



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 \$35 for an individual to Lifetime memberships for \$500. You can mail your tax deductible membership payment to:

Gulfport Senior Center Foundation
5501 27th Ave. S.
Gulfport, FL 33707
or make you secure payment online
visiting
www.gulfportseniorfoundation.org
727.893.1244

SENIOR CENTER FOOD PANTRY

The Gulfport Senior Center Food Pantry collects donations of non-perishable food items such as: Cereal, Canned Meats, Peanut Butter, Jelly, Soup, Canned Vegetables / Fruit, Rice, Canned/Dry Milk, Pasta, Personal Toiletries, & Pet Food.

This month we are collecting:
Pasta & Sauce

Your donations change lives!

Don't Miss Out ...



Wednesday – April 19 – 2:00 pm

Complimentary tickets available on April 10th.

HERE'S WHAT IS HAPPENING AT YOUR CENTER ...

NEW – SMART PHONE INSTRUCTIONAL CLASSES

Learn the basic functions of your smart phone and devices. How to: download apps, take pictures, add contacts, adjust your phone settings, protect your phone, and MORE!

Android Phone and/or Tablet classes will be held on the 2nd Friday of even numbered months (Feb., Apr., June, Aug., Oct., Dec.) at 11:00 am.

Apple iPhone and/or iPad classes will be held on the 3rd Wednesday of odd numbered months (Jan., Mar., May, July, Sept., Nov.) at 1:30 pm.

Limited seating is available. You MUST call 727-893-5657 to pre-register for this class.

(Remember to bring your phone and passwords to the class.)

NEW HORIZONS BAND

Want to join a band? If you have never played a musical instrument, or did in the past but are out of practice now, here is your opportunity to join the New Horizons Band of Gulfport.

The New Horizons program is especially designed for musicians or "would be" musicians over 50 years of age.

The band meets weekly for instruction and group rehearsal. An informational meeting will be held **Tuesday, April 4th at 5:00 pm.**



**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**

**HOURS OF
OPERATION:**

**Mon–Thurs:
8 am – 7 pm**

**Friday:
8 am – 4 pm**

The Gulfport Senior Center April 2017

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: GEMS GULFPORT GETAWAYS:

Quit YOUR Way– Weds., 4/5 @ 2 pm. Quitting tobacco isn't easy. Finding help should be. Tobacco Free Florida offers free tools and services to help you get started. Pre-registration is required. Call (813) 929-1000.

Healthy Aging with Dr. Cate – Weds., 4/12 @ 2 pm. Find out what glucose, walnuts, and caffeine have to do with BRAIN HEALTH according to the latest research from National Center of Biotechnology Information.

Spring Fling – Weds., 4/19 @ 2 pm. Help us welcome SPRING with hotdogs, sides, & pink lemonade. Classic 60's & 70's rock music provided by local band, Four of a Kynd. LIMITED SEATING AVAILABLE. MUST obtain ticket PRIOR to the event. Limit 2 tickets per person. Tickets will be available on 4/10.

Empowerment of Health with Barbara Newborn – Mon., 4/24 @ 2pm. Barbara guides you to empower your whole being, to nourish it and give yourself exactly what you need as she discusses methods on where & how to look for answers in your body, mind, & soul.

Journey Through Africa – Weds., 4/26 @ 1:30 pm. Dr. Susan Ray wants to take you on an armchair adventure through Southeast Africa. Slide show & discussion of culture, animals, scenery, history, archeology, & day-to-day living.

NO NEED TO BE A GEMS MEMBER TO ENJOY THE EXCITING GULFPORT GETAWAYS. CALL (727)893-2242 FOR MORE INFO & TO RESERVE YOUR SEAT.

Relax & Learn at **The Gizella Kopsick Arboretum** on **Thursday, April 6th**. This is a unique educational experience that also offers a peaceful setting to relax & enjoy nature. MUST reserve your seat in advance. GEMS members \$4 / Non-Members \$6. Price includes roundtrip transportation, parking, and guided tour.

Join the **Fishing Tournament** at The Health & Rehab Centre at Dolphin's View on **Thursday, April 13th**. All skill levels are encouraged, fishing poles and bait included, & prizes for various categories. Lunch will be provided. GEMS members \$0 / Non-Members \$0. Price includes roundtrip transportation.

The **Out-to-Lunch Bunch** is traveling out to **4th Street Shrimp Store** on **Thursday, April 20th**. Enjoy this local favorite restaurant where you will find top quality seafood. GEMS members \$4 / Non-Members \$6. Price includes roundtrip transportation. Meals are selected from menu & paid separately.

Enjoy a thrilling comedy & early bird dinner at **Just For Laughs Dinner Theater** on **Thursday, April 27th**. Buffet & show cost \$36, to be paid in CASH or CHECK at the theater door. GEMS members \$4 / Non-Members \$6. GEMS price includes roundtrip transportation.

