



# CLEARWATER AGING WELL CENTER

## Calendar of Events NOVEMBER 2016

1501 N. Belcher Road in the Long Center

(727) 724-3070

[myclearwater.com/agingwell](http://myclearwater.com/agingwell)

### CENTER HOURS

Mon. - Thu., 9 a.m. - 7 p.m.

Fri., 9 a.m. - 4 p.m.

Sat., 9 a.m. - 1 p.m.

*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. Call (727) 724-3070 or email [agingwell@myclearwater.com](mailto:agingwell@myclearwater.com).*

## EXPLORE COMMUNITY

**STRETCH AND PLAY:** Enjoy low-impact stretching before playing games. Beginners welcome. Free.

- **Hearts Card Game:** Tue., Nov. 1 & 15, 10:30 a.m. to 12:30 p.m. Enjoy this easy to play, strategic game.
- **Hand and Foot Card Game:** Tue, Nov. 8 & 22, 10:30 a.m. to 12:30 p.m. Enjoy this variation of Canasta.
- **Mah-Jong:** Tue., 1 to 3 p.m. Enjoy this game of strategy, calculation and chance. Limited sets available. Bring your Mah-Jong card.
- **Euchre:** Thu., 10:30 a.m. to 12:30 p.m. Easy to learn, tough to master card game.
- **Rummikub Game:** Thu., Nov. 3 & 17, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.

- **Mexican Train Dominoes:** Wed., Nov. 9 & 23, 1:30 to 3:30 p.m. Uses chains or 'trains' from a central hub

**SOCRATES CAFÉ:** Thu., Nov. 10, 5:30 to 7 p.m. Exchange philosophies in this moderated discussion group. Free.

**TEAM TRIVIA CHALLENGE:** Wed., Nov. 16, 2 to 3:30 p.m. Exercise your brain through fun challenges about facts, dates and culture with George and Melanie Martin. Pre-registration preferred. Free.

**BOOK CLUB:** Fri., Nov. 18, 1:30 to 2:30 p.m. Monthly program with an informal guided discussion of select books. The November selection is "Case Histories" by Kate Atkinson. Please call to confirm book selection and read prior to the session. Free.

## EXPLORE RESOURCES

**INSURANCE COUNSELING:** Tue, Nov. 1, 8, 15, 22 & 29. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration required. Call for appointment. Free.

**AMPLIFIED PHONES:** Fourth Monday of every month, 9:30 to 11:30 a.m. Provided by the Family Center on Deafness. Free. Call 399-9983.

**LEGAL COUNSELING:** **Gulfcoast Legal Services' Elder Law Project** – 2nd and 4th Wednesdays, by appointment. Free

legal advice and representation on civil legal problems for Pinellas residents who are age 60 or older. Partially funded by Title III of the Older Americans Act. Call (727) 821-0726.

**EMOTIONAL HEALTH COUNSELING:** Mondays, by appointment. Need support during a difficult time? A licensed mental health counselor funded by the Older Americans Act is available to meet clients individually. Program currently has a waitlist. Eligibility requirements apply. Call (727) 479-1848 Free.

*Fee Legend: (W) =With Recreation Card; (W/O)=Without Recreation Card  
Play Passes are no longer available to purchase, but Play Pass pricing will be honored until individual passes expire.*

### PRE-REGISTRATION and PAYMENT POLICY

With the exception of exercise classes, pre-registration and payment for fee-based programs is required within three business days of first class. Pre-registration is encouraged for free programs as well.

# Special Events This Month

**2017 MEDICARE SERIES: Medicare Part D drug plans** – Tue., Nov. 15, 2:30 to 4 p.m. Florida Department of Elder Affairs SHINE Program's Roger Baxter presents unbiased information on Medicare plans and 2017 changes. Free.

**OLYMPIC CHAMPION: Brooke Bennett** – Fri., Nov. 18, 1 to 2 p.m. Gold medalist Brooke Bennett will share her captivating life story as an international competitor and discusses her city of Clearwater initiative to prevent drowning with low-cost swim lessons for kids. Light refreshments served. Free.

