

GULFPORT INC. 1910 Gateway to the Gulf

Open Enrollment INSURANCE EXPO 2017

Wednesday, October 18 3 – 6 pm

FREE ADMISSION

FLU SHOTS

GIVE-AWAYS


SHINE AGENTS

Snacks

Health Insurance can be confusing.

- ✓ Hospitalization
- ✓ Prescription Drug Coverage
- ✓ Emergency Services
- ✓ Wellness Services

The Gulfport OPEN ENROLLMENT INSURANCE EXPO can help you figure it all out.

 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 your secure payment online visiting www.gulfportseniorfoundation.org- 727.893.1244

Volunteer Spotlight

For 14+ years, Elizabeth Zanata has donated much of her time & talent as the President of the Gulfport Quilters Club that meets at the Senior Center at 10 am on Tuesdays. Elizabeth has led this group in making yearly Christmas placemats for 120 Meals on Wheels recipients, in addition to many other service projects throughout the year. "I love quilting and we have a wonderful group of Quilters!" Elizabeth shared that her favorite part of volunteering is the Annual Quilt Retreat that the group goes on. This group starts meeting again in Nov. If you have any interest in quilting, Elizabeth Zanata you come out & meet them.

Thank you ELIZABETH for making a difference at the Gulfport Senior Center!

FOOD PANTRY NEEDS

The Gulfport Senior Center Food Pantry collects donations of non-perishable food items.

This month we are collecting:

SPAGHETTI & SAUCE

THE SENIOR ADVISORY COMMITTEE WANTS TO HEAR FROM YOU!

The Senior Citizens' Advisory Committee meets on the second Tuesday of the month from September through June at 8:00 am at the Gulfport Multipurpose Senior Center, 5501 27th Avenue S.

We are here for you! Please inform us of any questions, concerns, or suggestions that you would like for us to consider and recommend to the City Council. You may reach us by calling Rachel at (727) 893-1231 or rcataldo@mygulfport.us.

GOOD MORNING GULFPORT!

Sign up for a brief, daily telephone call made by trained volunteers to help you connect to the community, receive peace of mind, and maintain independence with the City of Gulfport's FREE Telephone Reassurance Program.

We now offer 2 convenient call times: early-morning or late-morning. You can now choose what time is best for you!

FMI (727) 893-2237

CORN HOLE, ANYONE?

Corn Hole Boards & Bags are available in the Theater Lobby on Tuesdays and Fridays at Noon. Grab your friends, form a team, & have fun! Don't know how to play? Stop by the Senior Center offices for a set of rules.



GULFPORT INC. 1910 Gateway to the Gulf

5501 27th Avenue S. Gulfport, FL 33707

Event Line (727) 893-5657

Rachel, Supervisor (727) 893-1231

Walter, Coordinator (727) 893-2237

GEMS Transportation (727) 893-2242

Lobby (727) 893-2259

Congregate Dining & MOW Program (727) 344-2111



[Fb.com/GulfportSeniorCenter](https://www.facebook.com/GulfportSeniorCenter)

FITNESS CENTER HOURS

Mon-Thurs: 8 am – 7 pm

Friday: 8 am – 4 pm

The Gulfport Senior Center OCTOBER 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:

Sports Talk with Matt Robinson – Wed. 10/4 @ 2 pm. Meet retired NFL Quarterback, Matt Robinson as he delivers fun facts & info about football, senior care options, and how to stay active as a senior. In true pep-rally fashion, you are asked to **wear your favorite team jersey or colors** & be ready to participate in football trivia to WIN fun football prizes & signed merchandise.

Standing Guard: Protect What You've Worked For – Mon., 10/9 @ 5:30 pm. BABY BOOMERS! Whether you're approaching retirement or recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created. At this presentation you will learn proactive ways to address possible key risks & strategies to help prepare for the unexpected. Refreshments served.

Healthy Aging with Dr. Cate "Social Isolation and Aging" – Wed., 10/11 @ 2 pm. Join Dr. Cate, Dementia Coach in an interactive presentation on the latest developments in brain health and the impact of social isolation.

