

GEMS GULFPORT GETAWAYS

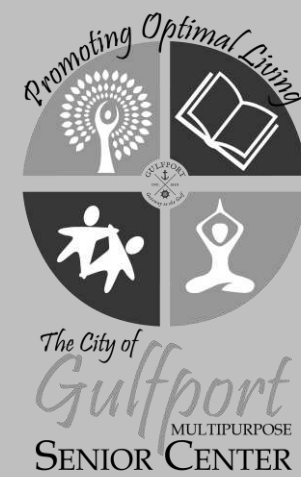
SENIOR CENTER REGISTRATION IS REQUIRED, HOWEVER THERE IS NO NEED TO BE A GEMS MEMBER TO ENJOY THE EXCITING GULFPORT GETAWAYS. CALL (727)893-2242 FOR MORE INFO & TO RESERVE YOUR SEAT. TRIPS ARE NON-REFUNDABLE & SUBJECT TO CHANGE WITHOUT NOTICE.

Jan 7 - Out-to-Lunch Bunch: Fortunato's Italian Pizzeria. Grab a slice of hand-tossed New York style pizza on this Out-to-Lunch Bunch trip to Fortunato's Italian Pizzeria. Not in the mood for pizza? No worries, they also serve salads, subs, wings, & more. \$4 for GEMS Members / \$6 for Non-GEMS Members Price includes: Round-trip transportation. Meal paid for separately.

Jan 17 - Ellenton Premium Outlet Mall Don't miss the after-Christmas deals at the Ellenton Premium Outlet Mall on this fun Gulfport Getaway. Shop at more than 100 different stores including: Anne Taylor, Clarks, Dress Barn, Lane Bryant, and many, many more. \$15 for GEMS Members / \$17 for Non-GEMS Members Price includes: Round-trip transportation.

Jan 22 - Sea Breeze Island Grill & Raw Bar and Seaside Seabird Sanctuary Join us at the award winning waterfront seafood restaurant, Sea Breeze Island Grill & Raw Bar for a delicious lunch. Afterward, we will tour the 1.5-acre beach-front sanctuary for sick, injured, or orphaned birds, view the pelican hand-feeding demonstration, and the screech owl presentation. Don't miss out! \$8 for GEMS Members / \$10 for Non-GEMS Members Price includes: Round-trip transportation. Meal paid for separately.

Jan 31 - MOSI - Museum of Science & Industry "Exercise your mind at MOSI & rediscover your love of learning." Discover what's new in science & technology on this exciting trip to Tampa's Museum of Science & Industry. \$26 for GEMS Members / \$28 for Non-GEMS Members Price includes: Round-trip transportation, parking, admission & guided tour.



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

FITNESS CENTER HOURS

Mon-Thurs:
8 am - 7 pm

Friday:
8 am - 4 pm

The Gulfport Senior Center JANUARY 2019

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: Laugh Out Loud: Let's Learn About Laughter Yoga - Mon., 1/7 @ 3 pm Did you know that as children we laugh over 300 times a day but as adults only 30 times? Scientific studies indicate that laughter may have medically beneficial effects, particularly to cardiovascular health and mood. Today's presentation will introduce you to the PACE Program and how we use Laughter Yoga with our participants. Be prepared to try a little laughter yoga yourself. You won't want to miss this hysterical experience that will heighten your awareness of the therapeutic and restorative values of joy and laughter.

Life Insurance: What You Need to Know - Wed., 1/9 @ 2 pm. Steven Dante will share information on what you need to know about your current policy or one you may be considering to purchase. Donuts & coffee will be served & door prizes.

DATE CHANGE: 1st Friday Flea Market - Fri., 1/11 @ 9 am - noon. Come find a great selection of jewelry, DVD's, home décor & many other goodies. Everything is \$1 or less for this month's Flea Frenzy.

CBD Oils - Mon., 1/14 @ 2:30 pm. Have you ever wondered if CBD is for you? Come learn what it is, the medicinal benefits it provides, & if it may be right for you.

Edward Jones Presents: The Entrepreneurial Equation - Mon., 1/14 @ 5:30 pm. As a business owner, you probably have your hands full with day-to-day activities. Are you taking advantage of the financial strategies & tools available to help you run your business more effectively? Join us to learn strategies to help you save time, attract & retain employees, & preserve your business for yourself & your heirs. You will also have the chance to network with other business owners. Refreshments will be served.

Latest in Hearing Technology - Weds., 1/16 @ 2 pm. Dr. Anne Carter, Ph.D., CCC-A will discuss current hearing aid technology, over-the-counter options, assistive devices, & changes in the pricing structure for hearing devices.