## EXPLORE KNOWLEDGE

**GARDENING: Vegetable Garden Pests and Problems** – Tue., Nov. 1, 2 to 3:30 p.m. Urban Horticulture Extension Agent Theresa Badurek shares garden tips and discusses ways to protect your crops from pests and diseases. Free.

**TRAVELOGUE: The Balkans** – Fri., Nov. 4, 1:30 to 3 p.m. Jim Sweeney presents an informative and entertaining program on traveling the southeast peninsula of Europe, from Roman ruins and beautiful coastlines to mountain villages. Free.

**CLEARWATER HISTORY** – Tue., Nov. 8, 2 to 3:30 p.m. The Clearwater Historical Society shares information about the unique development of our area, indigenous peoples, military outposts, early settlers, agriculture, tourism and more. Free.

**CULTIVATING GRATITUDE:** Discover how to create greater happiness and well-being, decrease stress, achieve better relationships by using simple practices as little as once a week. Please call for dates and times. Free.

**TECHNOLOGY CHAT:** Informal question and answer sessions. Ask about navigation, features, apps, social networks, customizing, email and more. Bring your device and passwords. Free.

• **Apple iPhone and iPad Chat** – Tue.,

- **Facebook:** Fri., Nov. 4, 2 to 3:30 p.m. For those with an account already set up; learn how to find and make friends, make comments, post photos and more. Bring your username, password and laptop.
- **Windows 10:** Mon., Nov. 7, 1 to 3 p.m. Become familiar with the changes and differences between Windows 10 and Windows 7 and 8 operating systems. Bring your own laptop with Windows 10.
- **Windows 10:** Wed., Nov. 16, 1 to 3 p.m. Learn to navigate Windows 10 software. Explore the start menu, desktop, the Edge, Cortana and more as time allows. Bring your own laptop with Windows 10.

**HAPPINESS AT THE HOLIDAYS:** Wed., Nov. 9 & Nov. 16, 2:30 to 4 p.m. Join Maura Sweeney in an exploration of creating happiness during a season that is filled with memories and emotion. Learn strategies for finding joy this season. Free.

**TRAVEL: Road Scholar Program** – Thu., Nov. 10, 2 to 3:30 p.m. Nancy Rhoads presents on the largest and innovative creator of experiential learning opportunities. Learn about her trips to Costa Rica, Vancouver and Colonial Williamsburg. Free.

• **BIOGRAPHY: The Wright Brothers** – Keith Law discusses the lives of the Ohio aviation

## EXPLORE WELLNESS

### Education

#### Wellness Wednesday - BayCare Programs

Please pre-register for the following free BayCare programs at 253-4076 or BayCareEvents.org.

**Lung Cancer Physician Panel** Wed., Nov. 9, 12 p.m. Physician experts Ben Yan, MD, Medical Oncologist, Derek Williams, MD, Thoracic Surgeon and John Masson, MD, Pulmonologist will answer questions about lung cancer screenings, detection and treatment.

### Evidence-Based Wellness Programs

For more information about the following programs, call 724-3070. The Aging Well Center is honored to host seven evidence-based programs that offer proven ways through defined research to promote wellness and manage or reduce health concerns and/or falls. Class size is limited. Pre-registration is required. Free.

**ACTIVE LIVING EVERY DAY:** An evidence-based, Cooper Institute program guides individuals to overcome barriers to physical activity. Participants choose their own activities and create their own exercise plans based on their lifestyle and personal preferences. One-hour class meets once a week for 12 weeks.

**A MATTER OF BALANCE:** An evidence-based, Boston University program to manage falls and increase activity levels. Program consists of eight, 2-hour sessions to include lecture from certified instructors, group discussion and exercises. Current class is full. Inquire about future classes.

**CHRONIC DISEASE SELF MANAGEMENT PROGRAM:** An evidence-based, Stanford University program providing tools to manage your health concerns, increase your activity and enjoy life more. Program consists of six, 2 ½ hour sessions to include lecture from certified instructors and group discussion. Current class is full. Inquire about future classes.

