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.

Mar 7 – Florida Strawberry Festival. Strawberries, strawberries, & more strawberries. Help celebrate Florida's strawberry harvest at the FL Strawberry Festival where you will find entertainment, livestock shows, rides, exhibits, and of course …. Strawberry shortcake!! *$24 for GEMS Members / $28 for Non-GEMS Members. Price includes: Round-trip transportation, parking, & admission.*

Mar 14 – Out-to-Lunch Bunch: Acropol Family Restaurant. Explore the taste of Greece at this great restaurant that offers Greek, American, & Italian cuisine: Gyro with pita bread, stuffed cabbage rolls, and more. *$5 for GEMS Members / $7 for Non-GEMS Members. Price includes: Round-trip transportation. Meal paid for separately.*

Mar 21 – Sunken Gardens with Lunch at Panera Bread. Unwind as you stroll through meandering paths, lush with exotic plants from around the world. Explore cascading waterfalls, beautiful demonstration gardens, more than 50,000 tropical plants, and flowers at St. Petersburg's oldest living museum. Next, we will grab lunch across the street at Panera Bread. *$12 for GEMS Members / $16 for Non-GEMS Members. Price includes: Round-trip transportation, parking, & admission. Meal paid for separately.*

Mar 28 – Imagine Museum: Contemporary Studio Glass. Imagine Museum's collection presents major works of American art created by founding, leading, current, and emerging artists working in the field of studio glass. *$21 for GEMS Members / $25 for Non-GEMS Members. Price includes: Round-trip transportation, parking, & admission.*

SENIOR CENTER FOOD PANTRY

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

This month we are collecting:

Soups

Your donations change lives!

THURSDAY ART RECEPTION

Friday, Mar 1st @ 4 – 6 pm

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

Gulfcoast Legal Services

4th Tuesday of each month
MUST call (727) 893-5657 to make your appointment.

If you are in need of assistance, with: Lifetime Planning Documents, Medicaid/Medicare Issues, Social Security Issues, Food Stamp Issues, Family Law Issues, Consumer/Debt Collection Issues, or Housing/Contract Issues, call today and make an appointment to meet with a Gulfcoast Legal Services Representative.

Art Class Registration Opens April 1st

- **Instructional Watercolor** – *Mondays @ 1:30 pm*. All experience levels welcome.
- **Water Media Workshop** – *Wednesdays @ 1 pm*. Intermediate experience required.
- **Summer Open Workshop** – *Thursdays @ 9 am*. Intermediate experience required.
- **Acrylic Painting & Drawing for Beginners** – *Thursdays @ 1 pm.* Must have completed a basic acrylic class.

Registration opens on April 1st for the next semester of art classes which runs May to July. Art students may take only one class per semester. It is important to pick up a list of supplies needed for your class.

Stop by the Senior Center or call (727) 893-5657 to register. Registrations are taken on a first-come-first-served basis.

Gulfport Health & Wellness Expo

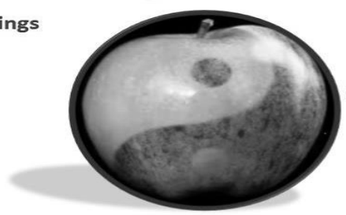
Hosted by Gulfport Senior Center Foundation & SIK Promotions

Empower Your Mind, Body, & Soul

A day of healthy fun FREE for all ages!

Health Screenings

Police & Fire



Financial Consultants

Great Raffle Prizes

Prescription Drug Drop-Off

Saturday – March 16, 2019

10:00 am – 2:00 pm

Gulfport Casino

5500 Shore Boulevard S. Gulfport 33707

Book Club

2nd & 4th Friday @ 9:30 am

Join other book lovers in our new, no-pressure book club. Chat about what you have been reading & listen to recommendations from other readers.



Promoting Optimal Living

The City of Gulfport Multipurpose Senior Center

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
March 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., 3/1 @ 9 am – noon.* Come find a great selection of jewelry, DVD's, home décor & many other goodies.

