

## CANCELLATION POLICY

If you sign up for a class, especially an art class where materials need to be purchased, and you need to cancel, please call (727) 562-4904 to cancel at least 10 business days in advance so that we can offer the spot to those on the waiting list. Thank you in advance for your kind consideration.

## 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
- <https://www.agingcarefl.org/contact-the-helpline.html>
- Monday through Friday, 8 a.m. to 5 p.m.



CLEARWATER  
AGING WELL CENTER

# Programming Calendar of Events DECEMBER 2024

1501 N. Belcher Road in the Long Center

[MyClearwater.com/AgingWell](http://MyClearwater.com/AgingWell)

For more information, call (727) 562-4904.



## CENTER HOURS

Mon. - Fri., 8 a.m. - 4 p.m.; Sat. & Sun., Closed  
Closed Dec. 25

*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.

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

## 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.**

**Reiki Share:** Mon., Dec. 2, 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.

**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., Dec. 2, 1 to 2 p.m.

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

**Insurance Counseling:** Tue., Dec. 3, call for a free appointment. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration is required.

**Mindfulness Meditation:** Tue., Dec. 3 & 17, 1:30 to 2:30 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 toward personal growth. You will learn meditations as a way of connecting compassionately to yourself and others. No experience necessary. Free.

**Basket Weaving:** Thu., Dec. 5, 12 to 2:30 p.m. Join us to make a beautiful basket to take home. Theresa Bromm-Boesen will teach the art of basket weaving. Join the fun, in this step-by-step interactive class. All materials are supplied for \*\$20 (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. Space is limited.

**Dementia Caregivers Support Group:** Fri., Dec. 6 & 20, 10:30 to noon. Join Maureen, a Board-Certified Patient Advocate and Certified Dementia Care Partner, that specializes in working with families on their Dementia journey. Join us as we learn from and support each other. Free.

**Aging Well Center Women's Hour:** Fri., Dec. 6 & 20, 1 to 2 p.m. Join this group to meet like-minded women in the same place in life and create long-lasting friendships. Enjoy an opportunity to bond with others and maybe even make plans outside of scheduled meeting times. Free.

**A Florida Winter Garden:** Mon., Dec. 9, 2 to 3 p.m. Join Master Gardener Liz as she shares insights on managing your winter garden. Free.

**Bow Making with Free Instruction\*:** Tue., Dec. 10, 12:30 to 2:30 p.m. This class will prepare you for the holidays to come. Learn to make small, medium and large bows. Bows for decorating packages, Christmas trees and wreaths - with and without a bowmaker. The \*\$25 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class.

**Health Hike:** Thu., Dec. 12, 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 with gentle exercises along the way. Enjoy conversation while getting your steps in. We'll be working on balance, strength and range of motion. Participants should bring water for hydration. \$5(W) /\$6(W/O)

**Acrylic Painting with Free Instruction\*:** Thu., Dec. 12, 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. \*\$15 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

**ALL AGING WELL CENTER PROGRAMS BEGIN PROMPTLY AT THEIR SCHEDULED START TIME.  
IF PARTICIPANTS ARRIVE LATE, THEY MAY NOT BE PERMITTED TO ENTER THE CLASS OR PROGRAM.**

# EXPLORE KNOWLEDGE & CREATIVITY

**Creative Resign-ations Holiday Ornaments with Free Instruction\***: Wed., Dec. 16, 12:30 to 2:30 p.m. This workshop you will create and embellish your very own 3 inch holiday ornaments. Project will need to cure for 24 hours. Pick up on the next day. \*\$35 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

**Creative Writing Class**: Wed., Dec. 18, 10:30 a.m. to noon. Special guest Steve, a poet/songwriter from Seminole who will talk (and sing) about finding inspiration and creating poetry through musical parody. Bring your sharpened pencils and notebook. Free.

## DAY TRIPS

**Registration starts Mon., Dec. 2 @ 8 a.m. Please register in person for only one trip per person until Dec. 16, then you may register for additional trips if available. Lunch is at your own expense unless otherwise posted. Refer to our Refund Policy for any questions. Mastercard and Visa payment only. Registration needs to be done in person. Participant can only register one's self, spouse or partner.**

**Parksdale Farm, Plant City**: Fri., Jan. 3, 8:30 a.m. to 2:30 p.m. Shopping excursion. Free.

**Olive Grove, Brooksville**: Tue., March 18, 8:45 a.m. to 4 p.m. Seminar and lunch included. \$45 plus tax.

**Seminole Hard Rock Casino, Tampa**: Mon., April 21, 8:30 a.m. to 3:30 p.m. Free.

## 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., 8 to 8:45 a.m. or 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 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.

**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.\*

**Classic**: Tue. & Thu., 9 to 9:45 a.m. This 45-minute workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights are recommended.\*

**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.\*

**Yoga**: Tue. & Thu., 12:30 to 1:15 p.m. Seated and standing yoga poses to increase flexibility, balance and range of motion.\*

**Splash**: Improve flexibility and cardiovascular endurance. Held in the shallow end of the Olympic-sized pool.\* Call (727) 562-4905 for times and dates.

## FITNESS CLASS

**Register in person at the Long Center.**

**Yoga**: Tue. & Thu., 7 to 8:15 p.m. Learn proper alignment of yoga postures and stress-reducing breathing techniques. \$7(W) / \$8(W/O)

## 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.
- **Pinochle**: First and Third Tue., 10 a.m. to noon. Trick-taking card game is easy to learn and fun to play.
- **Rummikub Game**: First and Third Thu., 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- **Hand and Foot Card Game**: Second and Fourth Tue., 10 a.m. to noon. Enjoy this variation of Canasta
- **Mexican Train Dominoes**: Second and Fourth Thu., 1:30 to 3:30 p.m. Dominoes game using chains or 'trains' from a central hub.

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

## VIRTUAL PROGRAMMING

**To register, call (727) 562-4904. Call within 24 hours of the scheduled program if you haven't received the Zoom link. Free.**

**Trivia via Zoom: First Fri., 1 to 2 p.m.** Join us as we play trivia. Put on your thinking caps and join in on all the fun. Free.

**Zoom 101**: Wed., Dec. 18, 9 a.m. to noon. Explore in an individual appointment how to use zoom. Call to schedule a one-hour appointment. We will guide you step-by-step through any questions or concerns you may have with virtual programs. Must have a computer, tablet or smart phone. Free.

## EVIDENCE-BASED PROGRAMS

**For more information, call (727) 562-4904.**

**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. 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 sessions includes cardiovascular, strength training, balance and flexibility exercises. One-hour class held three times weekly for 16 weeks. Pre-registration required. For ages 55 and up. Free.