**CHRONIC PAIN SELF MANAGEMENT PROGRAM:** An evidence-based, Stanford University program that includes ways to deal with fatigue and poor sleep; exercise; medication use; communicating with family, friends and health professionals; nutrition and more. Program consists of six, 2 ½ hour sessions to include lecture from certified instructors and group discussion.

**DIABETES SELF MANAGEMENT PROGRAM:** An evidence-based, Stanford University program that includes healthy eating; managing blood glucose; dealing with fatigue; appropriate exercise; medication use; communication techniques; goal-setting, and problem solving. Program consists of six, 2 ½ hour sessions to include lecture from certified instructors and group discussion.

**ENHANCE@FITNESS:** In partnership with the YMCA of the Suncoast, we offer this evidence-based group exercise program that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active. Each session includes cardiovascular, strength training, balance and flexibility exercises. Provided by Pinellas County Social Action Funding. One-hour class held 3 times weekly for 16 weeks. Participants must be age 55 or older. Inquire about interest list.

**TAI CHI: Moving for Better Balance** – An evidence-based program consisting of eight single forms in the program derived from the traditional, 24-Form Yang Style Tai Chi, but tailored to adults who have concerns about falling and wish to improve balance and mobility. One-hour class held twice weekly for 12 weeks.

• **CHINESE MEDICINE:** David Yee shares information on these ancient arts and demonstrates techniques that may relieve tension, promote vitality and improve well-being. Pre-registration preferred. Free.

Nov. 8, 5:30 to 7 p.m. & Fri., Nov. 18, 2 to 3:30 p.m. Bring your iPhone or iPad, your passwords and questions.

- **Android Smart Phone and Tablet Chat** – Mon., Nov. 28, 2:30 to 4 p.m. Bring your phone or tablet, your passwords and questions.

**COMPUTER CLASSES:** Pre-registration and payment required. \$7(W)/\$8(W/O) per class. Patrons bring their own laptops for classes. If you do not have a laptop to bring, call to see if arrangements can be made for a specific class. Supply limited. If the class requires particular software, that software must be loaded on your laptop before class.

• pioneers from humble beginnings who invented, built and flew the world's first successful airplane and changed the world. Please call for dates and times. Free.

• **LAUGHTER FOR HEALTH:** Mon., Nov. 28, 1 to 1:45 p.m. Did you know that laughing may improve your health, reduce pain, loneliness and stress? Come laugh with Sparkie Lovejoy. Pre-registration preferred. Free.

• **EASTERN MODALITIES: Essential Oils and Well-Being** – Wed., Nov. 30, 2:30 to 4 p.m. Michael Marshall presents information on the variety of soothing and relaxing essences that can invigorate or calm the body and spirit. Free.

- **Acupressure** – Fri., Nov. 4, 1 to 2:30 p.m. Learn about the various pressure points that may bring relief.
- **Meditation and Relaxation** – Fri., Nov. 18, 1 to 2:30 p.m. Explore the traditional Chinese methods for becoming more peaceful, more focused, and more aware.
- **REIKI SHARE:** Mon., Nov. 7, 3 to 4:30 p.m. Reiki Master Joye Swisher facilitates this session sharing the simple technique that allows the student to tap into an unlimited supply of "life force energy," improve health and enhance quality of life. Free.

## Exercise Classes

**BELLYCORE FITNESS:** Wed., 6 to 7 p.m. Cardio class tones muscles and develops core body strength. Bring yoga mat for core exercise. \$6(W)/\$7(W/O).

**ZUMBA:** Mon., Wed., Fri., 10 :15 to 11:15 a.m. and Mon., Wed., 7:15 to 8:15 p.m.; Sat., 11 a.m. to noon. Cardio dance exercise class. \$6(W)/\$7(W/O).

**STRONG by ZUMBA:** Tue., Thu., 6 to 7 p.m. Music-lead, high intensity interval training workout. For those that would like a more challenging workout. \$6(W)/\$7(W/O) Class cancelled 11/25.

