

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
- agingcarefl.org/contact-the-helpline.html
- Monday through Friday, 8 a.m. to 5 p.m.



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.



CLEARWATER
AGING WELL CENTER

Programming Calendar of Events OCTOBER 2026

1501 N. Belcher Road in the Long Center

MyClearwater.com/AgingWell

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



CENTER HOURS

Mon. - Thu., 7:30 a.m.-5 p.m.; Fri., 7:30 a.m.-4 p.m.;
Sat. & Sun., Closed

Proper shoes required for all exercise/dance classes.

*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.

Digital Detox: Thu., Oct. 1, 2 to 3 p.m. The average American spends almost five hours a day with their phone. Sheryl discusses some of the negative effects from our dependence on screens, as well as tips to reduce it. Free.

Spanish for Beginners: Fri., Oct. 2, 10:30 to 11:30 a.m. Join Ted to learn words, phrases and sentences in Spanish. Free.

Fall Mesh Wreath Class: Fri., Oct. 2, 1 to 3 p.m. Create a beautiful piece of autumn decor in this beginner-friendly wire mesh wreath class. You'll receive step-by-step instructions as you design your wreath using colorful ribbons, seasonal flowers, berries and a decorative accent sign. Crafting is a wonderful way to relax, express your creativity and connect with others. A *\$30 materials fee (exact amount in cash) is required to be paid to the instructor on the day of the class. Space is limited.

Women's Hour: Fri., Oct. 2 & 16, 1 to 2 p.m. Meet like-minded women in the same place in life and create long-lasting friendships. Kathleen will ease the way for the opportunity to bond with others, and maybe even make plans outside of scheduled class times. Free.

Reiki Share: Mon., Oct. 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 & 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 passwords accessible. Free.

- **iPhone & iPad:** Mon., Oct. 5, 1 to 2 p.m.

- **Android:** Mon., Oct. 5, 2 to 3 p.m.

Insurance Counseling: Tue., Oct. 6, 13, 20 & 27, call to schedule 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., Oct. 6 & 20, 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 towards personal growth. You will learn mindfulness and loving-kindness meditations as a way of connecting compassionately to yourself and others. No experience is necessary. Free.

The Great Course, How Colors Affect You - What Science Reveals: Wed., Oct. 7, 1 to 2 p.m. Enjoy lifelong learning with Ted during this lecture series presented by the foremost experts in their fields. Ongoing monthly segments with DVDs and discussion for each session builds on the previous session. This month will be about the "Blue Lecture." Free.

Italian Lessons: Mon., Oct. 12 & Fri., Oct. 23, 10:30 to 11:30 a.m. Are you ready to learn to speak Italian? Now is the time to learn from an Italian-language teacher with 20 years of experience teaching Italian to English speakers. Free.

Wisdom Circle: Mon., Oct. 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.

Growing Plants from Seed: Mon., Oct. 12, 2 to 3 p.m. Join Master Gardner Patricia Burch as she shares her knowledge on growing plants from seeds. Free.

Great Galveston Hurricane of 1900: Tue., Oct. 13, 2 to 3 p.m. In the early morning hours of Sept. 8, 1900, Galveston, Texas, was struck by a hurricane that is still considered to be the deadliest natural disaster in United States history. The city was swallowed by a massive flood surge that flattened buildings and left thousands of people dead in its wake. Join Karen to learn about this deadly storm and how it resulted in major changes to how storms are predicted and tracked today. Free.

Oil Pastel Crayons with Free Instruction*: Thu., Oct. 15, 1 to 3 p.m. This is a two-hour workshop for beginners and advanced beginners interested in oil pastel crayon techniques. All participants will draw the same thing and the teacher will guide every step from start to finish. A *\$20 materials fee (exact amount in cash) is required to be paid to the instructor on the day of the 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

Between the Covers Book Club: Mon., Oct. 19, 1 to 2 p.m. Join Kathleen on the third Monday of each month, along with other fabulous book lovers, to discuss a new reading adventure. Bring a book you'd like to recommend for the next meeting. Free.

