

Its ugly sweater weather

JOIN US AS WE
EAT, DRINK, & BE TACKY
 at the
Gulfport Senior Center's
Ugly Holiday Sweater Party

WEDNESDAY, DECEMBER 19th
2:00 PM

Tickets \$25

Tickets will be available on Dec 1st at the Gulfport Senior Center, 5501 27th Avenue S.

- UGLY SWEATER CONTEST
- CAROLING KARAOKE
- GAMES
- FOOD
- FUN

2nd Annual Jigsaw Puzzle TOURNAMENT

January 29th 12:30 pm

Mark Your Calendar, Gather Your Friends & Form a Team.

Registration opens Jan. 2nd. Register as a 4-person team or be assigned to a team. Entry forms and more information will be available soon.

2019

FRIENDLY REMINDER ...

As the new year approaches, please take the time to renew your annual registration with the Gulfport Senior Center. Registration forms can be found at the front desk and the fitness center desk.

SENIOR CENTER FOOD PANTRY

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

This month we are collecting:
Paper Products (Toilet paper, paper towels)

Your donations change lives!

OPEN REGISTRATION
 1st Quarter Art Classes (Feb., Mar., & Apr.) Begins Jan 2nd.

- Beginner/Intermediate Instructed Watercolor
- Advanced Watercolor
- Gulfport Senior Artist Workshop
- Learning the Basics-A Drawing & Acrylic Painting Class for Beginners

New & Exciting at the Gulfport Senior Center

Happening Now

Body Movement & Being: Tues. @ 6:30 pm. Instructor, Noa Spector-Flock has taught movement, wellness, & injury prevention since 1982. She offers a unique exercise program which shows how to strengthen the body by contracting specific muscles while lengthening them at the same time.

Gentle Mindful Yoga: Weds. @ 9:30 am. There are so many benefits of yoga: decrease chronic pain, stress & anxiety, reduce inflammation, improve heart health, improve quality of life, and many more. Try it today & see how it can help you.

Laughing Yoga: Weds. @ 3:30 pm. Laughter Yoga is where laughter is initiated as an exercise in a group, but with eye contact & childlike playfulness, it soon turns into real & contagious laughter. It combines laughter exercises with yoga breathing.

Sound Meditation: Thurs. @ 11:30 am. With guidance from the instructor, Sound Meditation improves sleep, sharpens focus, & reduces stress among a myriad of benefits. Join this group & improve your life experience.

Coming Soon

Healthy Cooking Class: 4th Mon of month @ 3 pm. Learn how to make a delicious & healthy meal each month. Registration will be required for this class. Keep an eye out for the upcoming lesson menu.

Arts & Crafts Workshop: 4th Tues of month @ 2:30 pm. You will have loads of fun creating something new each month. Registration will be required for this workshop. Monthly craft will be posted soon.

Promoting Optimal Living

The City of Gulfport MULTIPURPOSE SENIOR CENTER

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 DECEMBER 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:

Empath CHAT: Seasons of Grief: Coping with Loss During the Holidays & Holiday BINGO – Mon., 12/3 @ 3 pm Holidays are a time to celebrate. But for those who have lost someone it can be a time of deep sorrow. Even years after a loss, many people find the holidays are still hard. This talk will focus on ways to honor and remember our loved ones that are gone. We will discuss coping strategies and provide a checklist that will help you discuss your feelings with your family and loved ones. BINGO! Did someone mention BINGO? Yes! Let's end this year with a little Holiday BINGO.

Successful Aging – Weds., 12/5 @ 2 pm. Andy Malivuk with Seniors Helping Seniors will discuss important tips for successful aging. This discussion will cover excerpts from the New York Times Bestseller, *The Blue Zone* which offers individuals & caregivers with the nine lessons for longer living.

1st Friday Flea Market – Fri., 12/7 @ 9 am – noon. Come find a great selection of holiday décor & gift items including: jewelry, Tampa Bay Rays collectibles, DVD's, assorted dolls, home décor & assorted gift sets. Just in time for the holidays.

Celebrate the Season – Tues., 12/11 @ 7 pm. The holidays are upon us and you can celebrate the season by joining the New Horizons Band of Gulfport, Inc. for a FREE concert in the comfort of the Catherine Hickman Theater. The band will play familiar holiday tunes, plus pop hits.

Money Smart for Older Adults – Weds., 12/12 @ 2 pm. Join us to learn important points to consider in planning for a more secure financial future, including how to guard against identity theft & other financial exploitation, as well as how to prepare financially for unexpected life events & disasters. Presented by Third Federal Savings & Loan.

Memory Mobile – Tues., 12/18 10 am – 2 pm. The Alzheimer's Association & Pinellas County Human Services is bringing the Memory Mobile to Gulfport. Sign up today to guarantee your spot on this interactive brain bus. Learn what research

Memory Mobile (Cont.) tells us, develop a road map to form healthy habits, gain resources, & discover ways to help with advance research. MUST call 727.893.5657 to pre-register.

Popcorn & Movie – Tues., 12/18 @ 1 pm. Join Dedicated Senior Medical Center & Wellcare for a matinee movie & popcorn in the Catherine Hickman Theater. This month's movie, *"The Christmas Shoes"* is a story of a young boy who tries to get a pair of special shoes for his dying mother while a lawyer tries to deal with the break-up of his marriage. *Drama 2002 NR 1h40m.*

Ugly Holiday Sweater Party – Weds., 12/19 @ 2 pm. It's ugly sweater weather so join us as we eat, drink, & be tacky. Ugly sweater contest, caroling karaoke, games, food, & fun! Tickets will be available on Dec. 3rd for \$2 per ticket. Don't miss out, make sure to stop by & get your ticket!!!

