

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.

Feb 7 – Dali Museum. Visit the special first-of-its-kind exhibition, *Magritte & Dali*. This exhibit reveals what lies beyond the appearance of painted images. Both artist had very different approaches to the work while sharing the desire to challenge reality. \$14 for GEMS Members / \$18 for Non-GEMS Members. Price includes: Round-trip transportation, parking, & admission.

Feb 14 – Out-to-Lunch Bunch: La V Vietnamese Fusion. Broaden your horizon and explore the flavors of Vietnam. La V offers a wide variety of unique dishes: vermicelli bowls, jasmine steamed rice dishes, beef noodle soup, and much more. \$4 for GEMS Members / \$6 for Non-GEMS Members. Price includes: Round-trip transportation. Meal paid for separately.

Feb 21 – TECO's Manatee Viewing Center. Learn and relax as you stroll down the coastal habitat trail through natural Florida with signs identifying plants, trees, and butterfly gardens. Explore MVC's education building where you will be immersed in the world of the manatee and its habitat. \$15 for GEMS Members / \$19 for Non-GEMS Members. Price includes: Round-trip transportation.

Feb 28 – Cross Bay Ferry to Tampa! Hop aboard for a day of fun in downtown Tampa. Enjoy a beautiful ride across Tampa Bay to Sparkman's Wharf (fka Tampa's Channelside) where you will discover many shops, restaurants, a movie theater, & a bowling alley. \$14 for GEMS Members / \$18 for Non-GEMS Members. Price includes: Round-trip transportation and ferry passage.



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 FEBRUARY 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:

1st Friday Flea Market – Fri., 2/1 @ 9 am – noon. Come find a great selection of jewelry, DVD's, home décor & many other goodies.

Empath CHAT: 10 Powerful Tools Every Caregiver Needs – Mon., 2/4 @ 3 pm Did you plan on becoming a caregiver? Probably not. It's usually a sudden life change that we never saw coming. Caregiving can be emotionally & physically challenging. It is a rewarding & selfless act. But it shouldn't come at the expense of you own health & well-being. Join us as we learn about 10 powerful tools that will help you get organized, informed, & practice good self-care. Then it's time for Team Trivia. Bring your smartest friends as we team up for some exciting rounds of trivia. It's a no brainer!

Honor Flight of West Central Florida – We Want YOU! – Wed., 2/6 @ 2 pm. If you are a Veteran, or you know a Veteran, this presentation is for YOU! Come learn how Honor Flight of West Central Florida honors Veterans in our area and how you can be involved.

Voter Registration Drive – Fri., 2/8 @ 9:30-11:30 am. Stop by and register to vote, update your voter registration information, or apply to vote by mail. Brought to you by Pinellas County Supervisor of Elections.

Maximize Community Resources to Improve Independent Living Mon., 2/11 @ 2:30 pm. Please join guest speaker, JB Bensmihen for an informative social to learn about resource right at your fingertips. Snacks & refreshments will be served. Brought to you by St. Pete Care at Home.

Preventing Crimes of Opportunity – Wed., 2/13 @ 2 pm. The best way to fight crime is to prevent it! Learn how to remove opportunity from the crime triangle. Brought to you by The Gulfport Police Department.

Sweetheart Dance – Thurs., 2/14 @ 2 pm. Grab your sweetheart, friend, or neighbor and come enjoy an afternoon of music, refreshments, & dancing. Tickets go on sale Feb 1st for \$2 each. MUST have a ticket prior to the event. NO tickets will be available at the door.

Tech Tips with Stetson: Smartphones – Fri., 2/15 @ 1:30 pm. Technology is constantly changing making it hard to keep up with the latest trends. Come learn about your smartphone. **Space is limited. MUST call (727) 893-5657 to pre-register.**

Popcorn & Movie – Tues., 2/19 @ 1 pm. Join Dedicated Senior Medical Center & Wellcare for a matinee movie & popcorn in the Catherine Hickman Theater. This month's movie, "What They Had" tells a story of a family's struggles to come together during a time they need each other the most. *Drama 2018 R 1h41m.*

Dealing with Downsizing Dilemmas – Wed., 2/20 @ 2 pm. Cheryl Diehl, a Licensed FL Real Estate Broker for 25 years brings to you her experience with downsizing. How to overcome stress of "right sizing", helpful hints & solutions, inexpensive ways to improve your home, preparing your home for sale, & the next step. Decadent dessert will be served.

Healthy Cooking Class – Mon., 2/25 @ 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: Spinach Stuffed Chicken Breast. MUST call (727) 893-5657 to pre-register.

Big Ideas: An Evening with TED (Talks) – Mon., 2/25 @ 5:30 pm. TED Talks are thought provoking "ideas worth sharing." Come out for this monthly viewing & discussion of an inspirational TED Talk. This month's talk: **The Best Way to Help is Often Just to Listen.**

Arts & Crafts Workshop - Tues., 2/26 @ 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: Floral Arrangement Fun. MUST call (727) 893-5657 to pre-register.

