

August 22 - 2 pm

**Tiki Time Luau**  
**Ice Cream Social**

Grab your hula skirt and island shirts and come play games, dance, & build your own ice cream sundae.

**\$2 PER TICKET**

Tickets available on 8/1 at the Gulfport Senior Center - 5501 27<sup>th</sup> Avenue S.

# GEMS GULFPORT GETAWAYS

SENIOR CENTER REGISTRATION IS REQUIRED, HOWEVER THERE IS 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 & SUBJECT TO CHANGE WITHOUT NOTICE.

**August 2 - St. Petersburg Sculpture Experience & Po' Folks.** Experience the fascinating world of monumental sculpture! Check out over 100 sculptures, relax with Mark Twain on the patio, & see 42 Studio Master Sculptures you'll never see anywhere else! For lunch, we will stop at a local favorite, Po' Folks for some hearty, home-style cooking. \$16 for GEMS Members / \$20 for Non-GEMS Members. Price includes: Round-trip transportation, admission, guided tour, & parking. Meal paid for separately

**August 6 - The Ringling Art Museum & Bayfront Gardens.** Wander through galleries filled with works of antiquities, old masters & modern visionaries, from the Ringling Museum's permanent collection & traveling exhibitions. While visiting the Ringling, leisurely explore the 66 acres of the Bayfront Gardens. \$15 for GEMS Members / \$20 for Non-GEMS Members. Price includes: Round-trip transportation, parking, and admission.

**August 16 - Derby Lanes.** Come with us to the exciting Derby Lanes where you can wager on all your favorite picks, practice your best poker face with a hand of Texas Holdem, or just sit back & watch the high-energy fun! Enjoy lunch at the Derby Club Four which offers a casual menu & full bar. \$6 for GEMS Members / \$8 for Non-GEMS Members. Price includes: Round-trip transportation & parking.

**August 23 - Ybor City Museum State Park & Columbia Restaurant.** Discover the rich cultural heritage of Ybor City & learn about the role Ybor City played in Tampa's development & its reputation as the "Cigar Capital of the World." We will travel down the road to the Columbia Restaurant, a Florida tradition since 1905. \$20 for GEMS Members / \$24 for Non-GEMS Members. Price includes: Round-trip transportation, parking, admission, & guided tour. Meal paid for separately.

**August 27 - Out-to-Lunch Bunch: Brass Tap.** Enjoy a delicious lunch & a craft beer at the Brass Tap. Afterwards, shop to your heart's desire at the Tyrone Square Mall's new stores. \$4 for GEMS Members / \$6 for Non-GEMS Members. Price includes: Round-trip transportation. Meal paid for separately.

## FOOD PANTRY NEEDS

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

This month we are in need of:  
**CANNED MEATS**



5501 27<sup>th</sup> 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

## FITNESS CENTER HOURS

**Mon-Thurs:**  
8 am - 7 pm

**Friday:**  
8 am - 4 pm

# The Gulfport Senior Center AUGUST 2018

**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:

**Hearing Health Seminar** - Wed., 8/1 @ 2 pm. Beyond Hearing Aids: Advances in Hearing Technology & Hearing Solutions presented by Dr. Mary Burton of Hear Here Audiology. Topics includes: how the hearing system works, causes for hearing loss, & the various treatment options available, including hearing aids & other devices.

**Empath Health CHAT** - Mon., 8/6 @ 3 pm. This month's topic is **Volunteers Change Lives: Learn How to Make a Difference.** A growing body of research has pointed to the social, emotional, & physical health benefits of volunteering. Learn how volunteering can keep you mentally stimulated & add more zest to your life. Come prepared to have fun as we play an exciting game of Swap BINGO!

**Gulfport FD presents CERT** - Wed., 8/8 @ 2 pm. CERT is an integral part of Citizen Corps, the grass-roots movement that actively involves everyone making our communities & nation safer, stronger, & better prepared. Come learn what CERT is, what CERT teams do in an emergency, how CERT helps the community, & the benefits of CERT training.

**Back Pain and Sciatica Workshop** - Tues., 8/14 @ 1 pm. Do you suffer back pain or leg pain when you stand or walk? Pain when you sit for long periods of time? Leg numbness or tingling? Come learn the 3 most common causes of back pain and sciatica and what successful treatment looks like without medication, injections or surgery. **Space is limited. MUST call (727) 893-5657 to pre-register.**

**Healthy Recipes Cooking Demo** - Wed., 8/15 @ 2 pm. Come taste & learn how to prepare healthy food & how to read food labels. **Space is limited. MUST call (727) 893-5657 to pre-register.**

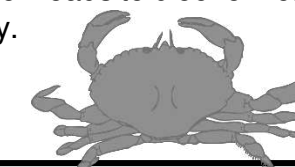
**iPhone/iPad Instruction Class** - Thurs., 8/16 @ 1:30. Learn the basic functions of your Apple iPhone or iPad. **MUST call 727.893.5657 to pre-register.** Presented by the Gulfport Library.

