

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

MAY 2023

1501 N. Belcher Road in the Long Center
[MyClearwater.com/AgingWell](https://www.clearwater.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
Center Closed: May 29

*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 seven 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.

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

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.

Reiki Share: Mon., May 1, 1 to 2:30 p.m. Reiki Master Joye Swisher will facilitate 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., May 1, 1 to 2 p.m.
- **Android:** Mon., May 1, 2:15 to 3:15 p.m.
-

Insurance Counseling: Tue., May 2 & 16. Call for free appointment. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration required.

Mindfulness Meditation: Tue., May 2 & 16, 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. Learn mindfulness and loving-kindness meditations as a way of connecting compassionately to yourself and others. No experience necessary. Free.

Summertacular Magic Show: Thu., May 4, 2 to 3:30 p.m. Magician and comedian Timothy Pitch will dazzle guests with light-hearted magic and comedy, guaranteed to amaze you and tickle your funny bone. Light refreshments will be served. There will be door prizes too! Free.

The Latest Research in Dementia Prevention and Treatment: Thu., May 11, 2 to 3 p.m. Sheryl Graham summarizes recent dementia research findings, including topics such as diet, sensory loss, bio markers and new medication. Free.

Acrylic Painting with Free Instruction*: Mon., May 15, 1 to 3 p.m. Join us for a fun afternoon of painting acrylics on a 12x12 canvas with easy-to-follow, step-by-step instructions. 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 the class.

Genealogy Kick Start Series: Thu., May 18, June 15, 2 to 3 p.m. Join Karen Fortin for this monthly series which is designed for beginners interested in learning how to start researching their family history. Learn the basic steps of genealogy and optional exercises to help you put into practice what you learn. Free.

- **Lesson 4: May 18 - Searching for Records Online:** This lesson will take you through the basic steps of searching for online records to find family information using FamilySearch.org, a free website that provides billions of records from around the world.

EXPLORE KNOWLEDGE & CREATIVITY

Space is limited. Pre-registration recommended for all in-person classes. To register, call (727) 562-4904.

Introduction to Computers: Mon., May 22, 10:30 a.m. to noon. If you are not computer savvy and need to learn how to use your computer, this is the class for you, bring your fully charged laptop and join Marvin. Free.

Inktense Pencils with Free Instruction*: Tue., May 23, 1 to 3 p.m. These intensely colored pencils are made in the UK by Derwent. Join May Ann Packard to learn techniques on how to use on both watercolor paper and fabric. Designs can be traced or drawn, colored in and then "painted" with water to release the vibrant colors. The pencils can be used on quilt blocks, bags, clothing, etc. *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class.

Materials include basic pencils, a brush and squares of fabric and paper. Bring an apron.

Basket Weaving with Free Instruction*: Thu., May 25, noon to 2:30 p.m. Join us to make your own beautiful basket to take home. Theresa Bromm-Boesen provides 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 *\$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.

DAY TRIPS

Lunch is at your own expense unless otherwise posted.

Refer to our Refund Policy for any questions. Mastercard and Visa payment only.

- **Sunken Gardens & Carrabbas, St. Petersburg:** Wed., May 31, 8:45 a.m. to 3 p.m. \$11.22 plus tax
- **Tampa Bay History Museum & Columbian, Tampa:** Tue., June 13, 8:30 a.m. to 3 p.m. \$9.95
- **Ed Fletchers Early Bird Dinner Theater, Clearwater:** Thu., July 13, 10 a.m. to 3:30 p.m. \$45.23 plus tax & gratuity. *Lunch included.*
- **Seminole Hard Rock Casino, Tampa:** Tue., Aug. 1, 8:30 a.m. to 4 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., 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.*

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.*

Splash: Tue., 11 to 11:45 a.m. & Fri., 11:45 a.m. to 12:30 p.m. A shallow-water exercise class that includes a variety of exercises that can help you build strength and increase your range of movement.*

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., May 2 & 16, 10 a.m. to noon. Enjoy this easy to play, strategic game.
- **Rummikub Game:** Thu., May 4 & 18, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- **Hand and Foot Card Game:** Tue., May 9 & 23, 10 a.m. to noon. Enjoy this variation of Canasta.
- **Mexican Train Dominoes:** Thu., May 11 & 25, 1:30 to 3:30 p.m. Dominoes game using chains or 'trains' from a central hub.

Team Trivia Challenge: Mon., May 22, 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. 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.

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., May 5, 1 to 2 p.m. Join us as we play Wheel of Fortune, so put on your thinking caps and join in on all the fun. Free.

ZOOM 101: Wed., May 24, 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.