



February 2020 ROSS Newsletter

Barbee Towers & Ralph Richards Tower



February Dates & Holidays to Remember...

- ◇ American Heart Month
- ◇ Black History Month
- ◇ Feb. 9: National Pizza Day
- ◇ Feb. 10: Clean Out Your Computer Day
- ◇ Feb. 11: National Inventors Day
- ◇ Feb. 12: Abraham Lincoln's Birthday
- ◇ Feb. 14: **Valentine's Day**
- ◇ Feb. 15: Susan B. Anthony Day
- ◇ Feb. 17: President's Day
- ◇ Feb. 22: George Washington's Birthday
- ◇ Feb. 26: Ash Wednesday
- ◇ Feb. 29: Leap Day (2020 is a Leap Year, which is once every four years)



For more information, visit
www.holidayinsights.com/moreholidays/

Neighborly Transportation Group Shopping February 2020





- ⇒ Thursday, February 6th - Sprouts
- ⇒ Saturday, February 8th - Largo Mall
- ⇒ Thursday, February 13th - Walmart
- ⇒ Thursday, February 20th - Target
- ⇒ Saturday, February 22nd - Largo Mall
- ⇒ Thursday, February 27th - Publix



For more information or to register, come and see me!

Samuel A. White
ROSS Service Coordinator
 (727) 446-1045, Ext. 265
swhite@clearwaterhousingauth.org




Clearwater Housing Authority (CHA) offices will be closed on Monday, February 17, 2020, in observance of Presidents' Day.


The "ROSS Zone" - Upcoming FEBRUARY Events

Barbee Towers

- Dedicated Community Breakfast**
Monday, February 10, 2020 at 10:00 AM-11:00 AM
(Please RSVP by Feb. 6th)
- RCS Food Distribution**
Tuesday, February 25, 2020 at 9:30 AM-11:30 AM
- Dedicated Community Bingo**
Wednesday, February 26, 2020 at 1:00 PM-2:00 PM
- United Healthcare Community Bingo**
Thursday, February 27, 2020 at 2:00 PM-3:00 PM

Ralph Richards Tower

- Dedicated Community Breakfast**
Monday, February 10, 2020 at 10:00 AM-11:00 AM
(Barbee Towers - Please RSVP by Feb. 6th)
- RCS Food Distribution**
Tuesday, February 11, 2020 at 9:30 AM-11:30 AM
- Dedicated Community Bingo**
Wednesday, February 26, 2020 at 1:00 PM-2:00 PM
(Barbee Towers - Community Room)
- United Healthcare Community Bingo**
Thursday, February 27, 2020 at 12:30 PM-1:30 PM



Heart disease is the **No. 1 cause of death.**

FEBRUARY IS



Simple healthy choices lead to more quality years in your life.

www.heart.org

FREE Vision Screening

**Monday, February 10, 2020
9:00 AM-11:00 AM**



Pinellas County Health Department
310 N. Myrtle Avenue
Clearwater, Florida 33755



Preserve Vision Florida provides FREE vision screenings for adults who are patients enrolled in the Pinellas County Health Program (please bring the blue card) as well as low-income, uninsured adults who qualify. Assistance is also provided for glasses and exams for those who qualify. For more information, call (813) 874-2020 or visit www.pvfla.org/vision-screenings/.



Clearwater Aging Well Center

1501 N. Belcher Road
Clearwater, FL 33761
(727) 724-3070



Health and Wellness Lectures

“Heart and Valve Conditions”

Presented by Joshua Rowin, MD

**Wednesday, February 19, 2020
12:00 PM-1:00 PM**

Learn about structural heart and valve conditions, the causes and symptoms, and the advanced treatments options available.

The class is **free** to attend. Limited space is available. For more information or to register, call (727) 253-4076 or visit BayCareEvents.org.



Free Cooking Class

“The Energetics of Food: Food As Medicine”

**Wednesday, February 26, 2020
6:30 PM-7:30 PM**

Presented by Dr. Paul Reynolds, DOM AP

What you put at the end of your fork is more powerful than any pill. Learn how to prepare vegan, gluten-free meals that nourish your body according to the energetics of food. Call in advance to reserve your spot.

**Nature's Food Patch
1225 Cleveland Street
Clearwater, FL 33755
(727) 443-6703
www.naturesfoodpatch.com**

DID YOU EARN LESS THAN \$66,000 LAST YEAR?

Have your federal tax return prepared, e-filed, and direct deposited for FREE.

IRS-certified volunteers will prepare your taxes and ensure you get the largest

refund for which you qualify. The following locations offer services on a walk-in basis only:



High Point Neighborhood
Family Center
5812 150th Avenue N
Clearwater, FL 33760
(727) 533-0730



Clearwater Neighborhood
Family Center
900 N. MLK Avenue
Clearwater, FL 33755
(727) 442-5355



InterCultural Advocacy Institute
Hispanic Outreach Center (HOC)
612 Franklin Street
Clearwater, FL 33756
(727) 445-9734



For available days and times or for more details, please call the numbers listed for each individual location. You may also prepare your own taxes using the free online filing option at www.MyFreeTaxes.com.