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.

Popcorn & Movie - Tues., 1/22 @ 1 pm. Join Dedicated Senior Medical Center & Wellcare for a matinee movie & popcorn in the Catherine Hickman Theater. This month's movie, "Victoria & Abdul" is the true story of an unexpected friendship in the later years of Queen Victoria's rule. Drama/Comedy 2017 PG-13 1h52m.

NEW! Arts & Crafts Workshop - Tues., 1/22 @ 2:30 pm. Spark your creative side with Devoted Health Plans on the 4th Tuesday of each month to make & take your very own craft. This month we will be making: Personalized Mason Jar. MUST call (727) 893-5657 to pre-register.

Guardianship Q&A - Weds., 1/23 @ 2 pm. There is a lot of misinformation about guardianship, how it works, & who it can help. Stop in for an open discussion with a Professional Guardian and Attorney to learn all there is to know about guardianship & how to avoid it.

Health Talk with Humana - Mon., 1/28 @ 10:30 am. Join Wendy from Humana as she speaks on an important topic each month. This month's topic: Preventing Falls

NEW! Healthy Cooking Class - Mon., 1/28 @ 3 pm. You're invited to our monthly Healthy Cooking Class. Join us to learn how to make a delicious & healthy meal each month. This month's menu is: Healthy Turkey Stuffed Peppers MUST call (727) 893-5657 to pre-register.

NEW! Big Ideas: An Evening with TED (Talks) - Mon., 1/28 @ 5:30 pm. TED Talks are thought provoking "ideas worth sharing." Come out for this monthly viewing & discussion of an inspirational TED Talk.

2nd Annual Jigsaw Puzzle Tournament - Tues., 1/29 @ 12:30 pm. Registration opens Jan 2nd. Register as a 4-person team or be assigned to a team. Call (727) 893-5657 to register.

The Art of Acupuncture - Weds., 1/30 @ 2 pm. Rebecca Gibbons, RN & Acupuncture Physician will talk about the history & science of Acupuncture. She will discuss how it helps treat pain, anxiety, depression, & other numerous disorders.

GPSC 2ND ANNUAL JIGSAW PUZZLE TOURNAMENT

4 Person Teams!
(Register as a team of 4 or be assigned to a team.)

Registrations
Jan. 2-25

Entry Forms & Info
available
At the Center

PRIZES!

TUESDAY, JANUARY 29TH
12:30 - 3:30 PM
THE GULFPORT SENIOR CENTER, 5501 27TH AVENUE S.
FMI (727) 893-5657

SENIOR CENTER FOOD PANTRY

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

This month we are collecting:
Pasta Sauce

Your donations change lives!

OPEN REGISTRATION

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

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

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.

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Closed Happy New Year!!	2	3	4
7 Out-to-Lunch Bunch: Fortunato's (FMI call 727.893.2242) Empath CHAT: Laugh Out Loud-Let's Learn About Laughter Yoga @ 3 pm Presented by Suncoast Hospice	8 Senior Citizens' Advisory Committee Meeting @ 8 am Clubhouse Chatter @ 10 am	9 Life Insurance: What You Need to Know @ 2 pm Presented by Steven Dante	10 Know Your Numbers @ 10:30 am	11 DATE CHANGE: 1st Friday Flea Market @ 9 am - Noon
14 Memory Screenings @ 9 am Provided by St. Anthony's Memory Disorder Clinic (MUST Pre-Register) * Is CBD for Me? @ 2:30 pm Presented by Balanced Bio The Entrepreneurial Equation @ 5:30 pm Presented by Edward Jones	15 Seasoned Sowers Garden Club @ 9 am	16 Latest in Hearing Technology @ 2 pm Presented by Dr. Anne Carter of Pasadena Hearing Care	17 GEMS Getaway to Ellenton Premium Outlet Mall (FMI call 727.893.2242)	18 Community Law Program @ 9:30 am (MUST Pre-Register) **
21 Closed In Observance of Martin Luther King Day	22 GEMS Getaway to Seabreeze Island Grill & Seabird Sanctuary (FMI call 727.893.2242) Popcorn & A Movie @ 1 pm "Victoria & Abdul" Presented by Dedicated Senior Medical Group & Wellcare Arts & Crafts Workshop @ 2:30 pm Sponsored by Devoted Health Plans *	23 Guardianship Q&A @ 2 pm	24 iPhone Instruction @ 1:30 pm (MUST Pre-Register) *	25 Happy Birthday Party @ 3 pm Sponsored by Simply Health Care
28 Health Talks with Humana: Preventing Falls @ 10:30 am Healthy Cooking Class @ 3 pm Brought to you by BrightStar Care * Big Ideas: An Evening With TED (Talks) @ 5:30 pm Sponsored by Oasis Senior Advisors	29 2nd Annual Jigsaw Puzzle Tournament @ 12:30 pm Registrations begin 1/2. *	30 The Art of Acupuncture @ 2 pm Presented by Rebecca Gibbons, RN & Acupuncture Physician	31 GEMS Getaway to MOSI (FMI call 727.893.2242)	

