The Gulfport Senior Center

May 2016

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:

Floral Design Class – Tues., 5/3 @ 10 am. Learn how to create a beautiful floral arrangement that will brighten up your home. Sponsored by Boca Ciega Center. **MUST call 727.893.5657 to pre-register for this class.** Space is limited.

Optimal Health Series with Heidi Crockett – Weds., 5/4 @ 2:30 pm. "Neurobiology, Grief, & the Brain." This class focuses on the grieving brain. Learn what happens in the brain when you grieve & why, per modern neuroscience, successful grief resolution involves balancing the retracing of memories while also making new memories.

Mother's Day Afternoon Tea – Mon., 5/9 @ 3 pm. You are cordially invited to join us for a cup of tea. Fancy dresses, hats, gloves, and pearls are welcomed but not required. Bring a picture of your children and/or grandchildren to share. Space is limited. MUST obtain ticket in advance.

Why Do My Legs Hurt? – Weds., 5/11 @ 2:30 pm. Do you suffer from tingling, numbness, throbbing, swelling, aching, or cramping? Come out to learn what neuropathy is and how you can get help. Sponsored by Premier Vein Institute.

Wellness As We Age – Weds., 5/18 @ 2:30 pm. Dr. Halina Herman DDS, Ph.D, and Sue McRee of Family Counseling Center in Pasadena will speak in an interactive Seminar.

Tech Talk: Email – Weds., 5/18 @ 2 pm. Learn how to create an email account, send & open emails, and send & open attachments.

IQuit with AHEC – Weds., 5/25 @ 1:30 pm. If you're ready to quit tobacco, Help is FREE! This class is the in-person option of Tobacco Free Florida's 3 Free & Easy ways to quit. **MUST call 813.929.1000 to register.**

GEMS GULFPORT GETAWAYS:

Downtown Dunedin is self-proclaimed to be the "Best Kept Secret in Tampa Bay." With many UNIQUE SHOPS, ART GALLERIES, and AWARD-WINNING RESTAURANTS you would be hard-pressed to not find something for you to enjoy. Don't miss out on a trip to explore this quaint and vibrant downtown on **Thursday, May 12th**. Reserve your seat by 5/5. GEMS Members $18 and Non-Members $20. Price includes roundtrip transportation. Lunch is bought and paid for on individual tabs.

Thursday, **May 19th** GEMS getaways will make a special **evening** trip to **The St. Petersburg Museum of Fine Arts.** Current exhibits include: Contemplating Character (Drawings and Oil Sketches from Jacques-Louis David to Lucian Freud), The Art of the Classical Guitar, Harold Edgerton – What the Eye Can't See. Reserve your seat by 5/12. GEMS Members $9 and Non-Members $11. Price includes roundtrip transportation, parking, and admission.

Take a tour of Florida's first and only tropical, berry, and citrus winery and taste the award winning wines at **Florida Orange Groves & Winery** on **Tuesday, May 24th.** This winery produces over 43 different varieties of premium tropical fruit wines, all gluten free! Afterwards, we will stop by historic **Corey Ave**. and discover the "Heart of St. Pete Beach." Lined with art galleries, boutiques, gift shops, and dining, Corey Ave. offers a little something for everyone. Reserve your seat by 5/17. GEMS Members $4 and Non-Members $6. Price includes roundtrip transportation, parking, and guided tour.

(727) 893-2242

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.

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

5501 27th Avenue S.
Gulfport, FL 33707

Event Line
(727) 893-5657

Rachel, Supervisor
(727) 893-1231

Joe, Coordinator
(727) 893-2237

GEMS Transportation
(727) 893-2242

Lobby
(727) 893-2259

Congregate Dining & MOW Program
(727) 344-2111

HOURS OF OPERATION:

Mon–Thurs:
8 am – 7 pm

Friday:
8 am – 4 pm

NEW TO THE CENTER

Diane Craig, a local writer, editor, and instructor will begin a new class, titled **The Last Word** on the 1st and 4th Monday of every month at 4:30 pm. In this 2-Part class, you will learn the ins and outs of placing an obituary in the local press, including: how the process works, what to include / not to include, how much is too much / too little. **MUST call (727) 893-5657 to Pre-Register for this class.**

On the 4th Monday of every month between 10:00 am and noon, **Gulfcoast Legal Services, Inc.** will provide quality legal advice and services to Gulfport Senior Center participants. No pre-qualification needed.

Multipurpose Senior Center Foundation

Our mission is to raise and distribute funds that support and enhance the health, educational, social, and recreational programs and services of the Gulfport Multipurpose Senior Center.