**Health Talks with Humana** - Mon., 8/20 @ 10:30 am. Join Wendy as she offers powerful tips on how to get a better night's rest.

**Tiki Time Luau Ice Cream Social** - Wed., 8/22 @ 2 pm. Grab your hula skirt & island shirt and come play games, dance, & build your own ice cream sundae. Tickets available at the Senior Center front lobby on 8/1. **\$2 per ticket.**

**Tech Tips with Stetson** - Mon., 8/27 @ 3 pm. Technology is constantly changing, making it hard to keep up with the latest changes, devices, & trends. Stetson students will offer instruction & tips to keep you up to date. *This month's topic: Smart Phones and Tablets.* **Space is limited. MUST call (727) 893-5657 to pre-register.**

**About That Sugar ... Addiction** - Wed., 8/29 @ 2 pm. Join Dr. M.I. Yamani, Medical Director at All Care Medical Consultants to learn how sugar consumption leads to biochemical changes in the body.









*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.*

## Volunteer Spotlight Anita Carson

Anita was in National Accounts/Sales and has lived in CA, VA, OK, TX, OR, Germany, & now here in FL. She has helped the Center out with many activities but currently holds a regular weekly volunteer position in the Fitness Center. "Every day I volunteer is a day of giving back." Anita enjoys bringing a smile to the lives of others and claims that the Senior Center is "one of the best places for improving people's lives." One of Anita's favorite memories while volunteering here is the opening of the newly renovated fitness center back in late 2016. When she is not helping out at the center, Anita enjoys kayaking, art walks, beach time, spending time with friends and getting to know new people, and mostly being retired!

**Thank you Anita for making a difference at the Gulfport Senior Center.**

# August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Fb.com/Gulfport SeniorCenter</b></p>		<p><b>1</b> Hearing Health Seminar @ 2 pm</p>	<p><b>2</b> GEMS Getaway to St. Petersburg Sculpture Experience &amp; Po' Folks. (FMI call 727.893.2242)</p>	<p><b>3</b>  National Watermelon Day</p>
<p><b>6</b> GEMS Getaway to The Ringling Art Museum (FMI call 727.893.2242)  Empath Health CHAT: Volunteers Change Lives: Learn How to Make a Difference &amp; Swap BINGO! @ 3 pm</p>	<p><b>7</b> Seasoned Sowers Garden Club @ 9 am  SHINE (By appointment only. MUST Pre-register) *</p>	<p><b>8</b> Gulfport PD presents: CERT @ 2 pm</p>	<p><b>9</b> Know Your Numbers @ 10:30 am</p>	<p><b>10</b>  National S'mores Day</p>
<p><b>13</b>  Left-Handers Day</p>	<p><b>14</b> Back Pain &amp; Sciatica Workshop @ 1 pm (MUST Pre-Register) *</p>	<p><b>15</b> Healthy Recipes Cooking Demo @ 2 pm (MUST Pre-Register) *</p>	<p><b>16</b> GEMS Getaway to Derby Lanes (FMI call 727.893.2242)  iPhone-iPad Instruction Class Presented by Gulfport Library @ 1:30 pm (MUST Pre-Register) *</p>	<p><b>17</b> Community Law Program @ 9:30 am (MUST Pre-Register) **</p>
<p><b>20</b> Health Talks with Humana: Healthy Sleep @ 10:30 am</p>	<p><b>21</b> Seasoned Sowers Garden Club @ 9:00 am  Phones for Hearing Impaired @ 9:30 am ***  SHINE (By appointment only. MUST Pre-register) *</p>	<p><b>22</b> Tiki Time Luau Ice Cream Social @ 2 pm \$2 per ticket. Tickets available on 8/1 at the Senior Center Front Lobby</p>	<p><b>23</b> GEMS Getaway to Ybor City Museum State Park &amp; Columbia Restaurant (FMI call 727.893.2242)</p>	<p><b>24</b> Happy Birthday Party @ 3 pm</p>
<p><b>27</b> Out-to-Lunch Bunch: The Brass Tap &amp; Tyrone Square (FMI call 727.893.2242)  Tech Tips with Stetson @ 3 pm *</p>	<p><b>28</b></p>	<p><b>29</b> About That Sugar ... Addiction @ 2 pm</p>	<p><b>30</b></p>	<p><b>31</b>  Represent Your Favorite College Team by Wearing Their Colors for National College Colors Day</p>

## Senior Center Weekly Activities

### Be Healthy:

**Blood Sugar & Pressure:** 2<sup>nd</sup> Thurs. @ 10:30 to 11:30am (L)  
**Health Talks with Humana:** 3<sup>rd</sup> Mon. @ 10:30 am (L)