Senior Center Weekly Activities

Be Fun:

1st Friday Flea Market: 1st Fri @ 9 am – 12 pm (7)
BINGO: Fri @ 1 pm (DH)

Bridge:

- **Beginners:** Mon @ 9 am (7)
- **Intermediate:** Fri @ 1 pm (6)
- **Experienced:** Tues (DH) & Thurs (L) @ 1:30 pm

Canasta: Weds @ 6:30 pm (7)

Clubhouse Chatter: 2nd Tues @ 10 am (7)

Dominoes: Mon @ 1 pm (L)

Euchre: Tues @ 6:30 pm (6)

Happy Birthday Party: 4th Fri @ 3 pm (DH)

Mahjonn: Mon @ 12 pm (7)

Pinochle: Weds @ 6:30 pm (6)

Popcorn & A Movie: 3rd Tues @ 1 pm (L)

Texas Hold'em: Tues. (L) & Fri (7) @ 12 pm

Wii Bowling (Competitive Team): Weds. @ 1 pm (7)

Be Active:

Body Movement & Being: Mon @ 6:30 pm (L)

Chair Volleyball: Thurs @ 2:30 pm (DH)

Dance Fusion: Mon. @ 10 am & Thurs. @ 10:30 am (RC)

Line Dancing:

- **Beginners:** Tues @ 10:30 am (SH)
- **Intermediate:** Fri @ 10 am (SH)

Sound Meditation: Thurs @ 11 am (SH)

Strength Training & Aerobics: Mon & Thur @ 1 pm (DH)

Stretch & Strength: Tues. & Fri. @ 1 pm (SH)

Tai Chi:

- **Tai Chi for Seniors:** Tues & Thurs @ 10 am (C)
- **Seated Tai Chi:** Tuesdays & Thursdays @ 8 am (7)

Yoga:

- **Yoga & Qigong:** Mon @ 10 am (C)
- **Yoga (Chair):** Mon @ 11 am (SH) & Fri @ 11 am (C)
- **Gentle Mindful Yoga:** Weds @ 9:30 am (SH)
- **Laughter Yoga:** Weds @ 3:30 pm (SH)

Be Creative:

Art (Room 106) *

- **Beginning/Intermediate Watercolor:** Mon @ 1 pm
- **Beginning/Intermediate Watercolor:** Mon @ 3 pm
- **Watercolor Studio:** Weds @ 1 pm
- **Gulfport Senior Artist Workshop:** Thur @ 9 am
- **Learn the Basics: A Drawing & Acrylics Painting Class for Beginners:** Thurs @ 1 pm

Arts & Craft Workshop: 4th Tues @ 2:30 pm (7) *

Harmonica Club: Wednesdays @ 9 am (6)

Healthy Cooking Class: 4th Mon @ 3 pm (DH) *

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)

Be Healthy:

Know Your Numbers: 2nd Thurs @ 10:30 (L)

Empath CHAT: 1st Mon @ 3 pm (DH)

Health Talks with Humana: 3rd Mon @ 10:30 am (L)

Memory Screening: 2nd Mon @ 9 am – 12 pm (2) *

Be Helped:

AA: Weds @ 7:30 pm (DH)

Community Law Program: 3rd Fri @ 9:30 am (2) **

Food Pantry: Mon & Thurs @ 1 to 3 pm (2) *

Harmonica Lessons: Tues @ 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) *

Apple iPhone-iPad Inst. Class: 4th Thurs @ 1:30 pm (7) *

Big Ideas: An Evening with TED (Talks): 4th Mon @ 5:30 pm

Investment Discussion: Weds @ 10 am (7)

Italian Language Classes: Thurs @ 6 & 7 pm (2,6,7, DH)

Spanish I: Thurs @ 10:30 am (7)

Spanish II: Thursdays @ 9:30 am (7)

Tech Tips w/ Stetson: 3rd Fri @ 1:30 pm (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 P = Patio

FC = Fitness Center L = Theater Lobby

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.