Although participation at the Senior Center is free, your membership to the Foundation provides other necessary enhancements that make our center second to none. You can support our mission by renewing your membership or becoming a member of the Foundation. Annual memberships range from $25 for an individual to $40 for a household. Lifetime memberships are available for $300. You can mail your tax deductible membership payment to:

Gulfport Senior Center Foundation
5501 27th Avenue South
Gulfport, FL 33707
727.893.1244
www.seniorfoundation.org

All VOLUNTEERS are invited to

Volunteer Recognition Pizza Party

* Class Instructors
* Fitness Center Attendants
* Lobby Desk Receptionist
* Reassurance Callers
* Special Event Assistants

Thursday

May 12 @ 3 pm

At The Gulfport Senior Center
MUST RSVP to
727.893.2237 by 5/6

Sponsored by: The City of Gulfport and The Gulfport Multipurpose Senior Center FOUNDATION

Gulfport's Neighborhood Funeral Home
A LIFE TRIBUTE FUNERAL CARE
(727) 347-5521
5601 Gulfport Boulevard South • Gulfport
ALifeTribute.com

THE SPRINGS AT BOCA CIEGA BAY
Discover *The Springs* ...
South Pasadena's Hidden Treasure
Caring is not just a job, it's a way of life.
A five star Medicare-Certified center offering a variety of health care services: 24-hour Skilled Nursing Care, Physical, Occupational and Speech therapies, Sub-acute Care, Wound Care and Palliative Care as well as End of Life Care, just to name a few.
1-727-828-3500 | 1255 Pasadena Avenue South | St. Petersburg, FL 33707
Located on the campus of The Fountains at Boca Ciega Bay
SKILLED NURSING AT THE SPRINGS, OPERATED BY SUMMIT CARE INC.

The Gulfport Senior Citizens' Harmonica Club

22 YEARS and COUNTING!

We meet every Wednesday from 9 to 11:30 am at the Gulfport Senior Center**. We are celebrating our 22nd year!!** Everyone is welcome to join us. There is no charge to be a member. No age limit. Don't know how to play? We will teach you. Old Tyme Favorites, Show Tunes, Popular Tunes. Play for your own enjoyment or become part of the band, entertaining others and discover the satisfaction of bringing joy to others. Contact Group Instructor, Howard Rothstein at (727) 363-8016.

Calling All Class / Activity Instructors! Highlight your class here in the monthly calendar. Increase the awareness of what you offer by submitting a written press release to Rachel at rcataldo@mygulfport.us.

Grand Villa of St. Petersburg

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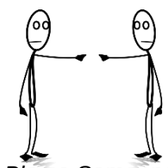
St. Petersburg, FL 33711

www.GrandVillaStPete.com

Gulfport Senior Center Special Events

May 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **The Last Word: Writing an Obituary (Class 1) @ 4:30 pm**	3 **Floral Design Class @ 10 am (MUST Pre-Register)** **Coffee Club @ 10 am** **AARP Driver Safety @ 1 pm (MUST Pre-Register)**	4 **Healthy Aging with Heidi Crockett "Optimal Mental Health: Neurobiology, Grief and the Brain" @ 2:30**	5 *Cinco de Mayo*	6 **1st Friday Flea** 9 am
9 **Memory Screening @ 9:30 am – 12:30 pm (MUST Pre-Register)** **Mother's Day Tea @ 3 pm (MUST obtain ticket prior to event.)**	10 **Clear Caption Phones @ 10 am**	11 **Why Do My Legs Hurt? By Premiere Vein Center @ 2:30 pm**	12 **GEMS Getaway to Downtown Dunedin (FMI call 727.893.2242)** **Know Your Numbers 10:30 am** **Volunteer Recognition Party @ 3 pm**	13  *Blame Someone Else Day*
16 *Wear Purple for Peace Day*	17 **Phones for Hearing Impaired @ 9:30 am** **SHINE Medicare Counseling (MUST Pre-Register)**	18 **Tech Talk: Emails & Attachments @ 2 pm (MUST Pre-Register)** **Wellness As We Age by Dr. Halina Herman DDS, Ph.D @ 2:30 pm**	19 **GEMS Getaway to Museum of Fine Arts (EVENING TRIP) (FMI call 727.893.2242)**	20 **Community Law Program @ 9:30 am (MUST Pre-Register)**
23 **Gulfcoast Legal Assistance @ 10 am** **The Last Word: Writing an Obituary (Class 2) @ 4:30 pm**	24 **GEMS Getaway to Pasadena Winery & Corey Ave. (FMI call 727.893.2242)**	25 **IQuit with AHEC Tobacco Free Florida @ 1:30 pm (MUST call 813.929.1000 to register.)**	26 **Monthly Mini Health Clinic @ 10 am**	27 **Happy Birthday Party @ 3 pm**
30 *Memorial Day* **SENIOR CENTER CLOSED**	31	**FITNESS CENTER HOURS** **Monday to Thursday:** 8 am – 7 pm **Friday:** 8 am – 4 pm		

