

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 DECEMBER 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: Dec. 26

*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.*

We take Visa or Mastercard as payment.

EXPLORE KNOWLEDGE & CREATIVITY

Space is limited. Pre-registration recommended for all in-person classes. To register, call (727) 562-4904. Devices brought for technology classes should be fully charged in advance.

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.

Painting Pottery Class with Free Instruction*:

Thu., Dec. 1, 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.

Reiki Share: Mon., Dec. 5, 1 to 2:30 p.m. Reiki Master Joye Swisher will facilitate this session and share the simple technique that may allow the student to tap into an "life force energy," improve health and enhance quality of life. Free.

Technology Chat - iPhone & iPad and Android:

Informal question and answer session. Ask about navigation features, apps, social networks, customizing, email and more. Make sure that your password is accessible. Free.

- **iPhone & iPad:** Mon., Dec. 5, 1 to 2 p.m.
- **Android:** Mon., Dec. 5, 2:15 to 3:15 p.m.

Insurance Counseling: Tue., Dec. 6, 13 & 20. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration is required. Call for a free appointment.

Mindfulness Meditation: Tue., Dec. 6 & 20, 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.

Health Hike: Thu., Dec. 8 & 22, 8 to 8:45 a.m. Join Christina Wilkinson, A.C.S.M. Certified Personal Trainer A.C.E. Certified Group Fitness Instructor, on a morning walk, adding in gentle exercises along the way. Enjoy the park and conversation while building health. We'll be working on balance, strength and range of motion. Participants should bring a bottle of water. \$5(W)/\$6(W/O)

Resin Art Workshop - 'Creative-Resin-ations' with Free Instruction*: Thu., Dec. 15, 12:30 to 2:30 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/theme. All supplies provided. *\$35 (cash) materials fee to be paid to the instructor on the day of your class. Space is limited.

DAY TRIPS

Registration starts Dec. 1 @ 8 a.m. Please register for only one trip until Dec. 15. Refer to our Refund Policy for any questions. Mastercard and Visa payment only. Lunch is at your own expense unless otherwise noted.

- Olive Farm, Brooksville:**
Tue., Jan. 3, 8:45 a.m. to 4:30 p.m.
\$35 plus tax
- Joseph’s Tea Room, Clearwater:**
Tue., Feb. 21, 10:15 a.m. to 1:30 p.m.
\$45.72 Tax & Gratuity included
- Odyssey Dolphin Tour & Hellas, Tarpon Springs:**
Mon., March 20, 8:45 a.m. to 3:15 p.m.
\$26.99 plus tax
- Old McMickey’s Farm, Odessa:**
Mon., April 17, 7:45 a.m. to 1:30 p.m.
\$12 plus tax.
Bring a packed lunch.

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.* No classes on Dec. 26, 28 & 30.
- 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.*
- 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., Dec. 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. Free.
- ZOOM 101:** Wed., Dec. 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., Dec. 6 & 20, 10 a.m. to noon. Enjoy this easy to play, strategic game.
 - Rummikub Game:** Thu., Dec. 1 & 15, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
 - Hand and Foot Card Game:** Tue., Dec. 13 & 27, 10 a.m. to noon. Enjoy this variation of Canasta.
 - Mexican Train Dominoes:** Thu., Dec. 8 & 22, 1:30 to 3:30 p.m. Dominoes game using chains or ‘trains’ from a central hub.
- Team Trivia Challenge:** Mon., Dec. 12, 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.