

EXPLORE COMMUNITY

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

- **Hearts Card Game:** Tue., Dec. 6 & 20 10:30 a.m. to 12:30 p.m. Enjoy this easy to play, strategic game.
- **Hand and Foot Card Game:** Tue, Dec. 13 & 27, 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 current 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., Dec. 1 & 15, 1:30 to 3:30 p.m. Play this fun and easy to play tile game.

- **Mexican Train Dominoes:** Wed., Dec. 14 & 28, 1:30 to 3:30 p.m. Dominoes game using chains or 'trains' from a central hub

SOCRATES CAFÉ: Thu., Dec. 8 & 22, 5:30 to 7 p.m. Exchange philosophies in this moderated discussion group. Free.

TEAM TRIVIA CHALLENGE: Wed., Dec. 21, 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., Dec. 30, 1:30 to 2:30 p.m. Monthly program with an informal guided discussion of select books. The December selection is *Color of Secrets*, by Lindsay Jayne Ashford. Call to confirm book selection and read prior to the session. Free.

EXPLORE RESOURCES

INSURANCE COUNSELING: Tues., Dec. 6, 13, 27. Shine volunteers offer unbiased insurance counseling on Medicare/Medicaid, prescriptions and long-term care insurance. Pre-registration required. Call for appointment. Free.

AMPLIFIED PHONES: Cancelled for December. Provided by the Family Center on Deafness. Free. Call 399-9983.

LEGAL COUNSELING: Gulfcoast Legal Services' Elder Law Project – 2nd and 4th Wednesdays. 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.



CLEARWATER AGING WELL CENTER

Calendar of Events DECEMBER 2016

1501 N. Belcher Road in the Long Center
(727) 724-3070

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.

*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.

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.

Special Events This Month

CLEARWATER POLICE DEPARTMENT: Crime Prevention – Mon., Dec. 5, 1:30 to 2:30 p.m. Clearwater Police Department's Officer Phillips discusses what to look out for and how to safeguard yourself against exploitation. Pre-registration required. Free.

HUMANE SOCIETY: Senior Pet Connection – Fri., Dec. 9, 1 to 2 p.m. Learn about the pet food pantry for low-income residents and the pet food delivery program for homebound seniors. Donated pet food and toys accepted at this event. Free.

DIETARY AND HERBAL SUPPLEMENTS: Tue., Dec. 13, 2 to 3 p.m. Nan Jensen RD, LDN, UF/IFAS Extension Pinellas County, provides nutrition and safety information regarding dietary and herbal supplements. (Consult your doctor before making any changes to your wellness practice.) Free.

HOLIDAY THEATER: Thu. Dec. 15, 2 to 3 p.m. Join us for some fun with Wacky Tales' Mrs. Santa Saves the Day theater program. Show begins at 2 p.m. Light refreshments. Pre-registration required. Free.

EXPLORE KNOWLEDGE

TUNING FORKS: Tue., Dec. 1, 2:30 to 4 p.m. Explore and listen to Planetary, Chakra, Sharps and Brain tuning fork sets. Learn about Greek scales, Pythagorean, Kabbalah, Fibonacci and Solfeggio. Instructed by Michael Marshall. Free.

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.

- **Windows 10:** Thu., Dec. 1, 10 a.m. to noon. 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.
- **Facebook:** Wed., Dec. 14, 12:30 to 2 p.m. For those with an account already set up: learn how to find and make friends, make comments, post photos

iPhone or iPad, your passwords and questions.

- **Android Smart Phone and Tablet Chat:** Mon., Dec. 19, 2:30 to 4 p.m. Bring your phone or tablet, your passwords and questions.

HAPPINESS AT THE HOLIDAYS: Wed., Dec. 7 & 14, 2:30 to 4 p.m. Join Maura Sweeney for an exploration of creating happiness during a season that is filled with memories and emotion, with strategies for finding joy this season. Free.

COYOTES: Thu., Dec. 8, 2 to 3:30 p.m. Lara Milligan, Natural Resources Agent, UF/IFAS Extension Pinellas County, dispels myths and shares information on how residents and their pets can co-exist with this fascinating urban predator. Free.

NATURAL WORLD: Birds of Prey – Fri., Dec. 9, 11 a.m. to noon. Meet some of the birds of the Moccasin Lake Environmental Education Center. Specialists will have some of our bird ambassadors on hand for you to see up-close. Free.

WISDOM CIRCLE: Mon., Dec. 12, 3

EXPLORE WELLNESS

Education

Wellness Wednesday - BayCare Programs

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

Women and Heart Disease: Wed., Dec. 7, Noon to 1 p.m. Learn the signs and symptoms of heart disease in women and the importance of knowing your numbers, with Cardiologist Vanessa Lucarella, MD.

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,

friends, make comments, post photos and more. Bring your username, password and laptop.

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:** Mon., Dec. 5, 2:30 to 4 p.m. Bring your

- **WISDOM CIRCLE:** Mon., Dec. 12, 9 to 4:30 p.m. Joye Swisher introduces a way for small groups to create a space of trust, authenticity, caring and openness to change. Share in this life-affirming gathering with kindred spirits. Free.

- **LIVING HEALTHY WORKSHOP:** **Introduction** - Mon., Dec. 19, 1:30 to 2:15 p.m. Explore Stanford University's "Living Healthy" evidence-based workshop in this intro session. Six-week workshop begins in January 2017.

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.

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.

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.

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.

- **Acupressure** – Fri., Dec. 2, 1 to 2:30 p.m. Learn about the various pressure points that may bring relief.
- **The Winter Season** – Fri., Dec. 16, 1 to 2:30 p.m. Explore the attributes and natural concerns of the season and how it can influence our state of mind and contribute to our well-being.

- **REIKI SHARE:** Mon., Dec. 5, 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. 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)

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

EXPLORE CREATIVITY

TILE PAINTING WITH INKS:

- **Beginner or Advanced** – Fri., Dec. 2, 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.
- **Special Holiday Theme** – Fri., Dec. 9, 1 to 3:30 p.m. Create the perfect gift for that hard-to-shop-for person on your list. Holiday colors and seasonal motifs. \$16(W)/\$18(W/O) Add a trivet or frame for \$8.50.

THE JOY OF COLORING: Thu., Dec. 8, 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: Seasonal Origami Gift Card Holders – Fri., Dec. 9, 1 to 3 p.m. Learn to create charming gift card holders with folded papers in seasonal colors, designs and embellishments. Fun and easy. \$10 (W)/\$12(W/O) \$5 optional kits available.

CRAFTS: Christmas Tree Earrings or Pendant – Tue., Dec. 13, 10:30 a.m. to 12:30 p.m. Beginners welcome. Make

a festive pendant or earrings, perfect for the holiday parties or for gift giving. \$16(W)/\$18(W/O). Plus \$4 materials fee to instructor.

SUMI-E PAINTING: Wed., Dec. 14, 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.

WATERCOLOR PAINTING: Fri., Dec. 16, 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.

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.

CRAFTS: Glass Block Mosaic Vase – Mon., Dec. 19, 1 to 2:30 p.m. Join Michael Marshall in this fun and easy class to create beautiful, colorful glass art that can be illuminated for a festive look. \$16(W)/\$18(W/O) Lights not included.

