

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

JUNE 2023

1501 N. Belcher Road in the Long Center
[MyClearwater.com/AgingWell](https://www.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
Center Closed: June 19

*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. Learn 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., June 5, 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., June 5, 1 to 2 p.m.

• **Android:** Mon., June 5, 2:15 to 3:15 p.m.

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

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

10 Ways to Clear Brain Fog and Boost Your Memory: Thu., June 8, 2 to 3 p.m. Memory problems, a lack of mental clarity, poor concentration and an inability to focus can interfere with everyday life and may even be a sign of more serious trouble. Sheryl Graham, using research from Dr. Daniel Amen and others, describes techniques to help resolve brain fog and sharpen memory. Free.

Healthy Steps for Older Adults: Mon., June 12 & Wed., June 14, 12:30 to 3 p.m. Must attend both classes, each class is 2.5 hours. This is a community-based fall risk screening and education workshop for adults aged 65 and older. Participants attend two classes addressing proper footwear, safety at home, good nutrition for bone health, and the importance of exercise to prevent falls. The program also includes information on local fitness programs designed to reduce the risk of falling as well as learning exercises that can help reduce falls to do at home. Free.

Wreathmaking with Free Instruction*: Tue., June 13, 12:30 to 3 p.m. Learn how to make a summer wreath from decorative mesh. Choose colors, ribbons, flowers and signs to decorate them with and then take them home. The *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class.

Genealogy Kick Start Series: Thu., 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 5 June 15: Putting the Pieces Together:** This lesson will discuss how to keep track of where you find information, how to put together a basic timeline that will help you set future research goals and bring your ancestors to life, and where you can find more opportunities to learn about genealogy.

Florida Native Plant Gardening: Tue., June 20, 2 to 3 p.m. Florida native plants have adapted over evolutionary time to survive and thrive among the challenges of Florida's climate, soils, and "pests." From swamps to beaches Florida native plants dazzle and delight while providing ecological services and wildlife habitat. Join Liza Ryan, Master Gardener. Free.

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Abstract "Mini" Patio Pots with Free Instruction*:

Thu., June 22, noon to 2:30 p.m. Become an abstract artist. Learn an easy method of designing an abstract painted mini patio pot. Create layers of colorful abstract expressions by making your own one of a kind "jewel" for the patio garden. A unique and individual creation for your home or as a gift. The *\$20 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class.

Computer Course - How to use Gmail: Mon., June 26, 10:30 a.m. to noon. If you are not computer savvy and need to learn how to use Gmail, this is the class for you. Bring your fully charged laptop and join Marvin. Free.

Crocheted Colorful Flower with Free Instruction*:

Tue., June 27, 1 to 3 p.m. Create a flower using crochet. Mary Ann will guide you through this small project which is great for beginners and intermediate levels of experience. This colorful little posey can be added to a bag or a hat or worn as a pin. The *\$15 (exact amount in cash) materials fee is required to be paid to the instructor on the day of the class.

Painting Pottery Class with Free instruction*:

Thu., June 29, 1 to 3 p.m. Join us for a fun afternoon of painting pottery. The *\$20 (exact amount in cash) materials fee is 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.

DAY TRIPS

Lunch is at your own expense unless otherwise posted.

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

- **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.
- **Rummikub Game:** Thu., June 1 & 15, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.
- **Hearts Card Game:** Tue., June 6 & 20, 10 a.m. to noon. Enjoy this easy to play, strategic game.
- **Mexican Train Dominoes:** Thu., June 8 & 22, 1:30 to 3:30 p.m. Dominoes game using chains or 'trains' from a central hub.
- **Hand and Foot Card Game:** Tue., June 13 & 27, 10 a.m. to noon. Enjoy this variation of Canasta.

Team Trivia Challenge: Mon., June 26, 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 (727) 562-4904 within 24 hours of the scheduled program if you haven't received the ZOOM link. Free.

Scattergories via ZOOM: Fri., June 2, 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., June 28, 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

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.