Empath CHAT: Caring for Our Heroes – Specialized Veterans Care – *Mon., 3/4 @ 3 pm* Providing care for our veterans is a duty and an honor. Tampa Bay is home to one of the largest veteran populations in the nation. At Empath Health, we don't take that lightly. Our skilled teams provide expert care to over 2200 veterans each year. Come hear about our specialized programs and how we honor those who served. Are you a veteran? Are you caring for a veteran? How about a loved one or friend who is a veteran? Bring them along to today's talk and allow us to honor and thank them with a special pinning ceremony.

Consumer Protection Fair – *Tues., 3/5 @ 3-6 pm.* Join Stetson Law Students, Professors, & other community professionals in learning about different types of consumer protection issues, get on the *Do Not Call* list, obtain your free credit report, shred sensitive documents, & MORE!

Learn all About CBD – *Weds., 3/6 @ 2 pm.* Have you heard about CBD & want to learn more? Do you know what hemp is & how it's helping people of all ages? Com learn how hemp & CBD can help you, someone you care for, or your pets live healthier.

Investing in Your Future – *Thurs., 3/7 @ 1 pm.* You are responsible for your financial future and your retirement investments. Learn about the various aspects of investing, managing a portfolio, the eight levels of risk, and fund management. This seminar will boost your knowledge of investing and provide you with the confidence to have an open and informative dialog with your financial advisor, bank, or private manager. SPACE IS LIMITED & WILL FILL QUICKLY. MUST call (727) 893-5657 to pre-register and reserve your place.

Memory Screenings – *Fri. 3/8 & Mon. 3/11 @ 9:00 am-12:00 pm*. Are you worried about your memory? St. Anthony's Memory Disorder Clinic is offering FREE & CONFIDENTIAL memory screenings. **Must call 727-893-5657 to schedule your appointment time.**

The Healer Within – *Mon. 3/11 & 3/18 @ 2:30 pm.* Join this 2-part seminar to hear from 2 different speakers with 2 different stories. Both will inspire you to find the strength within you to create better health & the life you deserve.

Wednesday Walkers – *2nd & 4th Weds @ 9 am.* Come join Gulfport's newest walking club for 2019! Whether you like to meet new people or just walk with friends …

Wednesday Walkers continued … All are welcome. Towels & pedometers provided by Care Plus Health Plans. Meeting locations: 3/13 – Walter Fuller Park (Parking lot on 30th Ave by baseball field), 3/27 – Tyrone Square Mall (Five Below parking lot).

Money Smart for Older Adults – *Weds., 3/13 @ 2 pm.* Join us to learn important points to consider in planning for a more secure financial future, including how to guard against identity theft & other financial exploitation, as well as how to prepare financially for unexpected life events & disasters. Presented by Third Federal Savings & Loan.

Tech Tips with Stetson: Smartphones – *Fri., 3/15 @ 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.**

CarFit is Headed Your Way! – *3/16 @ 10 am – 2 pm.* 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**. CarFit is a national program developed by AAA, AARP, & AOTA.

Healthy Cooking Class – *Mon., 3/25 @ 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: Healthy Pasta with Pesto, tomato, & broccoli. **MUST call (727) 893-5657 to pre-register.**

Big Ideas: An Evening with TED (Talks) – *Mon., 3/25 @ 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: **Talk About Your Death While You're Still Healthy**

Popcorn & Movie – *Tues., 3/26 @ 1 pm.* Join Dedicated Senior Medical Center & Wellcare for a matinee movie & popcorn in the Catherine Hickman Theater. This month's movie, "*Wonder Woman*" is about an Amazon princess who finds her idyllic life interrupted when a pilot crash-lands nearby. Action/*Drama | 2017 | PG-13 | 141m.*

Beyond Hearing Aids – *Weds., 3/27 @ 2 pm.* Dr. Mary Burton of Hear Here Audiology will explain how the hearing system works, causes of hearing loss, and the various treatment options available, including hearing aids and other 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.

