

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.

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.



CLEARWATER
AGING WELL CENTER

Programming Calendar of Events OCTOBER 2022

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.*

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.

Reiki Share: Mon., Oct. 3, 1 to 2:30 p.m. Reiki Master Joye Swisher will share the simple technique that allows students to tap into an unlimited supply of "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., Oct. 3, 1 to 2 p.m.

• **Android:** Mon., Oct. 3, 2:15 to 3:15 p.m.

Insurance Counseling: Tue., Oct. 4, 11, 18, & 25. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration required. Call for free appointment.

Preventing Alzheimer's with Cognitive Training (PACT) study: Thu., Oct. 6, 2 to 3 p.m. The USF-Cognitive Aging Lab's Jennifer O'Brien, Ph.D. will discuss how cognitive abilities can be maintained and even enhanced with advancing age through cognitive interventions. These interventions often referred to as brain fitness programs help older adults to avoid or at least delay functional difficulties, and thereby maintain independence and improve their quality of life. Dr. O'Brien will discuss the Preventing Alzheimer's with Cognitive Training (PACT) study and how patrons can participate in this computer-based brain fitness intervention. The Aging Well Center has been selected as a PACT research study site. Free.

Meaningful Life Goals: Tue., Oct. 11, 2 to 3 p.m. Sheryl Graham will facilitate this workshop in which we will craft a meaningful list as we consider the lives we want to live in our remaining years and the legacies we want to leave behind. Free.

Free* Instruction Stained & Shattered Resin Art on Canvas Workshop: Thu., Oct. 13, 12:30 to 2:30 p.m. Brigitte will guide you to paint a colorful backdrop with grassy wildflowers on a 4" x 12" canvas. Then using stained and 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. Space is limited.

Creative Cuts: Mon., Oct. 17, 10:15 a.m. to 12:15 p.m. Join Vondi for a craft workshop where plain t-shirts are cut and embellished and turned into works of art. Bring a t-shirt and scissors for this class. Free.

"New" Mindfulness Meditation: Tue., Oct. 18, 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.

Medicare Advantage Plans: Tue., Oct. 18, 2:30 to 3:30 p.m. SHINE Counselors will provide unbiased information about Medicare Advantage plans, including eligibility and enrollment, types of plans, and rights and considerations. SHINE representatives will be available to answer questions and provide enrollment or benefit application assistance. Free.

EXPLORE KNOWLEDGE & CREATIVITY

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Social Security and You: Thu., Oct. 20, 2 to 3 p.m. Join Javier as he presents an unbiased overview of SSA programs such as but not limited to Retirement Benefits, Survival and Spouses Benefits and Fraud. Free.

Introduction to Windows 11: Mon., Oct. 24, 10:30 a.m. to noon. Join Marvin as we explore everything you need to know about Windows 11 with File Explorer. Free.

Memory Fit Program: Mon. & Fri., Oct. 24, 28, 31 & Nov. 4, 1 to 3 p.m. Learn practical techniques for enhancing memory ability. Memory Fit provides an innovative educational program for people with age-

related memory concerns. Two-hour, instructor led class meets twice a week for two weeks. Must be able to attend all four classes. *Fee \$25. (*Fee waived for the first 20 Aging Well Patrons to register for all four classes.)

Painting Pottery Class with Free instruction*: Tue., Oct. 25, 1 to 3 p.m. Join us for a fun afternoon painting pottery. *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class. Pottery will be ready for pick up one week after class due to firing purposes. Space is limited.

DAY TRIPS

Register for only one trip per person. Two weeks prior to a designated trip, if there is still availability, you may register for an additional trip. Refer to our Refund Policy for any questions. Mastercard and Visa payments only. Lunch is at your own expense.

- Lowry Park Zoo, Tampa:**
Wed., Dec. 28, 8 a.m. to 4 p.m., \$41.95
Lunch at Macaws Landing Café

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., 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 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: Fri., Oct. 7, 1 to 2 p.m. Join us as we play Scattergories, so put on your thinking caps and join in on all the fun. Free.

ZOOM 101: Wed., Oct. 26, 9 a.m. to noon. Explore in an individual appointment how to use 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., Oct. 4 & 18, 10 a.m. to noon. Enjoy this easy to play, strategic game.
- Rummikub Game:** Thu., Oct. 6 & 20, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- Hand and Foot Card Game:** Tue., Oct. 11 & 25, 10 a.m. to noon. Enjoy this variation of Canasta.
- Mexican Train Dominoes:** Thu., Oct. 13 & 27, 1:30 to 3:30 p.m. Dominoes game using chains or 'trains' from a central hub.

Team Trivia Challenge: Mon., Oct. 17, 1 to 2:30 p.m. Exercise your brain through fun challenges about facts, dates and culture. Pre-registration preferred. Free.

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. For ages 60 and up. 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 consists of six, 2 ½ hour sessions to include lecture from certified instructors and group discussion. Call for dates and times. For ages 60 and up. 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. 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 is required. For ages 55 and up. Free.