



September 2026 ROSS Newsletter

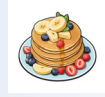


Barbee Towers & Ralph Richards Tower



September Dates & Holidays to Remember...

- ♦ Sept. 6: Read a Book Day
- ♦ Sept. 7: Labor Day
- ♦ Sept. 11: Patriot Day
- ♦ Sept. 13: Grandparents Day
- ♦ Sept. 14: Coloring Day
- ♦ Sept. 17: Constitution Day
- ♦ Sept. 18: Cheeseburger Day
- ♦ Sept. 20: Wife Appreciation Day
- ♦ Sept. 25: Daughter's Day
- ♦ Sept. 26: Pancake Day
- ♦ Sept. 27: Forgiveness Day
- ♦ Sept. 28: Family Day
- ♦ Sept. 29: Coffee Day
- ♦ Sept. 30: Women's Health & Fitness Day



For more information, visit
www.nationaltoday.com/september-holidays/



Aging Well Long Center
1501 N. Belcher Rd.
Clearwater, FL 33765

www.agingwell@myclearwater.com



For more information or to register for in-person classes, call 727-562-4904 at least 24 hours in advance.



Technology Chat—iPhone/iPad & Android

Monday, September 14th, 1 PM-2 PM (iPhone/iPad) and from 2 PM-3 PM (Android)...

Informal question and answer sessions. Ask about navigation, features, apps, social networks, customizing, email, and more. Make sure your device is charged and have your password readily accessible. **FREE.**



Google Chrome & Google Drive

Monday, September 28th, 10:30 AM-12:00 PM...

Join Marvin and learn to create profiles, pin tabs, grouping tabs, synching information, utilizing Gemini to summarize tab information, Gemini voice and more. Chrome books are welcome. Google Chrome need to be downloaded on your fully charged device. **FREE.**

www.myclearwater.com

September ROSS Events & Activities!

Barbee Towers (BT)



Ralph Richards (RR)



Good Neighbors Grocery Giveaway

Wednesday, September 2nd at 12:00 PM-2:00 PM (BT)
(Community Room - all PH residents welcome)



Hope Villages Food Distribution

Tuesday, September 8th at 9:30 AM-11:00 AM (RR)

Tuesday, September 8th at 11:30 AM-1:30 PM (BT)



Empath Senior Ice Cream Social

Thursday, September 10th at 2:00 PM-3:00 PM (RR)

Thursday, September 17th at 2:00 PM-3:00 PM (BT)

(NOTE: You must sign up prior to this event!)



Dedicated Community Bingo

Friday, September 11th at 12:00 PM-2:00 PM (BT)

(Community Room - all PH residents welcome)



FL Dream Center Food Distribution

Tuesday, September 15th at 1:30 PM-3:30 PM (RR)

Tuesday, September 22nd at 1:30 PM-3:30 PM (BT)



ROSS Orientation Session

Thursday, September 24th at 2:30 PM-3:30 PM (BT)

(Community Room - all PH residents welcome)

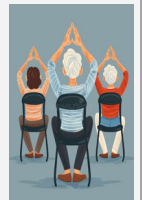
If you need assistance or you'd like to participate, contact the **ROSS Coordinator** at (727) 446-1045, ext. 248 prior to the event!

swhite@clearwaterhousingauth.org



SilverSneakers program available for Seniors!

Experience a range of invigorating exercises tailored for older adults. From cardio workouts to strength training and chair yoga, the SilverSneakers program provide a fun, friendly and supportive environment to improve your health and well-being. All City of Clearwater Parks and Recreation facilities accept SilverSneakers, granting eligible members free access to general fitness amenities and specialized classes.



To find out about eligibility or for a participating location near you, visit www.tools.silversneakers.com/Eligibility

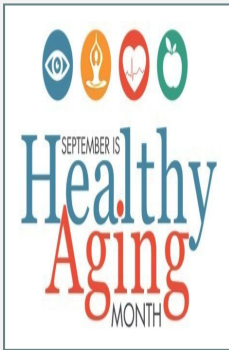
or contact the **ROSS Coordinator** at (727) 446-1045, ext. 248 for assistance!

swhite@clearwaterhousingauth.org



Clearwater Housing Authority offices will be closed on Monday, September 7, 2026 in observance of Labor Day.





September is Healthy Aging Month!

September is Healthy Aging Month, a time dedicated to helping individuals gain a more positive outlook about growing older, to celebrate life and turn over a new leaf. The Healthy Aging Campaign was established over 20 years ago. Since then, more individuals have become aware of their physical and mental health, diet, social skills and even financial situations— all factors that contribute to successful aging. No matter your age, you can stay at your personal best by practicing a few tips:



- 1. Live an active life.** Regular exercise is one of the greatest keys to physical and mental well-being. Living an active life will help you stay fit enough to maintain your independence to go where you want to and perform your own activities.
- 2. Eat healthy foods.** Eat nutrient-dense foods like fruits, vegetables, and whole-grain foods. Avoid sweet, salty, and highly processed foods. Keep in mind that each person has different dietary needs – follow your doctor's suggestions regarding dietary restrictions.
- 3. Maintain your brain.** Never stop learning and challenging your mind. Take dance lessons, learn a new language, attend lectures at a local university, learn to play a musical instrument, or read a book.
- 4. Cultivate your relationships.** Maintain communication with your family and friends. Schedule regular time to meet with friends and family over coffee, during a weekly shared meal, or around a common interest. Reach out to friends who might be isolated or feel lonely.
- 5. Get enough sleep.** Develop a regular schedule with a bedtime routine. Keep your bedroom dark and noise-free. Avoid watching television or surfing the internet while in bed. Stay away from caffeine late in the day.

For more information, visit www.healthyaging.net/september-healthy-aging-month/

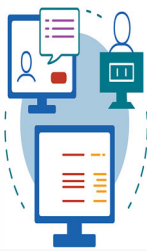


FREE Technology Assistance Available for Seniors!

We're Here To Help You!

Cyber-Seniors Technology Mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, tablet or computer. You can also learn to:

- **Set up a video call with friends and family**
- **Order groceries and medication online**
- **Watch movies, musicals and news shows**
- **Schedule appointments with medical professionals over video**



To register for **FREE** webinars, call **1-844-217-3057**, email info@cyberseniors.org or go to our website at www.cyberseniors.org to schedule **FREE** 1-on-1 tech-help over the phone or via video conference



Do You Need Legal Assistance?

Senior Legal Helpline:
(888) 895-7873

Veterans Legal Helpline:
(866) 486-6161

Disaster Legal Helpline:
(833) 514-2940



Monday-Friday, 9am-4:30pm
(For Florida residents aged 60 and older)

- **Need a solution to a housing problem?**
- **Have questions about a contract you signed?**
- **Want advice about a family matter?**
- **Need assistance obtaining government benefits?**



Applicants receive **FREE**, confidential legal advice and referrals from attorneys with experience representing seniors. To apply for services, call **(800) 625-2257**
www.bals.org