to you and your family. To view the full library of podcasts, visit BayCareHealthChat.org.

Coping with Stress
Learn the different types of stress, ways to cope with it and tools to prevent stress from disrupting your daily life. 
Listen here

Effects of Poor Sleep on Your Health
It is estimated 50-70 million Americans suffer from some type of sleep disorder. Dr. Ashley Wilk talks sleep hygiene and how doctors evaluate and diagnose sleep disorders.
Listen here

Exercise is Optional, Movement is Mandatory
Exercise physiologist Jeanmarie Scordino shares how to reframe your thinking about physical activity and tips to get moving.
Listen here

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
• http://agingcarefl.org/helpline/
• Monday through Friday, 8 a.m. to 5 p.m.

ON DEMAND PROGRAMS
These videos can be found online at any time at these links: MyClearwater.com/AgingWell, Facebook.com/ClearwaterParksandRec and YouTube.com/MyClearwater

Virtual Yoga Video with Debra: Debra guides the class through a chair yoga class focused on improving range of movement, strength and balance, all from the support of a chair at home. All that is needed is a sturdy chair, water and time to reconnect with wellness. Yoga mat not required.

Virtual Guided Walk of Cliff Stevens Park with Michael: Join Michael on this meditative, reflective journey through Cliff Stevens Park.

Balance Chi by Deborah: Connect with wellness through Debra’s meditative Balance Chi class.

Guided Walk of Kapok Park: Go on a meditative, reflective journey through Kapok Park.

Virtual Chair Yoga at Clearwater Beach: Debra guides the class through a chair yoga class focused on improving range of movement, strength and balance, all from the support of a chair at home. Participants will need a sturdy chair, water and time to reconnect with wellness. Yoga mat not required.

Apple Knowledge: Topics include the loss of the home button, making emergency calls, setting up emergency contacts, sign in with Apple, location restrictions, changing Siri’s voice, maps and photos.

Genealogy Series - Lesson 1: Karen Fortin presents this five-part series designed for beginners interested in learning how to start researching their family history. Each episode will premiere on the third Tuesday of the month and will take participants through some of the basic steps in genealogy and provide them with instructions on how they can practice what they learn on their own.

How to Use Facebook: In this Facebook video, participants will explore creating a photo album, deciding whether to unfollow/unfriend/or block, finding live video, messaging, posting and whether to deactivate or delete their Facebook account.