



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 \$25 for an individual to \$40 for a household. Lifetime memberships are available for \$300. You can mail your tax deductible membership payment to:

Gulfport Senior Center Foundation
5501 27th Avenue South
Gulfport, FL 33707
727.893.1244

The Gulfport Multi-Purpose Senior Center Foundation

CRUISE DRAWING



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:
Personal Toiletries

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 Holidays!



5501 27th Avenue S.
Gulfport, FL 33707

Event Line
(727) 893-5657

Rachel, Supervisor
(727) 893-1231

Lacy, 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 December 2016

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:

HCA Doc Talks: Women's Pelvic Pain is Often Undiagnosed – Monday 12/5 @ 5:30 pm – Suffering from pelvic pain that just won't go away? It isn't "normal" – you don't have to "just live" with pain! Join Dr. Jain as she explains what those symptoms may mean and possible treatment options. Presented by St. Petersburg General Hospital.

Beat the Holiday Blues – Wednesday, 12/7 @ 2 pm. Do you have the Holiday Blues? Join us as we discuss positive strategies to overcome, cope with, and beat depression during the holiday season. Presented by Fusion Health Care

Jingle and Mingle Holiday Party – Thursday, 12/22 @ 2 pm. Please join us for a holiday party. Light refreshments, music, and fun provided. (A special guest may even show up! If you were good this year!). Limited seating available. You MUST obtain a complimentary ticket prior to the event. Limit 2 tickets per person. Tickets will be available on 12/12.

Please Note:

The Senior Center will be CLOSED

*** Monday – December 26th**

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

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.

Get started on your holiday shopping with this Gulfport Getaway to the all-new **Seminole City Center on Thursday, December 1st**. GEMS Members \$5 / Non-GEMS Members \$7. Price includes roundtrip transportation. Please reserve your seat by November 28th.

Get into the holiday spirit with special evening trips to the see the **Holiday Light Spectacular at the Florida Botanical Gardens**. "Delight in the shimmering lights, holiday entertainment, beautiful flora, and warmth of the season." We have 2 nights to choose from, **Tuesday, December 6th or Thursday, December 15th**. GEMS Members \$10 / Non-GEMS Members \$12. Price includes roundtrip transportation, parking, and suggested donation for admission.

Eat, Drink, & be MARY! The Out-to-Lunch Bunch will be traveling to **Hamburger Mary's Bar & Grille on Thursday, December 8th**. Join us for a "flamboyant dining experience" as we share a meal, conversation, and fun! GEMS Members \$4 / Non-GEMS Members \$6. Price includes roundtrip transportation.

Gulfport Senior Center Special Events

DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 FITNESS CENTER HOURS Monday-Thursday: 8 am – 7 pm Friday: 8 am – 4 pm				1 GEMS Getaway to Seminole City Center (FMI call 727.893.2242)	2 1 st Friday Flea Market @ 9 am
5 HCA Doc Talk: Women's Pelvic Pain is Often Undiagnosed @ 5:30 pm.	6 Seasoned Sowers Garden Club @ 9:30 am Coffee Club Investment Group @ 10 am GEMS Getaway to Holiday Light Spectacular (FMI call 727.893.2242)	7 Beat The Holiday Blues @ 2 pm	8 GEMS Out-to-Lunch Bunch: Hamburger Mary's (FMI call 727.893.2242) Know Your Numbers @ 10:30 am	9	
12 Memory Screening (MUST Pre-Register) <i>Jingle & Mingle Holiday Tickets Available TODAY!</i>	13 AARP Driver Safety Class @ 1 pm	14 Peace on Earth Begins with Us Presentation by Kathy Lane @ 2 pm	15 Flu Shots by Walgreens @ 10:30 am-12:30 pm GEMS Getaway to Holiday Light Spectacular (FMI call 727.893.2242)	16 Community Law Program @ 9:30 am (MUST Pre-Register)	
19 The Last Word: Writing an Obituary @ 4:30 pm (MUST Pre-Register) Health Talk with Humana @ 10:30 am	20 Seasoned Sowers Garden Club @ 9:30 am Phones for Hearing Impaired @ 9:30 am SHINE Medicare Counseling (MUST Pre-Register)	21 <h2 style="text-align: center;">Bah Humbug Day!</h2>	22 Jingle & Mingle Holiday Party @! 2 pm Ticket Required to Enter.	23 December 24th Happy Hanukkah 	
26 <h2 style="text-align: center;">CLOSED</h2> <i>Merry Christmas</i> 	27	28	29 Monthly Mini Health Clinic @ 10 am	30 Happy Birthday To You! Party @ 3 pm	

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)
Caregivers Support: Wednesdays – 12:30 pm (2)
Diabetic Support: Mondays – 9:30 am (7)

Be Creative:

Art (Open Studio): Mon. @ 2 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) – 1:30 pm
Canasta: Wednesdays – 6:30 pm (7)
Euchre: Tuesdays – 6:30 pm (DH)
Happy Birthday Party: Last Friday – 3 pm (DH)
Pinocle: 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)
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 questions, concerns, or suggestions. **Call (727) 893-1231**

* 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