

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 SEPTEMBER 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
Closed: Mon., Sept. 5

*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.

Fall Prevention Action Steps: Thu., Sept. 8, 2 to 3:30 p.m. Sheryl Graham discusses what you can do to reduce your risk of falling. Topics include talking to your doctor, recommended health screenings, fall prevention activities and classes, how to move safely in your home and community, and why it's important to talk openly about falling. 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., Sept. 12, 1 to 2 p.m.
- **Android:** Mon., Sept. 12, 2:15 to 3:15 p.m.

Wisdom Circle: Mon., Sept. 12, 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.

Insurance Counseling: Tue., Sept. 13, & 27.
Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration is required. Call for a free appointment.

Acrylic Painting with Free Instruction*:
Tue., Sept. 13, 1 to 3 p.m. Join us for a fun afternoon of painting acrylics on a 12 x 12 canvas. Instructions will be easy-to-follow and step-by-step. All supplies are included with the materials fee. You will be amazed at the beautiful work of art you can create.
*\$15 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class.

Basket Weaving with Free Instruction*:
Tue., Sept. 15, 10:30 a.m. to 1 p.m. Join us to make your own beautiful basket to take home. Theresa Bromm-Boesen will provide 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.

Piano Concert and Social: Thu., Sept. 22, 2 to 3:30 p.m. Join us as Peter performs a wonderful selection of musical tunes in the Aging Well Center Gallery. Light refreshments will be served following his performance. Space is limited. Free.

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.
Registration starts Mon., Aug. 1 @ 8 a.m.

- **Clearwater Marine Aquarium:** \$33.95
Tue., Sept. 20, 8:45 a.m. to 1:45 p.m.
Lunch at Shark Bites
- **Weeki Wachee, Spring Hill:** \$13 plus tax
Fri., Oct. 7, 7 a.m. to 4:30 p.m.
Lunch at The Gallery Café
- **Little Toot Boat Cruise, Clearwater Beach:** \$25.23 plus tax
Thu., Nov. 3, 9:30 a.m. to 1:15 p.m.
- **Lowry Park Zoo, Tampa:** \$41.95
Wed., Dec. 28, 8 a.m. to 4 p.m.
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.* (No class Aug. 12.)

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.

Wheel of Fortune via ZOOM: Fri., Sept. 2, 1 to 2 p.m. Join us as we play Wheel of Fortune. Put on your thinking caps and join in on all the fun.

ZOOM 101: Wed., Sept. 28, 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., Sept. 6 & 20, 10 a.m. to noon. Enjoy this easy to play, strategic game.
- **Rummikub Game:** Thu., Sept. 1 & 15, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- **Hand and Foot Card Game:** Tue., Sept. 13 & 27, 10 a.m. to noon. Enjoy this variation of Canasta.
- **Mexican Train Dominoes:** Thu., Sept. 8 & 22, 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. 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 consist 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.