*Consult your doctor before making any changes to your wellness practice.*

## SilverSneakers® Signature Exercise Classes

Call SilverSneakers® toll-free at (888) 423-4632 for eligibility. Free for SilverSneakers members. Non SilverSneakers members fees; \$4(W)/\$5(W/O) per class.

**Cardio Fit:** Mon.-Sat., 9 to 9:45 a.m. Increase cardiovascular strength, muscular endurance. Class cancelled 11/11, 11/24, 11/25 and 11/26.

**Splash:** Tue., Thu., 9:15 to 10 a.m., Fri., 10 to 10:45 a.m. Improve flexibility and cardiovascular endurance. Class is taught in the shallow end of the Olympic pool.

**Yoga:** Tue., Thu., 12:30 to 1:15 p.m.; Sat., 10 to 10:45 a.m. Increase range of movement, strength and balance. Chair-based exercises, yoga mat not required. Class cancelled 11/24 and 11/26.

**BOOM:** Mon., Wed., 6 to 7 p.m. A 60-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 It** – (30 min.). A heart-healthy cardio workout in the form of a non-stop dance party.
- **Boom Muscle** – (30 min.). An action-based, functional and strength-conditioning class that provides a dynamic workout.

## EXPLORE CREATIVITY

**SUMI-E PAINTING:** Wed., Nov. 2 & 30, 1 to 3 p.m. Noriko Kuehn teaches the elegant and meditative art of Japanese ink painting. Experience the peace of this ancient art. Beginners welcome. Materials included. \$16(W)/\$18(W/O) per class.

**CRAFTS: Seasonal Origami Gift Boxes** – Thu., Nov. 3, 2 to 4 p.m. Use colorful papers and embellishments to create charming, holiday-themed boxes to enclose a small gift for family or friends. \$10(W)/\$12(W/O) Purchase additional optional kits for \$5.

**TILE PAINTING WITH INKS** – Fri., Nov. 4, 1 to 3:30 p.m. Create realistic or abstract images with colors that

look beautifully luminous using these special alcohol inks on ceramic tiles. \$16(W)/\$18(W/O) Add a trivet or frame for \$8.50.

**THE JOY OF COLORING:** Thu., Nov. 10, 1 to 2:30 p.m. Elevate your mood and reduce your stress. Adults around the country are enjoying this relaxing pastime. Bring your own supplies. Pre-registration preferred. Free.

**CRAFTS: Multi-strand "Boho" Bracelet** – Tue., Nov. 15, 10:30 a.m. to 12:30 p.m. Beginner friendly project. Make a multi-strand, Bohemian bracelet with colorful beads for the perfect holiday gift. \$16(W)/\$18(W/O). Plus \$4.50 materials

fee to instructor.

**MEMOIR WRITING GROUP:** Tue., Nov. 15, 11 a.m. to 1 p.m. Record the moments or events of your life; suitable for publication or just sharing with the group. Monthly sessions. Writing prompt provided. Pre-registration preferred. Free.

**CREATIVE CUT T'S:** Thu., Nov. 17, 2 to 4 p.m. Join Vondi for another class of creative fun with cut and beaded t-shirts, perfect for a beach cover-up or gift. Bring a t-shirt and scissors. Free.

**WATERCOLOR PAINTING:** Fri., Nov. 18, 1 to 3:30 p.m. C.W. Petit teaches this exploration of the unique beauty of

watercolors. \$12(W)/\$14(W/O) per class. Bring your own supplies or \$4 materials fee (cash) to instructor.

**NEEDLE FELTING: Holiday Themed** – Mon., Nov. 28, 1 to 3 p.m. Felting expert Erika Doman conducts this class on the age-old art of needle felting. Easy to learn. Fun and relaxing to create. Pre-registration requested. \$10 (cash) to instructor for materials.

