



Our mission is to raise and distribute funds that support and enhance the health, educational, social, and recreational programs and services of the Gulfport Multipurpose Senior Center.

Although participation at the Senior Center is free, your membership to the Foundation provides other necessary enhancements that make our center second to none. You can support our mission by renewing your membership or becoming a member of the Foundation. Annual memberships range from \$35 for an individual to Lifetime memberships for \$500. You can mail your tax deductible membership payment to:

Gulfport Senior Center Foundation
5501 27th Ave. S.
Gulfport, FL 33707
or make you secure payment online
visiting
www.gulfportseniorfoundation.org
727.893.1244

The Gulfport Multi-Purpose Senior Center Foundation

CRUISE DRAWING

Cozumel Belize

**Last Chance!
Don't Miss Out!**

Western Caribbean Cruise From Port Canaveral

8 DAYS - 7 NIGHTS • JULY 8-15 2017

Sailing date may be changed by contacting Carnival Cruises

<input type="checkbox"/> All inclusive cruise	<input type="checkbox"/> Day 2: Fun Day at Sea
<input type="checkbox"/> Cruise is for two people	<input type="checkbox"/> Day 3: Costa Maya
<input type="checkbox"/> Ship: Carnival Magic	<input type="checkbox"/> Day 4: Belize
<input type="checkbox"/> Balcony Stateroom	<input type="checkbox"/> Day 5: Mahogany Bay
<input type="checkbox"/> Depart 4 PM from Port Canaveral (Day 1)	<input type="checkbox"/> Day 6: Cozumel
	<input type="checkbox"/> Day 7: Fun Day at Sea

Drawing will be held on January 31, 2017
Need not be present to win

Only \$20.00 Per Drawing Ticket

Tickets on Sale at: Gulfport ArtWalks, Gulfport Senior Center, Gulfport Welcome Center and Tuesday Fresh Market

For more information, please contact the Foundation at 727-893-1244

PROCEEDS WILL BENEFIT THE GULFPORT SENIOR CENTER

SENIOR CENTER FOOD PANTRY

The Gulfport Senior Center Food Pantry currently collects donations of non-perishable food items such as: Cereal, Canned Meats, Peanut Butter, Jelly, Mac-n-Cheese, Soup, Canned Vegetables/Fruit, Rice, Evaporated Milk, Pasta, Personal Toiletries, & Pet Food.

This month we are collecting:
Cereal & Breakfast Foods

Your donations change lives!



HERE'S WHAT IS HAPPENING AT YOUR CENTER ...

SEATED TAI CHI

Learn a Seated Tai Chi Program and increase your health benefits with daily practice.

Benefits from Tai Chi include: mind and body harmony, coordination, balance, flexibility, muscle, bone, and tendon strengthening, and increased energy and blood circulation.

Beginning in January on Tuesdays at 8 am.

All are welcome and encouraged to join. Please wear comfortable clothing, flat soled shoes and bring some water.

BRIDGE 101

Have you ever wanted to learn how to play Contract Bridge? Thanks to Bridge Instructor, Bert, we will be offering Bridge 101 Class on Mondays at 9 – 11 am beginning in January.

You MUST preregister for this class. No experience is needed. Bring a deck of cards if possible.

READER'S THEATER CLUB

Reader's Theater is a minimalistic theater of the imagination. Readers/actors have one job: to help the audience understand words from great literature. NO MEMORIZATION is required. Scripts are used to allow our voices to express the emotions of the story.

This new Club meets every Friday at 1:30 pm. Workshop sessions will be followed by a performance for an audience.



Happy New Year!



5501 27th Avenue S.
Gulfport, FL 33707

Event Line
(727) 893-5657

Rachel, Supervisor
(727) 893-1231

Coordinator
(727) 893-2237

**GEMS
Transportation**
(727) 893-2242

Lobby
(727) 893-2259

**Congregate Dining
& MOW Program**
(727) 344-2111

**HOURS OF
OPERATION:**
Mon-Thurs:
8 am – 7 pm
Friday:
8 am – 4 pm

The Gulfport Senior Center January 2017

IMPORTANT NOTICE: Must be a registered Senior Center participant with information renewed annually to participate in the listed programs.
Registration is easy and free for all individuals 50 years of age or older.

UPCOMING SPECIAL EVENTS:

Healthy Aging with Dr. Cate: Living Mediterranean in Gulfport – Wednesday 1/11 @ 2:00 pm – What does research say about the benefits of a Mediterranean Lifestyle? Dr. Cate will discuss how to balance sun, fun, & diet, reduce stress, & enhance heart & soul to strengthen cognition right here in Gulfport! Brought to you by Rooth & Rooth, P.A., Elder Law Attorneys

Senior Living Communities - Myth Busters – Wednesday, 1/18 @ 2 pm. Senior Living isn't what it used to be. If you have not checked out a senior living community lately, you are missing out. Grand Villa Senior Living Community will be here to bust those myths.

