

## 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.



CLEARWATER  
AGING WELL CENTER

## Programming Calendar of Events JUNE 2022

1501 N. Belcher Road in the Long Center  
[myclearwater.com/agingwell](http://myclearwater.com/agingwell)

To register for these programs, call (727) 562-4904  
at least 24 hours in advance.



### CENTER HOURS

Mon. - Fri., 9 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.*

### ADA ACCOMODATION

If you have a disability that requires an accommodation, please notify the Aging Well Center supervisor at (727) 562-4904 a minimum of two 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.**

### 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.

### 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 password readily accessible. Free.

- **iPhone & iPad:** Mon., June 6, 1 to 2 p.m.
- **Android:** Mon., June 6, 2:15 to 3:15 p.m.

### Insurance Counseling: Tue., June 7 & 21.

Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration required. Call for a free appointment.

### Thirty Brain Boosts: Thu., June 9, 2 to 3 p.m.

Sheryl Graham shares research from Dr. Daniel Amen regarding 30 simple yet powerful "brain boosts" that can enhance your mental wellness, support your physical health, improve your overall well-being and fit into your everyday life. Free.

### Basket Weaving with Free Instruction\*:

Tue., June 14, 10:30 a.m. to 12:30 p.m. Join us to make a beautiful basket to take home. Theresa Bromm-Boesen will provide the opportunity for attendees to learn a new craft through the art of basket weaving in this step-by-step interactive class. All materials are supplied for \*\$15 (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.

### Sharing Family Stories: Thu., June 16, 2 to 3 p.m.

Sharing family and personal stories is a great way to build bonds and pass on family history to the next generation. Karen Fortin will discuss ways that you can share these stories and keep relatives of all ages coming back for more. Free.

### Caregiver Survival Tips: Thu., June 30, 2 to 3 p.m.

Did you plan on becoming a family caregiver? Probably not. It's usually a sudden life change that we never saw coming. Caregiving can be emotionally and physically challenging. It is a rewarding and selfless act but it shouldn't come at the expense of your own health and well-being. Join us as we learn about powerful tools that will help caregivers get organized, informed and practice good self-care. Free.

SPECIAL EVENT

**National Chocolate Ice Cream Day:** Tue., June 7, 2 to 3:30 p.m. Celebrate the day with an Ice Cream Sundae Social and join Dave Deluca as he entertains us with the greatest radio hits of the 1950s and 1960s, including rock & roll, pop, rockabilly, R&B, doo-wop and country songs such as “All Shook Up,” “La Bamba,” and more. Pre-registration required. Space is limited. Free.

DAY TRIPS

Refer to our Refund Policy for any questions. Mastercard and Visa payments only.

- Dali Museum, St. Petersburg:** \$20, Tue., July 26, 8:45 a.m. to 4 p.m. Lunch at The Hanger, lunch at your own expense.

SILVERSNEAKERS® CLASSES

Free for SilverSneakers members. Non-SilverSneakers fees; \$4(W)/\$5(W/O)

**Boom:** Mon., Wed., Fri., 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.

**Splash:** Fri., 11 to 11:45 a.m. Improve flexibility and cardiovascular endurance. Olympic Pool shallow end.

**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.

VIRTUAL INTERACTIVE FREE 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.

**Pictionary via ZOOM:** Fri., June 3, 1 to 2 p.m. Join us as we play Trivia, so put on your thinking caps and join in on all the fun.

**ZOOM 101:** Wed., June 22, 9 a.m. to 3 p.m. Explore in an individual appointment how to use the virtual platform Zoom. We hope that through this personal technology session, you will feel more comfortable with virtual programs. Call to schedule a one-hour appointment. We will guide you step-by-step through any questions or concerns you may have. Must have a computer, tablet or smartphone.

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:** Tue., June 7 & 21, 10 a.m. to noon. Enjoy this easy to play, strategic game.
- Rummikub Game:** Thu., June 2 & 16, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- Hand and Foot Card Game:** Tue., June 14 & 28, 10 a.m. to noon. Enjoy this variation of Canasta.
- Mexican Train Dominoes:** Thu., June 9 & 23, 1:30 to 3:30 p.m. Dominoes game using chains or ‘trains’ from a central hub.

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. Pre-registration is required. Free.

**Building Better Caregivers:** An evidence-based, Stanford University program provides tools for caregivers of older adults to reduce stress, deal with difficult behaviors and emotions, make care and housing decisions, communicate with family, friends, and health professionals and plan for future needs. Program consist of six, 2 ½ hour sessions to include lecture from certified instructors and group discussion. Call for dates and times. Free.

**Chronic Disease Self Management: Living Healthy Workshop** - An evidence-based, Stanford University program providing tools to manage your health concerns, increase your activity and enjoy life more. Program consists of seven, 2 ½ hour sessions to include lecture from certified instructors and group discussion. Call for dates and times. 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 is required. Free.