

## Upcoming JUNE Events

### Summer Movie Series - Tuesdays at 10:00 am

**Feel Grand with Jane Seymour** is a notionally-distributed television series hosted by actress, artist and health advocate Jane Seymour. Featuring some of the country's top physicians, **Feel Grand with Jane Seymour** provides insight on what you need to know about aging, how to prevent illness, what to do if it strikes and most importantly, how to get the most out of what should be the grandest time of your life. This month's Topics Include: The Emotions of Aging (6/2), Conquering Diabetes (6/9), Women's Cancers (6/16), Managing Pain (6/23) & Fixing Your Nutrition (6/30).

**That's My Wish** - Wed., 6/3 @ 2:00 pm. Planning a cremation service isn't the easiest thing in the world to do nor the easiest subject to talk about. Taking care of your pre-arrangements is a wise sensible decision. Come learn the 10 things everyone should know about planning cremation services.

**Learn the Secrets of Estate Planning** - Wed., 6/10 @ 2:00 pm. Living Will vs. Simple Will vs. Revocable Living Trust. Learn the difference and how to tailor your estate plan to your wishes and beliefs.

**Puzzle Party** - Thurs., 6/11 @ Noon - 2:00 pm. Fun for your brain! Join in the fun with Puzzle Pages. Learn how to play Sudoku, Binairo and so much more.

**I Scream, You Scream Ice Cream Social** - Wed., 6/17 @ 2:00 pm. Cool off this summer and have fun with a build your own ice cream sundae bar and karaoke. **LIMITED SEATING. MUST have ticket prior to event. Limit of 2 tickets per person.**

**Donuts for Dads** - Mon., 6/22 @ 9:00-11:00 am. This one is for you, Dads!! Stop by at the Snack Bar and grab a donut and a cup of coffee.

**Getting Started with Medicare** - Wed., 6/24 @ 2:00 pm. Whether you are new to Medicare or established recipient, come out to learn some Medicare basics. Presented by: Steven Reiser with Senior Benefit Solutions.

## SENIOR CENTER & FITNESS CENTER

### HOURS OF OPERATION:

Monday-Thursday: 8:00 am - 7:00 pm

Friday: 8:00 am - 4:00 pm

**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. **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.

**Snack Bar** - Where strangers meet & leave as friends. Low cost meals & snacks available Monday thru Friday.

**Senior Citizens' Advisory Committee** - This committee is a liaison for Gulfport Seniors to City Council pertaining to senior issues & ways to enhance the quality of life for seniors in the community. If you have any questions, concerns, or suggestions. **Call (727) 893-1231.**

**The Gulfport Multipurpose Senior Center Foundation, Inc.** - A registered 501(c)3 charitable non-profit organization whose mission is to generate funds to augment the services & programs of the Senior Center. Generosity of individuals, businesses, & sponsors enable the Foundation to carry out this mission. **(727) 893-1244**

### Gulfport Getaways

For information & to reserve your seat, call GEMS at 727-893-2242

**Thursday-6/18: Armed Forces History Museum.** *Lifestyles After 50* will be holding a Senior Freedom Celebration with vendors, guest speakers, BINGO & Prizes, Museum Tours, and much more. Space is limited. Reserve your seat by 6/12. GEMS members \$6 / Non-Members \$8. *Price includes roundtrip transportation, parking & admission.*

## Gulfport Multipurpose Senior Center



### JUNE 2015 CALENDAR OF EVENTS

Important Phone Numbers:

**Event Line** - (727) 893-5657

**Rachel, Senior Center Supervisor** - (727) 893-1231

**Joe, Senior Center Coordinator** - (727) 893-2237

**GEMS Transportation** - (727) 893-2242

**Lobby** - (727) 893-2259

**Fitness Center** - (727) 893-1108

**Congregate Dining & MOW Program** - (727) 344-2111

**Fax** - (727) 893-1112

**Important Notice: Must be a registered Senior Center member with information renewed annually to participate in the listed programs.**

**Membership is easy and free for all individuals 50 years of age or older.**

GULFPORT SENIOR CENTER ACTIVITIES SPONSORED BY: CITY OF GULFPORT [www.mygulfport.us](http://www.mygulfport.us), AREA AGENCY OF AGING OF PASCO-PINELLAS, INC. [www.aaapp.org](http://www.aaapp.org), FLORIDA DEPARTMENT OF ELDER AFFAIRS <http://elderaffairs.state.fl.us>, and GULFPORT MULTIPURPOSE SENIOR CENTER FOUNDATION, INC. [www.gulfportseniorfoundation.org](http://www.gulfportseniorfoundation.org)