### Be Fun:

**BINGO:** Fridays @ 1 pm (DH)  
**Bridge:** Tuesdays (DH) & Thursdays (L) @ 1:30 pm  
**Canasta:** Wednesdays @ 6:30 pm (7)  
**Clubhouse Chatter:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesday @ 12:30 pm (7)  
**Dominoes:** Mondays @ 1 pm (L)  
**Euchre:** Tuesdays @ 6:30 pm (6)  
**Happy Birthday Party:** Last Friday @ 3 pm (DH)  
**Mahjonn:** Mondays @ 12:00 pm (7)  
**Pinochle:** Wednesdays @ 6:30 pm (6)  
**Texas Hold'em:** Tuesdays & Fridays @ 12 pm (L)  
**Wii Bowling (Competitive Team):** Thursdays @ 1 pm (6)

### Be Active:

**Chair Volleyball:** Thursdays @ 2:30 pm (DH)  
**Line Dancing (Beginners):** Tuesdays @ 10:30 am (SH)  
**Line Dancing (Intermediate):** Fridays @ 10:00 am (SH)  
**Seated Tai Chi:** Tuesdays & Thursdays @ 8 am (7)  
**Strength Training & Aerobics:** Mon. & Thurs. @ 1 pm (DH)  
**Tai Chi for Seniors:** Tuesday & Thursday @ 10:00 am (C)  
**Yoga & Qigong:** Wednesdays @ 10 am (SH)  
**Yoga (Chair):** Monday @ 11 am (SH) & Friday @ 11 am (C)

### Be Helped:

**AA:** Wednesdays @ 7:30 pm (DH)  
**Caregivers Support Group:** 2<sup>nd</sup> & 4<sup>th</sup> Thurs @ 6 pm (SH)  
**Community Law Program:** 3<sup>rd</sup> Friday @ 9:30 am (2) \*\*  
**Food Pantry:** Mondays & Thursdays @ 1 to 3 pm (2)  
**Harmonica Lessons:** Tuesday @ 9 am (L)  
**Phones for Hearing Impaired:** 3<sup>rd</sup> Tues. @ 9:30 am (7) \*\*\*  
**Senior Help Line:** 800-963-5337  
**SHINE:** *Call for available dates* – 12:30 to 3:30 pm (3) \*

### Be Smart:

**AARP Safe Driving Class:** 1<sup>st</sup> Tues & Thurs @ 1 pm (6) \*  
**iPhone-iPad Inst. Class:** 3<sup>rd</sup> Thursday @ 1:30 pm (7) \*  
**Investment Discussion:** Wednesdays @ 10 am (7)  
**Spanish I:** Thursdays @ 10:30 am (7)  
**Spanish II:** Thursdays @ 9:30 am (7)

### Be Creative:

**Art – Open Studio (Watercolor):** Mondays @ 1:30 pm (6) \*

**Art – Open Workshop (Watercolor/Drawing):** Wed. @ 1 pm (6) \*

**Art – Open Workshop:** Thursdays @ 9 am (6) \*

**Art – Learn the Basics: A Drawing & Acrylics**

**Painting Class for Beginners:** Thurs. @ 1 pm \*

**Harmonica Club:** Wednesdays @ 9 am (6)

**Knitting & Crocheting:** Fridays @ 9 am (DH)

**Seasoned Sowers Garden Club:** 1<sup>st</sup> & 3<sup>rd</sup> Tues @ 9 am (P)

**Writers Workshop:** Fridays @ 9:30 am (6)

### 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 between Gulfport's senior community and the city of Gulfport. Appointed by city council, committee members consider and advise the city on ways to enhance the quality of life for seniors in Gulfport. We meet at 8:00 am on the second Tuesday of the month at the Gulfport Senior Center, and meetings are open to the public. We welcome your questions, concerns and suggestions; please attend a meeting and/or contact Rachel Cataldo, 727-893-1231 or rcataldo@mygulfport.us.

#### KEY

\* MUST call 727-893-5657 to pre-register

\*\* MUST call 727-582-7480 to qualify

\*\*\* MUST call 727-399-9983 to qualify

2 = Room 102

3 = Room 103

6 = Room 106

7 = Room 107

DH = Dining Hall

FC = Fitness Center

L = Theater Lobby

P = Patio

SB = Snack Bar

C = Casino, 5500 Shore Blvd.

NC = Neighborhood Center, 1617 49<sup>th</sup> St.

SH = Scout Hall, 5315 28<sup>th</sup> Ave.

RC = Recreation Center, 5730 Shore Blvd.

For more information on any of classes and/or activities, please call the Event Line at (727) 893-5657.

★ AUGUST ★