• **October's Book:** “The Road to Perdition” by Max Allen Collins
Medicare Advantage Plans: Tue., Oct. 20, 2:30 to 3:30 p.m. SHINE Counselors will provide unbiased information about Medicare Advantage plans, including eligibility and enrollment, types of plans, rights and considerations. SHINE representatives will be available to answer questions and provide enrollment or benefit application assistance. Free.

Macrame with Free Instruction*: Wed., Oct. 21, 1 to 3 p.m. Join this new introductory class taught by Theresa. Learn the art of macrame knotting and become familiar with macrame knot terminology such as: Larkshead, Square, Spirals and many more. Have fun learning, or re-learning, some basic knots to create a small decorative wall hanging of your own. A *\$25 materials fee (exact amount in cash) is required to be paid to the instructor on the day of the class. Space is limited.

Earrings for the Holidays with Free Instructions*: Thu., Oct. 22, 1 to 3 p.m. Get ready for the holidays and make some holiday earrings. You will learn three different design techniques and make earrings for Halloween, Thanksgiving and Christmas. Choose from hooks, posts or clip-ons. If time allows, you are welcome to make an extra pair for everyday use. Bring your best glasses for close-up work. A *\$20 materials fee (exact amount in cash) is required to be paid to the instructor on the day of the class. Space is limited.

Google Chrome, Goole Drive, Google AI (Gemini): Mon., Oct. 26, 10:30 a.m. to Noon. Join Marvin to learn about Google, Google Chrome and its partners. The programs are easier and more useful to those of us over age 60 who thought Microsoft was the everything computer. Have Google Chrome downloaded on your fully charged device. Laptops and Chromebooks are welcome. Free.

Pocket-Sized Photography: Tue., Oct. 27, 10:30 a.m. to Noon. You don't need to hike miles to capture incredible photos. Join Sharon for a casual, 90-minute mobile photography stroll. We will explore the quarter-mile stretch of the Ream Wilson Trail behind the Long Center, using our phone cameras to turn midday shadows and simple nature details into artistic nature photos.

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.; Tue. & Thu., 8 to 8:45 a.m. and Mon. & Wed., 4 to 4:45 p.m. This 45-minute class is 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. & Fri., 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.*

EnerChi: Tue. & Thu., 10 to 10:45 a.m. Perform modified tai chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.*

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

Yoga - Level 2: Tue., 11:30 a.m. to 12:15 p.m. This class is a progression of the Level 1 class; in addition to the skills in Level 1, it adds more standing balance poses, as well as some functional movement patterns.*

Splash: Improve flexibility and cardiovascular endurance. Olympic Pool shallow end.* For program times and dates, call (727) 562-4905.

EVIDENCE-BASED PROGRAMS

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

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 65 and up. Free.

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.

DAY TRIP

Registration starts Mon., Oct. 5 at 8 a.m. Space is limited.

Tampa International Mall: Mon., Oct. 12, 8:30 a.m. to 3 p.m. Free. 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.

FITNESS CLASSES

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

Line Dancing: Fri., Oct. 9 & 23, 1 to 2 p.m. Line dancing provides many benefits beyond fun and social interaction, such as low-impact cardiovascular exercise and cognitive stimulation. It improves balance, coordination, flexibility and muscle strength, which helps reduce falls. Additionally, it boosts mental health by enhancing memory, relieving stress and reducing depression. Space is limited. No pre-registration. Free.

ACTIVE AGING ACTIVITIES

Enjoy several mind challenging games. Free.

- **Euchre:** Thu., 10 a.m. to Noon. Easy-to-learn, tough-to-master card game.
- **Player's 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. This 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.
- **Social Bridge:** Second and Fourth Tue., 10 a.m. to Noon. Fun partnership card game that turns a mental challenge into a friendly social gathering.
- **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.

Zoom 101: Fourth Wed., 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.