HCA Doc Talks: Gallbladder Treatment & Surgery – Monday, 1/23 @ 2:30 pm. Treatment for gallbladder disease may include lifestyle changes and medication. If your symptoms get worse, your doctor may recommend surgery to remove your gallbladder. Learn about how Robotic Assisted Surgery can help you.

Please Note:

**The Senior Center will be
CLOSED**

*** Monday – January 2nd**

*** Monday – January 16th**

GEMS GULFPORT GETAWAYS:

NO NEED TO BE A GEMS MEMBER TO ENJOY THESE EXCITING GULFPORT GETAWAYS. CALL (727)893-2242 FOR MORE INFORMATION & TO RESERVE YOUR SEAT.

Come with us on **Thursday, January 12th** to the **Jon Hair Monumental Sculpture Museum** where "a 27-foot lion, an 8-foot Neil Armstrong, and tons of sculptures from life-size, to giant-size, to how-the-heck-did-he-do-that-size are all waiting for you." Space is limited. MUST reserve your seat in advance. GEMS members \$14 / Non-Members \$16. Price includes roundtrip transportation, parking, & admission.

Experience the **Mustang Flea Market on Wednesday, January 18th**. This flea market has been a staple attraction in Pinellas County since the mid-1960s. Here you will find many garage sale and used items, as well as collector's items, new tools, hand carts, and other hardware items, as well as, a massive produce section, stocked full of unique and exotic fruits and vegetables. After the flea market we will stop by **The Cajun Café on the Bayou** for lunch where you can find authentic Louisiana Cuisine. Space is limited. MUST reserve your seat in advance. GEMS members \$6 / Non-Members \$8. Price includes roundtrip transportation & parking.

Enjoy an ethnic dining experience with the Out-to-Lunch Bunch on **Tuesday, January 24th** as we travel to **Gateway to India**. Here you will be surrounded by the culture, environment, and ambiance of India. Space is limited. MUST reserve your seat in advance. GEMS members \$4 / Non-Members \$6. Price includes roundtrip transportation. Meal is selected and purchased separately.

The Gulfport Multipurpose Senior Center actively seeks to support independence and increase quality of life of its participants by encouraging involvement in programs and activities that promote health, welfare, safety, and dignity. GULFPORT SENIOR CENTER ACTIVITIES SPONSORED BY: CITY OF GULFPORT www.mygulfport.us and GULFPORT MULTIPURPOSE SENIOR CENTER FOUNDATION, INC. www.gulfportseniorfoundation.org

Gulfport Senior Center Special Events

JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED</p> <p>Happy New Year!</p>	<p>3</p> <p>Seasoned Sowers Garden Club @ 9:30 am</p> <p>Coffee Club Investment Group @ 10 am</p>	<p>4</p>  <p>National Spaghetti Day</p>	<p>5</p>	<p>6</p> <p>1st Friday Flea Market @ 9 am</p>
<p>9</p> <p>Memory Screening (MUST Pre-Register)</p>	<p>10</p> <p>Senior Advisory Committee Meeting @ 8 am</p> <p>New Horizon's Band of Gulfport Spring Semester Meeting @ 5 pm</p>	<p>11</p> <p>Healthy Aging with Dr. Cate: Mediterranean Lifestyle @ 2 pm</p>	<p>12</p> <p>GEMS Getaway to Jon Hair Sculpture Museum (FMI call 727.893.2242)</p> <p>Know Your Numbers @ 10:30 am</p>	<p>13</p>
<p>16</p> <p>CLOSED</p> <p>Dr. Martin Luther King Day</p>	<p>17</p> <p>Seasoned Sowers Garden Club @ 9:30 am</p> <p>Phones for Hearing Impaired @ 9:30 am</p> <p>SHINE Medicare Counseling (MUST Pre-Register)</p>	<p>18</p> <p>GEMS Getaway to Mustang Flea Market & Cajun Café on the Bayou (FMI call 727.893.2242)</p> <p>Senior Living Communities - Myth Busters @ 2 pm</p>	<p>19</p>  <p>National Popcorn Day</p>	<p>20</p> <p>Community Law Program @ 9:30 am (MUST Pre-Register)</p>
<p>23</p> <p>HCA Doc Talk: Gallbladder Treatment & Surgery @ 2:30 pm</p>	<p>24</p> <p>GEMS Out-to-Lunch Bunch: Gateway to India (FMI call 727.893.2242)</p>	<p>25</p> <p>Bone Health @ 2 pm</p>	<p>26</p> <p>Monthly Mini Health Clinic @ 10 am</p>	<p>27</p> <p>Happy Birthday To You! Party @ 3 pm</p>
<p>30</p>  <p>Bubble Wrap Appreciation Day</p>	<p>31</p>	<p>FITNESS CENTER HOURS</p>  <p>Monday-Thursday: 8 am – 7 pm</p> <p>Friday: 8 am – 4 pm</p> 		