Be Healthy:

Blood Sugar & Pressure: 2nd Thurs.–10:30 to 11:30am (L)
Memory Screening: 2nd Monday – 9:30 to 12:30 am (2)*
Mini Health Clinic: Last Thursday–10 am to 12 pm (L)

Be Supported:

AA: Wednesdays - 7:30 pm (DH)
Caregivers Support: Wednesdays – 12:30 pm (2)
Diabetic Support: Mondays – 9:30 am (7)

Be Creative:

Art (Basic Drawing): Mondays – 4 pm (6) *
Art (Open Studio): Mon. @ 2 pm & Weds. @ 1 pm (6)
Art (Open Workshop): Thursdays – 9 am (6) *
Art (Urban Sketchers): Thursdays – 2 pm (SB)
Harmonica Club: Wednesdays – 9 am (6)
Knitting & Crocheting: Fridays – 9 am (DH)
New Horizons Band Practice: Tuesdays – 5 pm (6, 7)
Writers Workshop: Fridays – 9:30 am (6)

Be Helped:

Clear Caption Phones: 2nd Tuesday – 10 am (7)
Community Law Program: 3rd Friday – 9:30 am (2) **
Gulfcoast Legal Services, Inc.: 4th Monday – 10 am (2)
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 Fun:

Bingo: Fridays – 1 pm (DH)
Board Games: Mondays – 1 pm (7)
Bridge: Tuesdays (DH) & Thursdays (L) – 1:30 pm
Canasta: Wednesdays – 6:30 pm (7)
Chat Room: Fridays – 1:30 pm (6)
Euchre: Tuesdays – 6:30 pm (DH)
Happy Birthday Party: 4th Friday – 3 pm (DH)
Pinochle: Wednesdays – 6:30 pm (6)
Super Savers – Coupon Club: Fridays – 11:30 am (SB)
Wii Bowling (Competitive Team): Thursdays–1 pm (6)

Be Smart:

AARP Safe Driving Class: 1st & 2nd Tuesday – 1 pm (6)*
Bridge 101: Mondays – 9 am (6)
Coffee Club (Investment Group): 1st Tuesday – 10 am (7)
Computer Round-Table Discussion: Tuesday–2 pm (7)
Tech Talk (emails): 3rd Weds. – 2 pm (7) *
Fruit for Thought: 2nd Mondays – 10 am (L)
Investment Discussion: Wednesdays – 10 am (7)
Italian Classes: Thursdays– 6 & 7 pm (2, 6, 7, DH, FC)
Mah-Jongg Instruction: Mondays – 12 pm (7)
Spanish I: Thursdays – 10:30 am (7)
Spanish II: Thursdays – 9:30 am (7)
The Last Word: 1st & 4th Monday – 4:30 pm (7)

Be Active:

Dance Fusion: Mon.–9:30 am & Thurs.–10:30 am (RC)
Italian Folk Dancers: Thursdays - 7:30 pm (DH)
Line Dancing (Beginners): Tuesdays – 10:30 am (SH)
Line Dancing (Intermediate): Fridays – 10:30 am (SH)
Meditation: Wednesdays – 11:10 am (C)
Mindful Movement for the Mind, Body & Soul: Wed. – 2:30 pm (L)
Strength Training & Aerobics: Mon. & Thurs. – 1 pm (DH)
Tai Chi: Tuesdays & Thursdays – 9 am (RC)
Tai Chi for Seniors: Tuesday & Thursday – 10 am (NC)
Yoga: Wednesdays – 10 am (C)
Yoga (Chair): Monday–11 am (SH) Friday–11 am (C)

Senior Center Services:

GEMS – CHECK OUT OUR NEW & EXPANDED SERVICE AREA! 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.

Senior Citizens' Advisory Committee – This committee is a liaison for Gulfport Seniors to City Council pertaining to ways to enhance the quality of life for seniors in Gulfport. This committee meets at 8 am on the 3rd Monday of every month at the Gulfport Senior Center. If you have any questions, concerns, or suggestions. **Call (727) 893-1231**

** MUST call 727-893-5657 to schedule & for specific class information*
*** MUST call 727-582-7480 to qualify*
**** MUST call 727-399-9983 to qualify*

2 = Room 102
3 = Room 103
SB = Snack Bar
DH = Dining Hall
6 = Room 106
7 = Room 107
C = Casino
SH = Scout Hall
L = Theater Lobby
FC = Fitness Center
NC = Neighborhood Center
RC = Recreation Center