



November 2024 ROSS Newsletter

Barbee Towers & Ralph Richards Tower

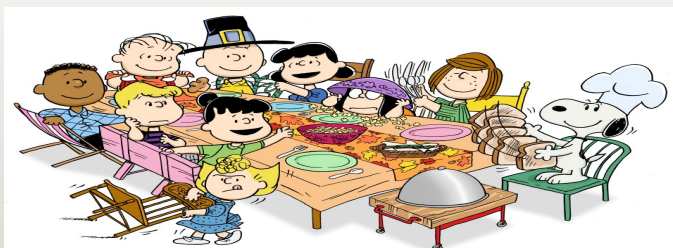


Clearwater Housing Authority (CHA) wishes you a Happy Thanksgiving!

Our offices will be closed on Monday, November 11, 2024,
Thursday, November 28, 2024 and Friday, November 29, 2024!



Join us at our Annual Holiday Luncheon!



Ralph Richards Tower

Tuesday, November 19, 2024

11:00 AM–1:00 PM

Barbee Towers

Wednesday, November 20, 2024

11:00 AM–2:00 PM

Meals will be delivered to your door. You must complete and return the sign-up sheet/menu list to participate.

ROSS Zone November Events!



**Barbee Towers &
Ralph Richards**



Hope Villages Food Distribution

Tuesday, November 12, 2024 at 9:30 AM-3:30 PM

FL Dream Center Food Distribution

Tuesday, November 19, 2024 at 1:30 PM-3:30 PM

NOTE: Due to the ongoing renovations project at our Barbee Towers location, the monthly food distribution events has been temporarily suspended. We extend our apologies for the inconvenience. Please contact the **ROSS Coordinator** at **727-446-1045, ext. 248** if you're in need of food assistance. Thank you!



Neighborly Transportation Group Shopping

Every Thursday for any/all residents who are registered (must be at least 60 years or older)!

Thursday, November 14th @ 9:15 AM - Walmart

Thursday, November 21st @ 9:15 AM - Publix

Thursday, November 28th (No trips on the holiday - Happy Thanksgiving!)

- ◆ Please sign up prior to the scheduled trip date!
- ◆ Pick up and drop off at your location!



Contact the **ROSS Coordinator** for details at **(727) 446-1045, ext. 248** or **swhite@clearwaterhousingauth.org**



Daylight Saving Time Ends!



Daylight Saving Time ends on Sunday, November 3rd, 2024. Therefore, you will need to set your clocks back an hour!



COVID-19 BOOSTER SHOTS AVAILABLE!

Vaccine Outreach Program (age 60 and over)

- ◆ Vaccine visits at home
- ◆ Free transportation to appointment
- ◆ Respite care for caregivers
- ◆ Reminder calls for appointments

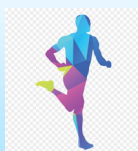
Call today at (727) 217-8111, Option 4!





Important Tips to Prevent/Control Diabetes

1. Practice healthy eating
2. Exercise regularly
3. Get screened early
4. Manage your weight
5. Quit smoking
6. Get regular check-ups



To learn more, visit

www.FloridaHealth.gov/Diabetes

Gratitude

Did you know *Gratitude*...

- ♦ Shields you from negativity
- ♦ Makes you at least 25% happier
 - ♦ Rewires your brain
 - ♦ Eliminates stress
 - ♦ Heals
 - ♦ Improves sleep
- ♦ Boosts self-esteem and performance
- ♦ Enhances the Law of attraction
 - ♦ Improves relationship

FREE INTERACTIVE CLASSES November 2024



Space is limited. To pre-register for in-person classes, call **727-562-4904** at least 24 hours in advance.

Mindfulness Meditation: Tuesdays, November 5th & 19th,



1:30pm to 2:30pm... Deeply relaxed and 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.**



Artful Cards For You with Free Instruction*: Thursday, November 14th, 10:30am to 12pm...

Join Kathleen as you try your hand at creating two holiday cards. Sentiment choices also include a Happy Birthday option. All needed materials supplied. **\$10 (exact amount in cash)** material fees required to be paid to the instructor on the day of your class. Space is limited.



Microsoft Browser Edge: Monday, November 25th, 10:30am to 12pm...

This session Marvin will show you all you need to know about the latest Microsoft Edge. Windows 10 or Windows 11 on your computer is welcome. Bring your fully charged laptop or Chromebook. **FREE.**

Aging Well Long Center - 1501 N. Belcher Rd.
Clearwater, FL 33765
www.myclearwater.com/agingwell



The BIG CLEANUP Clearwater 2024 November 8th-16th, 2024

Clearwater's largest community-wide cleanup event!

This is a family friendly week-long event where all residents, businesses, visitors and community organizations are welcome to join in the fun to keep Clearwater clean from bay to beach. This annual volunteer event is brought to you by the City of Clearwater, Keep Pinellas Beautiful, Ocean Allies, Visit St.Pete/Clearwater, and AMPLIFY Clearwater.



For more information or to register, contact **Megan Jackson** at **727-533-0402** or mjackson@kpbcares.org or visit www.thebigcleanupclearwater.com.