



# Programming Calendar of Events

## APRIL 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.*

## IN-PERSON CLASSES

**Space is limited. Pre-registration recommended for all in-person classes, except Stretch and Play. 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., Apr. 4, 1 to 2 p.m.
- **Android:** Mon., Apr. 4, 2:15 to 3:15 p.m.

**Insurance Counseling:** Tue., Apr. 5 & 19. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration required. Call for free appointment.

**Basket Weaving with Free Instruction\*:** Tue., Apr. 12, 10:30 to 12:30 p.m. Love baskets? Join us to make your own beautiful basket to take home. Theresa Bromm-Boesen provides the opportunity for you to learn a new craft through the art of basket weaving. Join the fun, 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.

**Creating and Sharing Stories Using Google Earth:** Thu., Apr. 14, 2 to 3 p.m. Creating tour projects in Google Earth Web is a fun and easy way to share stories about yourself, your family, or your ancestors with friends and family members in a way that brings these stories to life. Free.

**Blue Zones:** Tue., Apr. 19, 2 to 3 p.m. Join Sheryl as she identified global areas where people live the longest and discovered nine principles that contribute to successful aging. Free.

**Medication Reviews:** Tue., Apr. 26, 9 a.m. to 1 p.m. Chris Steiner, Pharm. D., will review your pharmacy medications and over the counter supplements in a private 20-minute appointment. Must pre-register; call for appointment time. Free.

**Resin Art workshop - 'Creative-Resin-ations' with Free Instruction\*:** Thu., Apr. 28, noon to 2 p.m. Brigitte Miner will teach you how to create your own unique resin art on an 8" x 10" glass frame. No two are alike. You choose the design and theme. All supplies provided. \*\$30 (exact amount in cash) materials fee to be paid to the instructor on the day of the class.

## IN-PERSON CLASSES

Space is limited. Pre-registration recommended for all in-person classes, except Stretch and Play. To register, call (727) 562-4904.

**Stretch and Play:** Enjoy low-impact stretching before playing games. Free.

- **Euchre:** Thu., 10 a.m. to noon. Easy to learn tough to master card game.
- **Hearts Card Game:** Tue., Apr. 5 & 19, 10 a.m. to noon. Enjoy this easy to play, strategic game.
- **Mah-Jong:** Tue., April 5 & 19, 1:30 to 3:30 p.m. Enjoy this game of strategy, calculations and chance. Limited sets available. Bring your current Mah-Jong card.
- **Rummikub Game:** Thu., Apr. 7 & 21, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- **Hand and Foot Card Game:** Tue., Apr. 12 & 26, 10 a.m. to noon. Enjoy this variation of Canasta.
- **Scrabble:** Tue., Apr. 12 & 26, 1:30 to 3:30 p.m. Square off with a game of Scrabble.
- **Mexican Train Dominoes:** Thu., Apr. 14 & 28, 1:30 to 3:30 p.m. Dominoes game using chains or 'trains' from a central hub.

## IN-PERSON WELLNESS CLASSES

### 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.

## 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 8 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.

## 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.

**Wheel of Fortune via ZOOM:** Fri., Apr. 1, 1 to 2 p.m. Join us as we play the Wheel of Fortune! Spin the wheel and discover the phrase by choosing the correct letters. Free.

**ZOOM 101:** Wed., Apr. 27, 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.

# 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.



## A MESSAGE FROM THE AGING WELL CENTER

The city of Clearwater's highest priority is the safety of our residents, visitors and staff. The city of Clearwater recommends that instructors and participants at our recreation facilities:

- Wear face masks in city recreation facilities unless actively participating in an exercise class.

- Practice physical distancing by staying six feet apart from other people who are not from your household in indoor spaces.

The Aging Well initiative will continue to offer programs virtually and limited, in-person programs. This information is subject to change.

## 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 two business days prior to the event or program and a reasonable accommodation will be made.

# ON DEMAND PROGRAMS

These videos can be found online at any time at these links:

[MyClearwater.com/AgingWell](https://www.myclearwater.com/AgingWell),  
[Facebook.com/ClearwaterParksandRec](https://www.facebook.com/ClearwaterParksandRec) and  
[YouTube.com/MyClearwater](https://www.youtube.com/MyClearwater)

Debra guides viewers 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.

[Virtual Chair Yoga at Lake Chautauqua](#)

[Virtual Chair Yoga at Clearwater Beach](#)

[Virtual Chair Yoga at Clearwater Beach Recreation Center](#)

[Virtual Chair Yoga at Cooper's Bayou](#)

[Virtual Yoga Video at the Aging Well Center](#)

[Virtual Chair Yoga at Coachman Ridge Park](#)

[Virtual Chair Yoga at Lake Chautauqua](#)

[Virtual Chair Yoga at Coachman Ridge](#)

Connect with wellness through Debra's meditative Tai Chi and Balance class.

[Virtual Balance Chi at Coopers Bayou](#)

[Virtual Balance Chi at Kapok Park](#)

[Virtual Balance Chi at Clearwater Beach](#)

[Virtual Balance Chi at Lake Chautauqua](#)

[Virtual Balance Chi at Coachman Park](#)

Take a virtual meditative and reflective walk.

[Virtual Guided Walk of Cliff Stevens Park](#)

[Virtual Guided Walk of Clearwater Beach Part 2](#)

[Virtual Guided Walk of Clearwater Beach Part 1](#)

[Virtual Guided Walk of Kapok Park](#)

[Virtual Mindful Walk at Lake Chautauqua](#)

Join Debra as the sun rises for virtual mediation. Take a deep breath and relax.

[Virtual Meditation at Coopers Bayou Park](#)

[Virtual Meditation at Lake Chautauqua](#)

[Virtual Meditation at Lake Chautauqua](#)

[Virtual Meditation at the Harbor Marina](#)

[Virtual Meditation at Coachman Ridge](#)

Debra guides the class through a high-impact cardio workout.

[Virtual Cardio Fit at Coachman Park](#)

[Virtual Cardio Fit at Coachman Ridge](#)

Karen Fortin presents this five-part series designed for beginners interested in learning how to start researching their family history.

[Genealogy Series - Lesson 1](#)

[Genealogy Series - Lesson 2](#)

[Genealogy Series - Lesson 3](#)

[Genealogy Series - Lesson 4](#)

[Genealogy Series - Lesson 5](#)

Check out these educational videos:

[How to Use Facebook](#)

[Family History Fun with the Grandkids](#)

[Florida Snowbirds - From Vagabonds to Visitors](#)

[Caring for Your Family Photographs](#)

[Apple Knowledge](#)

[Buried Treasure: Exploring Your Family History Collection](#)

[The Story of the Mayflower](#)