



Programming Calendar of Events

MARCH 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., 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.

Insurance Counseling: Tue., Mar. 1 & 15. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration required. Call for free appointment.

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

- **Mah-Jong:** Tue., 1:30 to 3:30 p.m. Enjoy this game of strategy, calculations and chance. Limited sets available. Bring your current Mah-Jong card.
- **Euchre:** Thu., 10 a.m. to 12 p.m. Easy to learn tough to master card game.
- **Hearts Card Game:** Tue., Mar. 1 & 15, 10 a.m. to noon. Enjoy this easy to play, strategic game.
- **Rummikub Game:** Thu., Mar. 3 & 17, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- **Hand and Foot Card Game:** Tue., Mar. 8 & 22, 10 a.m. to noon. Enjoy this variation of Canasta.
- **Mexican Train Dominoes:** Thu., Mar. 10 & 24, 1:30 to 3:30 p.m. Dominoes game using chains or 'trains' from a central hub.

Wisdom Circle: Mon., Mar. 7, 1 to 2:30 p.m. Joye Swisher introduces a way for small groups to create a space of trust, authenticity, caring and openness to change. Share in this life-affirming gathering with kindred spirits. 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., Mar. 7, 1 to 2 p.m.
- **Android:** Mon., Mar. 7, 2:15 to 3:15 p.m.

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

Acrylic Painting with Free Instruction!* Tue., Mar. 29, 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.

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. Classes cancelled on Mar. 14, 16 & 18.

- **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. No class on Mar. 16.

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.

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.

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.

VIRTUAL INTERACTIVE FREE PROGRAMMING

To register, call (727) 562-4904.
A ZOOM link will be sent to you
via email within 24 hours of
the program start time.

Pictionary via ZOOM: Fri., Mar. 4, 1 to 2 p.m.
Exercise your brain through fun, challenges on a virtual platform.

Trivia via ZOOM: Fri., Mar. 11, 1 to 2 p.m. Join us for the fun and exciting game of trivia.

Family Feud via ZOOM: Fri., Mar. 18, 1 to 2 p.m.
Join us for another exciting game of Family Feud. Challenge your brain and see if you can conquer every category.

Scattergories via ZOOM: Fri., Mar. 25, 1 to 2 p.m.
Join us as we play Scattergories.

ZOOM 101: Wed., Mar. 23, 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.

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.

VIRTUAL VIDEO PROGRAMMING

This video can be found on [Facebook.com/ClearwaterParksandRec](https://www.facebook.com/ClearwaterParksandRec) and [YouTube.com/MyClearwater](https://www.youtube.com/MyClearwater) on the scheduled date and time.

King Philip's War: Premiering Thu., Mar. 10, 1 p.m. King Philip's War, 1675 to 1676, although largely forgotten, King Philip's War was a widespread conflict that had significant, long-lasting impacts on New England colonists and Native Americans. This presentation explores the events leading to the war, significant war events and resulting

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.

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](#)