Caring Connection-Palms of Pasadena Hospital – Mon., 10/23 @ 3 pm. Meet Sharon Hayes, CEO of Palms of Pasadena Hospital, as she discusses Caring Connection, a new program designed for seniors and their loved ones at Palms of Pasadena's ACE Unit, the ONLY Acute Elderly Care Unit in Pinellas Co.

Something for Everyone – Wed., 10/25 @ 2 pm. At some point in our lives, most of us will need the kind of help that is provided by community resources, but most of us don't know what is available. Empath Health offers a wide array of services for people coping with the changes that life can bring. Whether you're coping with a new diagnosis or living with a chronic condition, seeking assistance to stay at home and manage an illness, caring for someone, grieving a loss, or hoping to find meaning by helping others, we have something for you. Come learn about how you can get help – or give it – at Empath Health.

GEMS GULFPORT GETAWAYS:

NO NEED TO BE A GEMS MEMBER TO ENJOY THE EXCITING GULFPORT GETAWAYS. CALL (727)893-2242 FOR MORE INFO & TO RESERVE YOUR SEAT. (TRIPS ARE NON-REFUNDABLE AND SUBJECT TO CHANGE WITHOUT NOTICE.)

Join us for health screenings, exhibits, door prizes, & more at the **Tampa Bay Senior Expo on Tues., 10/10!** Take advantage of the many business exhibits offering investment information, travel opportunities, retirement choices, & educational seminars. GEMS members \$4/Non-Members \$6. Price includes roundtrip transportation.

Come see how "America's choice for homemade ice cream" is made as you tour the **Working Cow Ice Cream Factory on Tues., 10/10.** This family owned company hand blends more than 100 different flavors of super-premium gourmet ice creams & frozen yogurts. GEMS members \$5/Non-Members \$7. Price includes roundtrip transportation & tour. Per factory, you MUST wear closed-toe shoes & sign a waiver prior to tour. Please remember to bring a sweater.

Join your Senior Center friends as you unwind & stroll through a guided tour at **Sunken Gardens on Thurs., 10/19.** Explore cascading waterfalls, beautiful demonstration gardens, & more than 50,000 tropical/exotic plants & flowers. GEMS members \$12/Non-Members \$14. Price includes roundtrip transportation, parking, admission, & tour.

The Out-to-Lunch Bunch will be traveling to Clearwater Beach for a taste of the historic **Columbia Restaurant on Thurs., 10/26.** GEMS members \$8/Non-Members \$10. Price includes roundtrip transportation. Select your meal from the menu & pay your own check. See GEMS office for restaurant menu.

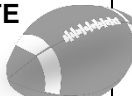



The Gulfport Multipurpose Senior Center actively seeks to support independence and increase quality of life of its participants by encouraging involvement in programs and activities that promote health, welfare, safety, and dignity. GULFPORT SENIOR CENTER ACTIVITIES SPONSORED BY: CITY OF GULFPORT www.mygulfport.us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



