



# December 2020 ROSS Newsletter



Barbee Towers & Ralph Richards Tower



A month filled with love, humanity and gift giving events like Christmas and New Year's Eve. December is the last month of the year, one of seven months with the length of 31 days and has the shortest daylight hours of all months.



Our offices will be closed on the following dates:  
Thursday, December 24, 2020 and Friday, December 25, 2020  
Thursday, December 31, 2020 and Friday, January 1, 2021



## Ralph Richards



### RCS Mobile Food Pantry

Tuesday, December 8, 2020 at 9:30 AM-12:00 PM

### Feeding Tampa Bay Senior Meals Program

Thursday, December 10, 2020 at 12:00 PM-3:00 PM



## Barbee Towers



### Feeding Tampa Bay Senior Meals Program

Thursday, December 10, 2020 at 12:00 PM-3:00 PM

### RCS Mobile Food Pantry

Tuesday, December 22, 2020 at 9:30 AM-12:00 PM



## Join us at our Holiday Luncheon!

### Barbee Towers

**Wednesday, December 16, 2020  
11:00 AM-1:00 PM**

### Ralph Richards Tower

**Thursday, December 17, 2020  
11:00 AM-1:00 PM**

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



## Neighborly Transportation Group Shopping

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

- Thursday, December 3rd @ 9:15 AM - Target
- Thursday, December 10th @ 9:15 AM - Walmart
- Thursday, December 17th @ 9:15 AM - Publix
- Monday, December 21st @ 9:15 AM - Walmart
- Thursday, December 24th (No trips - Holidays!)
- Monday, December 28th @ 9:15 AM - Target

- ◆ 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. 265  
swhite@clearwaterhousingauth.org



## Our Best Holiday Wishes!

May you be  
Changed by love...  
Filled with peace....  
Touched by miracles...



You are cordially invite to a  
**Holiday Celebration!**  
**Saturday, December 12, 2020**  
**10:30 AM- Breakfast with Santa**  
**11:00 AM-1:00 PM**  
**Free Giveaways & more!**

Food, Gifts, Family Photo Booth, free flu vaccines

**Citizens Alliance For Progress Center**  
**401 E. Martin Luther King Jr. Drive**  
**Tarpon Springs, FL 34689**



Register by calling **(727) 934-5881, Ext. 21**



**Downtown Clearwater Holiday Extravaganza: Movie Nights**

**December 12, 2020 @ 6pm**  
**“The Lion King”**

**December 19, 2020 @ 6pm**  
**“The Santa Claus”**

**301 Pierce Street, Clearwater, FL 33755**

Due to social distancing requirements, attendance is limited and registration is required. On-site parking and concessions will be available.

For more information, visit  
**www.downtownclearwater.com** or email  
**howard.smith@myclearwater.com**



**Grease Disposal**

Pouring fats, oils, and grease down the drain this holiday season can cause serious and expensive pipe blockages. The Solid Waste Recycling Drop Off Center is available 24 hours a day, seven days a week. To participate, please follow these steps:



1. Place leftover cooking greases, frying oils, meat drippings and bacon fats into a container.
2. Bring the grease to the city's Solid Waste/Recycling drop-off center at **1701 N. Hercules Ave, Clearwater, FL 33765**
3. Pour the contents of the container into the large barrel that is on-site. Take the empty container home or place it in the trash afterwards, as a container with a layer of grease inside is not recyclable.



For more information call **(727) 562-4920** or visit  
**[myclearwater.com/recycling](http://myclearwater.com/recycling)**



**Diabetes Educational Empowerment Program (DEEP) Virtual Classes**

**Mondays: Dec. 7, 2020-Jan. 11, 2021, 6-8pm**

**Tuesdays: Jan. 5, 2021-Feb. 9, 2021, 6-8pm**

**Thursdays: Jan. 7, 2021-Feb. 11, 2021, 4-6pm**

Join DEEP, a six-week program (once a week, 2-hour classes) that teaches you how to manage diabetes through lifestyle changes including better nutrition and physical activity. The goal of the program is to empower you to take charge of your diabetes, avoid complications, and improve self-management skills.



Registration is required. To enroll or for more information, call **(727) 467-4991** or e-mail **GetHealthy@baycare.org**



**CLEARWATER FREE CLINIC**  
Health care for uninsured families

**FREE Healthcare services for the uninsured!**



**Address:**  
1218 Court Street  
Clearwater, FL 33756  
727-447-3041

**Clinic Hours:**  
Monday-Thursday  
8:30 AM-6:00 PM

Clearwater Free Clinic is a volunteer driven non-profit, non-government medical facility that provides primary health care at no cost to those who do not qualify for government assistance and who cannot afford private medical care.

**Services include:**

- ◆ Primary/Specialty care
- ◆ Womens' care
- ◆ Diabetic/Nutrition programs
- ◆ Medication services
- ◆ Ophthalmology
- ◆ Pediatrics
- ◆ Behavioral Health