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.

AREA AGENCY ON AGING PASCO-PINELLAS
Helping Seniors Live Well at Home

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
JANUARY 2027

1501 N. Belcher Road in the Long Center
MyClearwater.com/AgingWell

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

AGE FRIENDLY CLEARWATER

CENTER HOURS

Mon.-Thu., 7:30 a.m.-5 p.m.; Fri., 7:30 a.m.-4 p.m.;
Sat. & Sun., Closed; Closed Jan. 1 & 18.

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.

Insurance Counseling: Tue., Jan. 5 & 19, 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.

Reiki Share: Mon., Jan. 4, 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., Jan. 4, 1 to 2 p.m.
- **Android:** Mon., Jan. 4, 2 to 3 p.m.

Computer Chat: Tue., Jan. 5, 1 to 2 p.m. Informal questions 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.

Mindfulness Meditation: Tue., Jan. 5 & 19, 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 meditation as a way of connecting compassionately to yourself and others. No experience is necessary. Free.

The Great Course, The Inexplicable Universe; Unsolved Mysteries: Wed., Jan. 6, 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's topic is "The Spooky Universe." Free.

Musical 'Just Us Duo' Social: Thu., Jan. 7, 2 to 3:30 p.m. Join us to enjoy a variety of music styles including big band, 60s, 70s, classical western and show tunes. There will be light refreshments and door prizes. Space is limited. Free.

Spanish for Beginners: Fri., Jan. 8 & 15, 10:30 to 11:30 a.m. Join Ted and learn words, phrases and sentences in Spanish. Free.

Women's Hour: Fri., Jan. 8 & 22, 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.

Italian Lessons: Mon., Jan. 11 & Fri., Jan. 22, 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.

Between the Covers Book Club: Mon., Jan. 11, 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.

- **January's Book:** "You Are Here" by David Nichols

The History of Citrus: Mon., Jan. 11, 2 to 3 p.m. Join our Master Gardner Kathy as she shares her knowledge on the history of citrus. Free.

Macrame with Free Instruction*: Tue., Jan. 12, 1 to 3 p.m. Learn the art of macrame knotting and become familiar with macrame knot terminology such as: Larkshead, Square, Spirals and many more. Good hand dexterity is required. All materials are supplied for *$25 (exact amount in cash) to be paid to the instructor on the day of the class. Space is limited.

Chicago World's Fair of 1893: Tue., Jan. 12, 2 to 3 p.m. Billed as the World's Columbian Exposition, the world's fair held in Chicago in 1893 was designed to showcase the great technological strides being made in America at the time. It included the famous "white city," electricity, a moving walkway, and the first Ferris wheel. It was also marred by controversy, an assassination and a serial killer. Learn more about one of the most famous world fairs in history. In 1889, as a publicity stunt for rival publications, two women journalists sought to prove Jules Verne's fictional prediction that it was possible to travel around the world in 80 days. Both attempted to beat the other back to New York City in 80 days or less by travelling in opposite directions. Their race took them through the far corners of the world, battling storms and train delays and even led to a meeting with Jules Verne. Did they succeed and who won the race? Join Karen to find out. 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

Acrylic Painting with Free Instruction*: Thu., Jan. 14, 1 to 3 p.m. Join us for a fun afternoon of painting acrylics on a 12 x 12 canvas. Easy-to-follow, step-by-step instructions and all supplies are included with the materials fee. You will be amazed at the beautiful work of art you will create. 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.

Flower Pounding with Free Instruction*: Fri., Jan. 15, 1 to 3 p.m. At this two-hour, hands-on workshop participants will learn how to create a natural botanical print by pounding fresh flowers onto a canvas tote bag. Participants will learn the technique through a demonstration, design their own tote, and leave with a beautiful, functional keepsake. 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.

Multi Wrap Bracelet with Free Instruction*: Tue., Jan. 19, 1 to 3 p.m. Learn how to thread beads onto leather cord to make the popular multi-wrap style bracelet everyone loves. It's fun, easy to learn, and the ultimate way to create heartfelt, handmade gift or something special for yourself. This bracelet is easy to put on by yourself. Be sure that you bring your best glasses, this entails close-up work. $20 (exact amount in cash) material fees required to be paid to the instructor on the day of your class. Space is limited.

Water Coloring with Free Instruction*: Thu., Jan. 21, 1 to 3 p.m. This is a two-hour workshop for beginners and advanced beginners interested in watercolor techniques. The instructor will guides every step from start to finish and all participants will draw the same thing. 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.

Social Isolation and Loneliness: Thu., Jan. 21, 2 to 3 p.m. The U.S. Surgeon General has declared the risk of loneliness to be equal to smoking 15 cigarettes a day. Sheryl describes our loneliness epidemic and we will discuss ways to branch out socially for our health. Free.

Windows 11 & Microsoft Edge: Mon., Jan. 25, 10:30 a.m. to Noon. Whether you received a new computer for the holidays or are an experienced user, this session will go over features and tips that you might not know for Windows 11 and the Microsoft Edge browser. Bring your device and join us. Free.

Creative Angles & Winter Landscapes: Wed., Jan. 27, 10:30 a.m. to 12 p.m. Transform simple nature snapshots into standout pieces of art by safely varying your physical viewpoint. We will explore simple tricks to frame winding paths, towering oaks and Florida wildlife using only your smartphone camera while enjoying the outdoors. Free.

Gouache Painting Class with Free Instruction*: Thu., Jan. 28 1 to 3 p.m. Join us for a fun and inspiring Gouache painting class where you can explore the colorful styles of Van Gogh, Matisse and Picasso. Everyone paints the same masterpiece while the instructor guides you step-by-step through the techniques of these famous artists. 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.

Makin' Waves Resign Jewelry with Free Instruction*: Fri., Jan. 29, 1 to 3 p.m. A sandy beach with ocean waves will be designed in bezel jewelry pieces. Learn about UV resin and the techniques and tools to create one-of-a-kind jewelry. All supplies provided. One bracelet and two pendants will be created and two wire collar necklaces to attach to the pendants. A *$35 materials fee (exact amount in cash) is required to be paid to the instructor on the day of the class. Space is limited.

SILVERSNEAKERS® CLASSES

Register in person at the Aging Well Center. 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., Tue. & 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.

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)

Line Dancing: Fri., Jan. 8 & 22, 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.

Health Hike: Thu., Jan. 14 & 28, 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 for hydration. $5(W) /$6(W/O)

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.