Gulfport Senior Center Special Events



OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Seasoned Sowers Garden Club @ 9:30 am SHINE (By appointment only. MUST Pre-register) *	4 Meet Retired NFL Quarterback Sports Talk with Matt Robinson – WEAR YOUR FAVORITE TEAM COLORS @ 2 pm 	5	6 1 ST Friday Flea Market @ 9 am-12 pm
9 Memory Screenings (By appointment only. MUST Pre-register) * Financial Planning Standing Guard: Protect What You Worked For @ 5:30 pm	10 GEMS Getaway to Tampa Bay Senior Expo (FMI call 727.893.2242) * GEMS Getaway to Working Cow Factory Tour (FMI call 727.893.2242) *	11 Healthy Aging with Dr. Cate: Social Isolation @ 2 pm	12 Know Your Numbers @ 10:30 am	13 Android Phone/Tablet Instructional Class @ 11 am (MUST Pre-Register) *
16 Health Talks with Humana @ 10:30 am	17 Seasoned Sowers Garden Club @ 9:30 am Phones for Hearing Impaired @ 9:30 am *** SHINE (By appointment only. MUST Pre-register) *	18 Open Enrollment Insurance EXPO 3-6 pm * FREE Admission * Flu Shots * Give-Aways * Refreshments * SHINE Agents * Answers to your insurance questions	19 GEMS Getaway to Sunken Gardens (FMI call 727.893.2242) *	20 Community Law Program @ 9:30 am (MUST Pre-Register) ** 
23 The Caring Connections – Palms of Pasadena @ 3 pm 	24	25 Something for Everyone - Empath @ 2 pm	26 Monthly Mini Health Clinic @ 10 am Out-to-Lunch Bunch to Columbia Restaurant (FMI call 727.893.2242) *	27 Happy Birthday To You! Party @ 3 pm
30	31  Happy Halloween	The Senior Center is now on Facebook. Find us and Like us to keep up to date with all our activities and important information. Fb.com/GulfportSeniorCenter		

Senior Center Weekly Activities

Be Healthy:

Blood Sugar & Pressure: 2nd Thurs.–10:30 to 11:30am (L)
Health Talks with Humana: 3rd Mon. – 10:30 am (L)
Memory Screening: 2nd Monday – 9 am – 12 pm (2)

Be Fun:

BINGO: Fridays – 1 pm (DH)
Bridge: Tuesdays (DH) & Thursdays (L) – 1:30 pm
Canasta: Wednesdays – 6:30 pm (7)
Clubhouse Chatter: Wednesdays @ 1 pm (7)
Corn Hole: Tuesdays & Fridays – 12 pm (L)
Dominoes: Mondays – 1 pm (L)
Euchre: Tuesdays – 6:30 pm (6)
Happy Birthday Party: Last Friday – 3 pm (DH)
Mahjongg: Mondays – 12 pm (7)
Pinochle: Wednesdays – 6:30 pm (6)
Texas Hold'em: Tuesdays & Fridays – 12 pm (7)
Wii Bowling (Competitive Team): Thursdays–1 pm (6)

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)
Meditation: Wednesdays – 11 am (C)
Seated Tai Chi: Tuesdays & Thursdays @ 8 am (7)
Sound Meditation: Thursdays – 11:15 am (SH)
Strength Training & Aerobics: Mon. & Thurs. – 1 pm (DH)
Stretch & Strength: Tues. & Fri. – 1 pm (SH)
Tai Chi: Tuesdays & Thursdays – 9 am (C)
Tai Chi for Seniors: Tuesday & Thursday – 10:30 am (C)
Yoga & Qigong: Wednesdays – 10 am (C)
Yoga (Chair): Monday–11 am (SH) & Friday–11 am (C)

Be Helped:

AA: Wednesdays - 7:30 pm (DH)
Community Law Program: 3rd Friday – 9:30 am (2) **
Food Pantry: Mondays & Thursdays – 1 to 3 pm (2)
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) *

* 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

Be Creative:

Art (FUNdamentals of Watercolor): Mondays @ 3 pm (6) *
Art (Intermediate Watercolor Wrkshp): Mon. @ 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)
Seasoned Sowers Garden Club: 1st & 3rd Tues.–9:30 am (P)
Writers Workshop: Fridays – 9:30 am (6)

Be Smart:

AARP Safe Driving Class: 1st & 2nd Tuesday – 1 pm (6) *
Android Phone-Tablet Inst. Class: 2nd Fri. Even Months – 11 am (7) *
Bridge 101: Mondays – 9 am (6)
iPhone-iPad Inst. Class: 3rd Weds. Odd Months – 1:30 pm (7) *
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)

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. Yearly Membership required. 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 2nd Tuesday of every month at the Gulfport Senior Center. If you have any questions, concerns, or suggestions. Call (727) 893-1231

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 = Dinina Hall SH = Scout Hall RC = Recreation Center