The Science Behind Stem Cell – Wed., 2/27 @ 2 pm. Dr. Damon Stafford, DC of Professional Health Care of Pinellas, Inc. will discuss the science behind stem cells & where the research is taking us. What are stem cells, what do they do, is the process safe, and how can this help me? MUST call (727) 893-5657 to pre-register.

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.

Sweetheart Dance

FEB 14 @ 2PM

Brentwood at St. Pete Presents
Live Band · Refreshments · Dancing

Gulfport Senior Center - 5501 27th Ave S. - (727) 893-5657

Tickets go on sale 2/1 at the Gulfport Senior Center.

MUST have ticket prior to event. No tickets will be available at the door.

\$2

SENIOR CENTER FOOD PANTRY

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

This month we are collecting:
Canned Fruit / Fruit Cups

Your donations change lives!

MONDAY WATERCOLOR ART RECEPTION

Friday, Feb 1st at 6 – 8 pm

You are invited to meet the Monday Watercolor Artists and a selection of their art from 2018.

NEW ACTIVITIES BEGINNING IN FEBRUARY

- **English as a Second Language** – Mondays @ 6:30 pm Students will learn basic English and grammar to be able to converse at a beginning level.
- **Guided Healing Meditation** – Mondays @ 9:30 (SH) This class promotes holistic wellness through a very simple, yet powerful, guided meditation that can advance personal growth, improve relationships, cleanse and strengthen chakras, and expand one's awareness of their presence in daily life.

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mark Your Calendar: March 1st @ 4-6 pm: Thursday Art Reception March 16th @ 10 am – 2 pm: CarFit is Headed Your Way! CarFit is a free, interactive, & educational program designed to improve older driver safety. Trained volunteers provide information to ensure the safest “fit” for older drivers & their vehicles. Must call (727) 893-5657 to reserve your 20-minute appointment.				1 1st Friday Flea Market @ 9 am – Noon Monday Art Reception @ 6-8 pm Sweetheart Dance Tickets available at front lobby
4 Empath CHAT: 10 Powerful Tools Every Caregiver Needs & Team Trivia @ 3 pm Presented by Suncoast Hospice	5 Seasoned Sowers Garden Club @ 9 am Clubhouse Chatter @ 10 am	6 Honor Flight of West Central Florida @ 2 pm	7 GEMS Getaway to Dali Museum (FMI call 727.893.2242)	8 Voter Registration Drive @ 9:30-11:30 am
11 Memory Screenings @ 9 am Provided by St. Anthony's Memory Disorder Clinic (MUST Pre-Register) * Maximize Community Resources to Improve Independent Living @ 2:30 pm Provided by St. Pete Care at Home	12 Senior Citizens' Advisory Committee Meeting @ 8 am	13 Wednesday Walkers @ 9 am. Location: Caldwell Park. MUST call 727.893.5657 to register. Preventing Crimes of Opportunity @ 2 pm Presented by Gulfport Police Department	14 GEMS Out-to-Lunch Bunch to La V Vietnamese Fusion (FMI call 727.893.2242) Know Your Numbers @ 10:30 am Sweetheart Dance @ 2 pm. \$2 per ticket. Tickets available on 2/1. MUST have ticket prior to event. No tickets will be available at the door.	15 Community Law Program @ 9:30 am (MUST Pre-Register) ** Tech Tips with Stetson: Smartphones @ 1:30. (MUST Pre-Register) *
18 Closed In Honor of President's Day	19 Seasoned Sowers Garden Club @ 9 am Phones for Hearing Impaired @ 9:30 am *** Popcorn & A Movie @ 1 pm "What They Had" Presented by Dedicated Senior Medical Group & Wellcare	20 Dealing with Downsizing Dilemmas @ 2 pm Presented by Cheryl Diehl	21 GEMS Getaway to TECO Manatee Viewing Center (FMI call 727.893.2242)	22 Happy Birthday Party @ 3 pm Sponsored by Simply Health Care
25 Healthy Cooking Class @ 3 pm Brought to you by BrightStar Care (MUST Pre-Register) * Big Ideas: An Evening With TED (Talks) @ 5:30 pm Sponsored by Oasis Senior Advisors	26 Arts & Crafts Workshop @ 2:30 pm Sponsored by Devoted Health Plans (MUST Pre-Register) *	27 Wednesday Walkers @ 9 am. Location: Caldwell Park. MUST call 727.893.5657 to register. The Science Behind Stem Cells @ 2 pm Presented by Dr. Damon J. Stafford, DC of Professional Helath Care of Pinellas, Inc. (MUST Pre-Register) *	28 GEMS Getaway to Cross Bay Ferry to Tampa (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)
Mahjonnig: 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)
Guided Healing Meditation: Mon @ 9:30 (SH)
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)

Wednesday Walkers: 2nd & 4th @ 9 am* (Walking locations vary)
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
English as Second Language: Mon @ 6:30 pm (7)
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-~~1291~~ or rcataldo@mygulfport.us.

* 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.