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.

Get into the Holiday Spirit. Choose from these Holiday Light Tours

Tues., 12/4 - The Florida Botanical Gardens
 Thurs., 12/13 - The Lights of Lake Park Estates
 Tues., 12/18 - The Lights of Lake Park Estates

\$8 for GEMS Members
 \$10 for Non-GEMS Members

HOLIDAY CLOSINGS

The Gulfport Senior Center will be closed the following days:

Monday, December 24th
 Tuesday, December 25th
 Monday, December 31st
 Tuesday, January 1st

Have a wonderful & safe holiday season!

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.

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Empath CHAT: Seasons of Grief: Coping with Loss During the Holidays & Holiday BINGO @ 3 pm <i>Presented by Suncoast Hospice</i> Ugly Holiday Sweater Party Tickets available today!	4 Seasoned Sowers Garden Club @ 9 am SHINE (By appt only. MUST Pre-register) * GEMS Getaway to Holiday Light Tour at The FL Botanical Gardens (FMI call 727.893.2242)	5 Successful Aging @ 2 pm <i>Presented by Seniors Helping Seniors</i>	6	7 1st Friday Flea Market @ 9 am - Noon
10 Memory Screenings @ 9 am <i>Provided by St. Anthony's Memory Disorder Clinic (MUST Pre-Register) *</i>	11 Senior Citizens' Advisory Committee Meeting @ 8 am Seasoned Sowers Garden Club @ 9:00 am	12 Money Smart for Older Adults @ 2 pm <i>Presented by Third Federal Savings & Loan</i>	13 Know Your Numbers with Flu Shots @ 10:00 am GEMS Getaway to Holiday Light Tour at Lake Park Estates (FMI call 727.893.2242)	14
17 Health Talks with Humana: Preventing Falls @ 10:30 am	18 Memory Mobile @ 10am -2pm <i>Provided by Alzheimer's Assoc. & Pinellas County Human Services (MUST Pre-Register) *</i> Popcorn & A Movie @ 1 pm "The Christmas Shoes" <i>Presented by Dedicated Senior Medical Group & Wellcare</i> GEMS Getaway to Holiday Light Tour at Lake Park Estates (FMI call 727.893.2242)	19 Ugly Holiday Sweater Party @ 2 pm. \$2 per ticket. Tickets available on 8/3 at the Senior Center Front Lobby 	20  National Re-Gifting Day	21 Community Law Program @ 9:30 am (MUST Pre-Register) **
24 Closed Have a Very Merry Christmas!	25 	26	27	28 Happy Birthday Party @ 3 pm <i>Presented by Simply Health Care</i>

31 Closed

Happy New year!





Stay up-to-date on all the fun & exciting events happening at the Senior Center on Facebook.

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



Senior Center Weekly Activities

Be Healthy:

Blood Sugar & Pressure: 2nd Thurs. @ 10:30 (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: 2nd & 4th Tuesday @ 10:00 am (7)
Dominoes: Mondays @ 1 pm (L)
Euchre: Tuesdays @ 6:30 pm (6)
Happy Birthday Party: Last Friday @ 3 pm (DH)
Mahjonnig: Mondays @ 12 pm (7)
Pinocle: Wednesdays @ 6:30 pm (6)
Texas Hold'em: Tues. (L) & Fri (7) @ 12 pm
Wii Bowling (Competitive Team): Weds. @ 1 pm (7)

Be Active:

Body Movement & Being: Tuesdays @ 6:30 pm (L)
Chair Volleyball: Thursdays @ 2:30 pm (DH)
Dance Fusion: Mon. @ 10 am & Thurs. @ 10:30 am (RC)
Gentle Mindful Yoga: Wednesdays @ 9:30 am (SH)
Laughter Yoga: Wednesdays @ 3:30 pm (SH)
Line Dancing (Beginners): Tuesdays @ 10:30 am (SH)
Line Dancing (Intermediate): Fridays @ 10 am (SH)
Seated Tai Chi: Tuesdays & Thursdays @ 8 am (7)
Sound Meditation: Thursdays @ 11:30 am (SH)
Strength Training & Aerobics: Mon & Thur @ 1 pm (DH)
Stretch & Strength: Tues. & Fri. @ 1 pm (SH)
Tai Chi for Seniors: Tuesday & Thursday @ 10 am (C)
Yoga & Qigong: Mondays @ 10 am (C)
Yoga (Chair): Mon @ 11 am (SH) & Fri @ 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)
Harmonica Lessons: Tuesday @ 9 am (L)
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 Smart:

AARP Safe Driving Class: 3rd Tues & Thurs @ 1 pm (7) *
Bridge 101: Mondays @ 9 am (6)
Apple iPhone-iPad Inst. Class: 4th Thurs. @ 1:30 pm (7) *
Investment Discussion: Wednesdays @ 10 am (7)
Italian Language Classes: Thurs @ 6 & 7 pm (2,6,7, DH)
Spanish I: Thursdays @ 10:30 am (7)
Spanish II: Thursdays @ 9:30 am (7)
Tech Tips w/ Stetson: 3rd Fri @ 1:30 pm (6) *

Be Creative:

Art (Room 106) *

- **Beginning/Intermediate Watercolor:** Mon @ 1 pm
- **Beginning/Intermediate Watercolor:** Mon @ 3 pm
- **Master Watercolor:** Weds @ 1 pm
- **Gulfport Senior Artist Workshop:** Thur @ 9 am
- **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)
New Horizons Band Practice: Tues @ 5 pm (DH, 7)
Quilting Club: Tuesday @ 10 am (6)
Seasoned Sowers Garden Club: 1st & 3rd 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 49th St.
 SH = Scout Hall, 5315 28th 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.