

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 MAY 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 May 26

*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.

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.

Creative Writing Group: Fri., May 2, 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.

Women's Hour: Fri., May 2 & 16, 1 to 2 p.m. Join this group to 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.

Reiki Share: Mon., May 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 password readily accessible. Free.

- **iPhone & iPad:** Mon., May 5, 1 to 2 p.m.
- **Android:** Mon., May 5, 2 to 3 p.m.

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

Mindfulness Meditation: Tue., May 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 toward personal growth. You will learn meditations as a way of connecting compassionately to yourself and others. No experience necessary. Free.

Health Hike: Thu., May 8, 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 a water bottle for hydration. \$5(W) /\$6(W/O)

Acrylic Painting with Free Instruction*: Thu., May 8, 1 to 3 p.m. Join us for a fun afternoon of painting with acrylic on a 12 x 12 canvas. Easy-to-follow, step-by-step instructions and all supplies are included with the materials fee. *\$20 (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

Discover Shakespeare: Mon., May 12, 1 to 2:30 p.m. Get in touch with the Bard. Read, discuss and perform scenes from plays and Shakespeare's sonnets with Carlos. Free.

Wreathmaking with Free Instruction*: Tue., May 13, 12:30 to 3 p.m. Learn how to make a summer wreath from deco mesh. Choose colors, ribbons, flowers and signs to decorate them and take them home. The *\$25 (exact amount in cash) materials fee required to be paid to the instructor on the day of the class.

"The Four Agreements": Tue., May 13, 2 to 3 p.m. Sheryl unpacks the Don Miguel Ruiz bestseller. Based on ancient Toltec wisdom, "The Four Agreements" offers a code of conduct that can lead to greater happiness. Free.

Sun Catchers with Free Instruction*: Wed., May 14, 1 to 3 p.m. Join us to make a beaded sun catcher in this creative workshop. Whether you're a beginner or an experienced crafter, it's perfect for anyone looking to add a touch of sparkle to their home or garden. \$15 materials fee (cash) paid to the instructor. Space is limited.

Salem, 1692: Thu., May 15, 2 to 3 p.m. Everyone has heard about the witchcraft trails that happened in Salem, Massachusetts in 1692, but what really happened? Join Karen as she gives an overview of the events that fateful year and examines some of the reasons why they occurred. Free.

Google Gmail: Mon., May 19, 10:30 a.m. to noon. Gmail settings have many ways to make Gmail more interesting, from changing the color of text to how many Gmail emails are shown on a page, to separating important Gmails from spam emails. Learn how to best use your Gmail inbox with Marvin. Free.

Between the Covers Book Club: Mon, May 19, 1 to 2 p.m. Join Kathleen and other fabulous book lovers as they discuss a new reading adventure. Bring book your recommendations. Free.

• **May's Book:** "The Spare Room," by Andrea Bartz
Understanding Soil for Home Gardens: Wed., May 28, 2 to 3 p.m. Join Master Gardner Lisa as she digs into the best soil for your home garden. Free.

Oil Pastels Crayon with Free Instruction*: Thu., May 29, 1 to 3 p.m. This is a two-hour workshop for beginners and advanced beginners interested in oil pastel crayon techniques. We will all draw the same thing. The teacher will guide every step from start to finish. *\$20 (exact amount in cash) materials fee required to be paid to the instructor on the day of your 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. 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.*

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. 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.*

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: Mon., May 19, 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 55 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 8 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. Call to make an appointment. 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.