

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

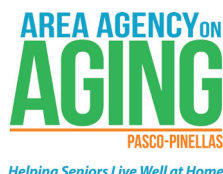
The city of Clearwater's Aging Well Center partners with the Aging and Disability Resource Center's Helpline through the Area Agency on Aging of Pasco-Pinellas, Inc.

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.



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 DECEMBER 2025

1501 N. Belcher Road in the Long Center

MyClearwater.com/AgingWell

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



CENTER HOURS

Mon. - Fri., 7:30 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.

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.

Reiki Share: Mon., Dec. 1, 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 a "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., Dec 1, 1 to 2 p.m.

- **Android:** Mon., Dec. 1, 2 to 3 p.m.

Insurance Counseling: Tue., Dec. 2, 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. 2 & 16, 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 mindfulness and loving-kindness meditations as a way of connecting compassionately to yourself and others. No experience necessary. Free.

Holiday Silk Floral Designs with Free Instruction*: Wed., Dec. 3, 1 to 3 p.m. Bring out your creative side and learn the basics of silk floral design. With step-by-step guidance, you will use a variety of seasonal silk flowers, berries, and foliage to create a holiday centerpiece for you to enjoy throughout the season. The *\$35 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

Artful Cards for You with Free Instruction*: Thu., Dec. 4, 1 to 3 p.m. Join Kathleen as you try your hand at creating two beautiful holiday cards. Sentiment choices also include a Happy Birthday option. All materials will be supplied. \$10 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class. Space is limited.

Creative Writing Group: Fri., Dec. 5, 10:30 a.m. to noon. Bring your sharpened pencils and notebook. This group will inspire and engage you in poetry and writing exercises. Free.

Holiday Wreath Making Workshop: Fri., Dec. 5, 1 to 3 p.m. Decorate a wreath with holiday ornaments, ribbons and pinecones, and take it home to display. You can bring decorative items in too. Participants will use glue guns and wiring. Don't forget your gloves. \$15 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

Women's Hour: Fri., Dec. 5 & 19, 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 meeting times. Free.

Gratitude: Mon., Dec. 8, 2 to 3:30 p.m. Sheryl shares research that shows the health benefits from the practice of gratitude, including prompts for expressing thanksgiving in our daily lives. Free.

TV Ad Showdown: Tue., Dec. 9, 1 to 2 p.m. "Where's the Beef!" Be a part of this fun and engaging game show experience, based on classic TV ads, jingles, slogans and more. Join or create a team, be part of the studio audience, judge the game or play scorekeeper. Free.

The Great Course, Scientific Secrets for a Powerful Memory Fourth Session: Wed., Dec. 10, 1 to 2 p.m. Enjoy lifelong learning with Ted during this six-month 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 the discussion on "Why And When We Forget." Free.

**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

Holiday Beaded Tree Pendant or Earrings: Thu., Dec. 11, 1 to 3 p.m. Beginner friendly project. Make a festive pendant or earrings to wear at those holiday events, and perfect to give as a gift. \$15 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class. Space is limited.

A Florida Winter Garden: Fri., Dec. 12, 2 to 3 p.m. Join us as our Master Gardner Liza shares her knowledge of gardening during our Florida winter weather. Free.

Between the Covers Book Club: Mon., Dec. 15, 1 to 2 p.m. Join Kathleen on the third Monday of each month, and other fabulous book lovers, as they discuss a new reading adventure. Bring a book you'd like to recommend for our next meeting. Free.

- December's Book:** "The Secret Life of Sunflowers" by Marta Milner

Creative Resign-ations Wire Wrapping Jewellery with Free Instruction*: Wed., Dec. 17, 1 to 3 p.m. This workshop you will learn the basics of wire wrapping jewelry. You will create two necklaces with a charm. The silver snake chains are included within the material fees. *\$35 (exact amount in cash) materials fee required to be paid to the instructor on the day of your class. Space is limited.

Basket Weaving with Free Instruction*: Fri., Dec. 19, 12:30 to 3 p.m. Join us to make your own beautiful Holiday basket to take home. Theresa 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. Space is limited.

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. Beginning Jan. 5, class will also be held Mon.-Thu., 4 to 4:45 p.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. & 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. Beginning Jan. 6, class will also be held Mon. & Wed., 3:10 to 3:55 p.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.* *No class on Dec. 23.*

DAY TRIP

Registration starts Mon., Feb. 2 at 8 a.m. Space is limited.

Olive Grove, Brooksville: Fri., Feb. 13, 8:45 a.m. to 4 p.m. \$45 plus tax. Seminar and lunch included.

- Refer to our Refund Policy for any questions.

FITNESS CLASSES

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)

Health Hike: Thu., Dec. 11, 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 water for hydration. \$5(W) /\$6(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.

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 3 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

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.