**KNIT AND STITCH CIRCLE:** Wed., 10 a.m. to noon. Join Maggie Vricos and the Stitch Niche Group with your stitchery projects and socialize with other like-minded crafters. Pre-registration preferred. Free.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Shine 9a-2p</p> <p> SS Cardio Fit 9-9:45a</p> <p>Hearts Card Game 10:30a-12:30p</p> <p> SS Yoga 12:30-1:15p</p> <p>Mah-Jong 1-3p</p> <p>Vegetable Gardening 2-3:30p</p> <p>Strong by Zumba 6-7p</p>	<p>2</p> <p> SS Cardio Fit 9-9:45a</p> <p>Knit &amp; Stitch Circle 10a-noon</p> <p>Zumba 10:15-11:15a</p> <p>Japanese Painting 1-3p</p> <p>Bellycore Fitness 6-7p</p> <p> SS Boom 6-7p</p> <p>Zumba 7:15-8:15p</p>	<p>3</p> <p> SS Cardio Fit 9-9:45a</p> <p>Euchre 10:30a-12:30p</p> <p> SS Yoga 12:30-1:15p</p> <p>Rummikub Game 1:30-3:30p</p> <p>Seasonal Origami Boxes 2-4p</p> <p>Strong by Zumba 6-7p</p>	<p>4</p> <p> SS Cardio Fit 9-9:45a</p> <p>Zumba 10:15-11:15a</p> <p>Acupressure 1-2:30p</p> <p>Tile Painting 1-3:30p</p> <p>Travelogue Balkans 1:30-3p</p> <p>Facebook 2-3:30p</p>	<p>5</p> <p> SS Cardio Fit 9-9:45a</p> <p> SS Yoga 10-10:45a</p> <p>Zumba 11a-noon</p>
<p>7</p> <p> SS Cardio Fit 9-9:45a</p> <p>Gulfcoast Counseling 9:30a-3:30p</p> <p>Zumba 10:15-11:15a</p> <p>Intro to Knitting 1-2:30p</p> <p>Windows 10 1-3p</p> <p>Reiki Share 3-4:30p</p> <p> SS Boom 6-7p</p> <p>Zumba 7:15-8:15p</p>	<p>8</p> <p>Shine 9a-2p</p> <p> SS Cardio Fit 9-9:45a</p> <p>Hand &amp; Foot Card Game 10:30a-12:30p</p> <p> SS Yoga 12:30-1:15p</p> <p>Mah-Jong 1-3p</p> <p>Clearwater History 2-3:30p</p> <p>Apple Chat 5:30-7p</p> <p>Strong by Zumba 6-7p</p>	<p>9</p> <p> SS Cardio Fit 9-9:45a</p> <p>Knit &amp; Stitch Circle 10a-noon</p> <p>Zumba 10:15-11:15a</p> <p>Wellness Wednesday noon-1p</p> <p>Legal Counseling 1-4p</p> <p>Mexican Train Dominoes 1:30-3:30p</p> <p>Happiness at Holidays 2:30-4p</p> <p>Bellycore Fitness 6-7p</p> <p> SS Boom 6-7p</p> <p>Zumba 7:15-8:15p</p>	<p>10</p> <p> SS Cardio Fit 9-9:45a</p> <p>Euchre 10:30a-12:30p</p> <p> SS Yoga 12:30-1:15p</p> <p>Joy Coloring 1-2:30p</p> <p>Road Scholar 2-3:30p</p> <p>Socrates Café 5:30-7p</p> <p>Strong by Zumba 6-7p</p>	<p>11</p> <p style="text-align: center;"><b>CLOSED</b> for <b>VETERAN'S DAY</b></p>	<p>12</p> <p> SS Cardio Fit 9-9:45a</p> <p> SS Yoga 10-10:45a</p> <p>Zumba 11a-noon</p>