Senior Center Activities

Be Healthy:

Blood Sugar & Pressure: 2nd Thurs.–10:30 to 11:30am (L)
Memory Screening: 2nd Monday – 9:30 to 12:30 am (2)*
Mini Health Clinic: Last Thursday–10 am to 12 pm (L)

Be Supported:

AA: Wednesdays - 7:30 pm (DH)

Be Creative:

Art (FUNdamentals of Watercolor): Mondays @ 1 pm (6) *
Art (Watercolor/Drawing): Wednesdays – 1 pm (6) *
Art (Workshop): Thursdays – 9 am (6) *
Harmonica Club: Wednesdays – 9 am (6)
Knitting & Crocheting: Fridays – 9 am (DH)
New Horizons Band Practice: Tuesdays – 5 pm (DH, 7)
Quilters: Tuesdays – 10 am (6)
Reader's Theater: Fridays – 1:30 pm (6)
Seasoned Sowers Garden Club: 1st & 3rd Tues.-9:30 am (P)
Writers Workshop: Fridays – 9:30 am (6)

Be Helped:

Community Law Program: 3rd Friday – 9:30 am (2) **
Food Pantry: Mondays & Thursdays – 1 to 3 pm (2) *
Gulfcoast Legal Services, Inc.: 4th Tuesday – 10 am (7)
Phones for Hearing Impaired: 3rd Tues.–9:30 am (7) ***
Senior Help Line: 800-963-5337
SHINE: *Call for available dates* – 12:30 to 3:30 pm (3) *

Be Fun:

BINGO: Fridays – 1 pm (DH)
Board Games: Mondays – 1 pm (7)
Bridge: Tuesdays (DH) & Thursdays (L) – 1:00 pm
Canasta: Wednesdays – 6:30 pm (7)
Euchre: Tuesdays – 6:30 pm (DH)
Happy Birthday Party: Last Friday – 3 pm (DH)
Pinochle: Wednesdays – 6:30 pm (6)
Wii Bowling (Competitive Team): Thursdays–1 pm (6)

Be Smart:

AARP Safe Driving Class: 1st & 2nd Tuesday – 1 pm (6)*
Coffee Club (Investment Group): 1st Tuesday – 10 am (7)
Computer Round-Table Discussion: Tuesday–2 pm (7)
Tech Talk (No Class this Month): 3rd Weds. – 2 pm (7) *
Health Talk W/ Humana: 3rd Mon–10:30 am (L)
Investment Discussion: Wednesdays – 10 am (7)
Italian Language Classes: Thursdays– 6 & 7 pm (2, 6, 7, DH)
Mah-Jongg Instruction: Mondays – 12 pm (7)
Spanish I: Thursdays – 10:30 am (7)
Spanish II: Thursdays – 9:30 am (7)
The Last Word: 3rd Monday – 4:30 pm (7) *

Be Active:

Dance Fusion: Mon.–9:30 am & Thurs.–10:30 am (RC)
Italian Folk Dancers: Thursdays - 7:30 pm (DH)
Line Dancing (Beginners): Tuesdays – 10:30 am (SH)
Line Dancing (Intermediate): Fridays – 10:30 am (SH)
Seated Tai Chi: Tuesdays @ 8 am (7)
Sound Meditation: Thursdays – 11:15 am (SH)
Strength Training & Aerobics: Mon. & Thurs. – 1 pm (DH)
Tai Chi: Tuesdays & Thursdays – 9 am (C)
Tai Chi for Seniors: Tuesday & Thursday – 10 am (NC)
Yoga: Wednesdays – 10 am (C)
Yoga (Chair): Monday–11 am (SH) Friday–11 am (C)

Senior Center Services:

GEMS – Door to Door transportation service. Rides to medical appointments, shopping, and downtown St. Pete for Gulfport residents, 55 years of age or older or disabled. Call (727) 893-2242

Reassurance Program - Daily calls made to members to provide reassurance and emergency assistance if needed. Gulfport residents 50 years of age or older.

Food Pantry - Supplemental food assistance for qualifying Gulfport Seniors in need. Proper verification required.

Senior Citizens' Advisory Committee – This committee is a liaison for Gulfport Seniors to City Council pertaining to ways to enhance the quality of life for seniors in Gulfport. This committee meets at 8 am on the 3rd Monday of every month at the Gulfport Senior Center. If you have any

* MUST call 727-893-5657 to schedule & for specific class information
 ** MUST call 727-582-7480 to qualify
 *** MUST call 727-399-9983 to qualify

2 = Room 102 6 = Room 106 L = Theater Lobby P = Patio
 3 = Room 103 7 = Room 107 FC = Fitness Center
 SB = Snack Bar C = Casino NC = Neighborhood Center
 DH = Dining Hall SH = Scout Hall RC = Recreation Center