Volunteer Spotlight

Linda Grimes has been volunteering at the Gulfport Senior Center for almost 5 years. When asked why she is a part of our team, Linda replied, *"I believe in all that is done here!"* She enjoys serving as the Front Desk Receptionist on Monday & Tuesday mornings, introducing people to the center & seeing the surprise on their faces when she tells them all that we offer. Linda also enjoys walking, reading, swimming, & spending time with her grandson! Prior to volunteering at the center, Linda was a restaurant owner & has lived in many places including New York, Georgia, Michigan, Connecticut, Spain & Ireland. **Thank you Linda for making a difference at the Gulfport Senior Center!**

Linda Grimes



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 and GULFPORT MULTIPURPOSE SENIOR CENTER FOUNDATION, INC. www.gulfportseniorfoundation.org



Gulfport Senior Center Special Events

APRIL 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>FITNESS CENTER HOURS</u> Monday-Thursday: 8 am – 7 pm Friday: 8 am – 4 pm				
3  World Party Day	4 Seasoned Sowers Garden Club @ 9:30 am Coffee Club Investment Group @ 10 am New Horizons Band Informational Meeting @ 5 pm	5 Quit YOUR Way – Tobacco Free Florida @ 2 pm (MUST Pre-Register by calling 813-929- 1000)	6 GEMS Getaway to Gizella Kopsick Arboretum (FMI call 727.893.2242)	7 1 st Friday Flea Market @ 9 am
10 Memory Screening @ 9 am – noon (MUST Pre-Register) * Spring Fling tickets available today!	11 Senior Advisory Committee Meeting @ 8 am	12 Healthy Aging with Dr. Cate @ 2 pm	13 GEMS Getaway to Dolphin's View Fishing Tournament (FMI call 727.893.2242) Know Your Numbers @ 10:30 am	14 Android Phone & Tablet Instructional Class @ 11:00 am (MUST Pre-Register) *
17 Health Talks with Humana @ 10:30 am	18 Seasoned Sowers Garden Club @ 9:30 am Phones for Hearing Impaired @ 9:30 am *** The Last Word @ 1 pm (MUST Pre-Register) *	19 Spring Fling @ 2 pm (Must obtain ticket prior to the event. Tickets available on 4/10)	20 Out-to-Lunch Bunch to 4 th Street Shrimp Store (FMI call 727.893.2242)	21 Community Law Program @ 9:30 am (MUST Pre-Register) **
24 Empowerment of Healing with Barbara Newborn @ 2 pm	25  World Penguin Day	26 Journey Through Africa @ 1:30 pm	27 Monthly Mini Health Clinic @ 10 am GEMS Getaway to Just for Laughs Dinner Theater (FMI call 727.893.2242)	28 Gulfcoast Legal Services @ 10 am – noon (MUST Pre- register) * Happy Birthday To You! Party @ 3 pm

Senior Center Activities

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 Creative:

Art (FUNdamentals of Watercolor): Mondays @ 1 pm (6) *
Art (Watercolor Intermediate Wrkshp): Mon. @ 3pm (6) *
Art (Watercolor/Drawing): Wednesdays – 1 pm (6) *
Art (Workshop): Thursdays – 9 am (6) *
Harmonica Club: Wednesdays – 9 am (6)
Knitting & Crocheting: Fridays – 9 am (DH)
New Horizons Band Practice: Tuesdays – 5 pm (DH, 7)
Quilters: Tuesdays – 10 am (6)
Seasoned Sowers Garden Club: 1st & 3rd Tues.-9:30 am (P)
Writers Workshop: Fridays – 9:30 am (6)

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) *
Gulfcoast Legal Services, Inc.: 4th Friday – 10 am (7)
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: 1st & 2nd Tuesday – 1 pm (6)*
Android Phone-Tablet Inst. Class: 2nd Fri. Even Months –11 am (7) *
Coffee Club (Investment Group): 1st Tuesday – 10 am (7)
iPhone-iPad Inst. Class: 3rd Weds. Odd Months – 1:30 pm (7) *
Investment Discussion: Wednesdays – 10 am (7)
Italian Language Classes: Thursdays– 6 & 7 pm (2, 6, 7, DH)
Mah-Jongg Instruction: Mondays – 12 pm (7)
Spanish I: Thursdays – 10:30 am (7)
Spanish II: Thursdays – 9:30 am (7)
The Last Word: 3rd Tuesday – 1:00 pm (7) *

Be Fun:

BINGO: Fridays – 1 pm (DH)
Bridge: Tuesdays (DH) & Thursdays (L) – 1:00 pm
Canasta: Wednesdays – 6:30 pm (7)
Dominoes: Mondays – 1 pm (L)
Euchre: Tuesdays – 6:30 pm (6)
Happy Birthday Party: Last Friday – 3 pm (DH)
Mahjongg: Mondays – 1 pm (7)
Pinochle: Wednesdays – 6:30 pm (6)
Wii Bowling (Competitive Team): Thursdays–1 pm (6)

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)
Seated Tai Chi: Tuesdays @ 8:15 am (7)
Sound Meditation: Thursdays – 11:15 am (SH)
Strength Training & Aerobics: Mon. & Thurs. – 1 pm (DH)
Tai Chi: Tuesdays & Thursdays – 9 am (C)
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 – 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 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 2nd Tuesday 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 6 = Room 106 L = Theater Lobby P = Patio
3 = Room 103 7 = Room 107 FC = Fitness Center
SB = Snack Bar C = Casino NC = Neighborhood Center
DH = Dining Hall SH = Scout Hall RC = Recreation Center