<p>14</p> <p> SS Cardio Fit 9-9:45a</p> <p>Gulfcoast Counseling 9:30a-3:30p</p> <p>Zumba 10:15-11:15a</p> <p>Intro to Knitting 1-2:30p</p> <p> SS Boom 6-7p</p> <p>Zumba 7:15-8:15p</p>	<p>15</p> <p>Shine 9a-2p</p> <p> SS Cardio Fit 9-9:45a</p> <p>Hearts Card Game 10:30a-12:30p</p> <p>Bohemian Bracelet 10:30a-12:30p</p> <p>Memoir Group 11a-1p</p> <p> SS Yoga 12:30-1:15p</p> <p>Mah-Jong 1-3p</p> <p>Medicare Part D 2:30-4p</p> <p>Strong by Zumba 6-7p</p>	<p>16</p> <p> SS Cardio Fit 9-9:45a</p> <p>Knit &amp; Stitch Circle 10a-noon</p> <p>Zumba 10:15-11:15a</p> <p>Windows 10 1-3p</p> <p>Team Trivia 2-3:30p</p> <p>Happiness at Holidays 2:30-4p</p> <p>Bellycore Fitness 6-7p</p> <p> SS Boom 6-7p</p> <p>Zumba 7:15-8:15p</p>	<p>17</p> <p> SS Cardio Fit 9-9:45a</p> <p>Euchre 10:30a-12:30p</p> <p> SS Yoga 12:30-1:15p</p> <p>Rummikub Game 1:30-3:30p</p> <p>Creative Cut T's 2-4p</p> <p>Strong by Zumba 6-7p</p>	<p>18</p> <p> SS Cardio Fit 9-9:45a</p> <p>Zumba 10:15-11:15a</p> <p>Brooke Bennett Olympic Champion 1-2p</p> <p>Meditation/Relaxation 1-2:30p</p> <p>Watercolor Painting 1-3:30p</p> <p>Book Club 1:30-2:30p</p> <p>Apple Chat 2-3:30p</p>	<p>19</p> <p> SS Cardio Fit 9-9:45a</p> <p> SS Yoga 10-10:45a</p>
<p>21</p> <p> SS Cardio Fit 9-9:45a</p> <p>Gulfcoast Counseling 9:30a-3:30p</p> <p>Zumba 10:15-11:15a</p> <p>Intro to Knitting 1-2:30p</p>	<p>22</p> <p>Shine 9a-2p</p> <p> SS Cardio Fit 9-9:45a</p> <p>Hand &amp; Foot Card Game 10:30a-12:30p</p> <p> SS Yoga 12:30-1:15p</p> <p>Mah-Jong 1-3p</p>	<p>23</p> <p> SS Cardio Fit 9-9:45a</p> <p>Knit &amp; Stitch Circle 10a-noon</p> <p>Zumba 10:15-11:15a</p> <p>Legal Counseling 1-5p</p> <p>Mexican Train Dominoes 1:30-3:30p</p> <p>Bellycore Fitness 6-7p</p>	<p>24</p> <p style="text-align: center;"><b>CLOSED</b> for <b>THANKSGIVING</b> HOLIDAY</p>	<p>25</p> <p style="text-align: center;"><b>CLOSED</b> for <b>THANKSGIVING</b> HOLIDAY</p>	<p>26</p>
<p>28</p> <p> SS Cardio Fit 9-9:45a</p> <p>Amplified Phones 9:30-11:30a</p> <p>Gulfcoast Counseling 9:30a-3:30p</p> <p>Zumba 10:15-11:15a</p> <p>Laughter for Health 1-1:45p</p> <p>Holiday Needlefelting 1-3p</p> <p>Android Chat 2:30-4p</p>	<p>29</p> <p>Shine 9a-2p</p> <p> SS Cardio Fit 9-9:45a</p> <p> SS Yoga 12:30-1:15p</p> <p>Mah-Jong 1-3p</p> <p>Strong by Zumba 6-7p</p>	<p>30</p> <p> SS Cardio Fit 9-9:45a</p> <p>Knit &amp; Stitch Circle 10a-noon</p> <p>Zumba 10:15-11:15a</p> <p>Japanese Sumi-e Painting 1-3p</p> <p>Essential Oils 2:30-4p</p> <p>Bellycore Fitness 6-7p</p> <p> SS Boom 6-7p</p> <p>Zumba 7:15-8:15p</p>			