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mark Your Calendar: **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.** *CarFit is a national program developed by AAA, AARP, & AOTA.*				1 **1st Friday Flea Market @ 9 am – Noon** **Thursday Art Reception @ 4-6 pm**
4 **Empath CHAT: Caring for Our Heros & Pinning Ceremony @ 3 pm** *Presented by Suncoast Hospice*	5 **Seasoned Sowers Garden Club @ 9 am** **Consumer Protection Fair @ 3-6 pm**	6 **Learn All About CBD @ 2 pm**	7 **GEMS Getaway to Florida Strawberry Fest (FMI call 727.893.2242)** **Investing In Your Future @ 1 pm. (MUST Pre-Register) ***	8 **Memory Screenings @ 9 am** *Provided by St. Anthony's Memory Disorder Clinic* **(MUST Pre-Register) *** **Book Club @ 9:30 am**
11 **Memory Screenings @ 9 am** *Provided by St. Anthony's Memory Disorder Clinic* **(MUST Pre-Register) *** **The Healer Within, Part 1 @ 2:30 pm**	12 **Senior Citizens' Advisory Committee Meeting @ 8 am** **Clubhouse Chatter @ 10 am**	13 **Wednesday Walkers @ 9 am. Location: Walter Fuller Park** **Money Smart for Older Adults @ 2 pm.** *Presented by Third Federal Savings & Loan*	14 **GEMS Out-to-Lunch Bunch to Acropol Family Restaurant (FMI call 727.893.2242)** **Know Your Numbers @ 10:30 am**	15 **Community Law Program @ 9:30 am (MUST Pre-Register) **** **Tech Tips with Stetson: Smartphones @ 1:30. (MUST Pre-Register) ***
18 **Health Talks with Humana: Fall Prevention @ 10:30 am.** **The Healer Within, Part 2 @ 2:30 pm**	19 **Seasoned Sowers Garden Club @ 9 am** **Phones for Hearing Impaired @ 9:30 am *** **	20	21 **GEMS Getaway to Sunken Gardens & Panera Bread (FMI call 727.893.2242)**	22 **Happy Birthday Party @ 3 pm** *Sponsored by Simply Health Care* **Book Club @ 9:30 am**
25 **Healthy Cooking Class: Heathy Pasta with Pesto, Tomato, & Broccoli @ 3 pm** *Brought to you by BrightStar Care* **(MUST Pre-Register) *** **Big Ideas: An Evening With TED (Talks): Talk About Your Death While You're Still Healthy @ 5:30 pm** *Sponsored by Oasis Senior Advisors*	26 **Popcorn & A Movie @ 1 pm "Wonder Woman"** *Presented by Dedicated Senior Medical Group & Wellcare* **Gulfcoast Legal Assistance @ 1-5 pm. (MUST Pre-Register) ***	27 **Wednesday Walkers @ 9 am. Location: Tyrone Mall** **Beyond Hearing Aids: Advances in Hearing Technology & Hearing Solutions @ 2 pm** *Presented by Hear Here Audiology*	28 **GEMS Getaway to Imagine Museum (FMI call 727.893.2242)** **iPhone / iPad Instruction Class @ 1:30 pm** *Presented by Gulfport Library* **MUST Pre-Register) ***	29

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)
Mahjongg: 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 (RC)
Line Dancing:
- **Beginners**: Tues @ 10:30 am (SH)
- **Intermediate**: Fri @ 10 am (SH)

Meditation:
- **Guided Healing Meditation:** Mon @ 9:30 (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 @ 10:30 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) *
Book Club: 2nd & 4th Fri @9:30 am (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: 2ndThurs @ 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) *
Gulfcoast Legal Services: 4th Tues @ 1-5 pm (5) *
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 (5) *

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 on Aging – Want to have a say in the future of senior life in Gulfport? The Senior Citizens' Advisory Committee on Aging is looking for new members, and you may be a perfect fit. The 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. Meetings, which are open to public, are held at 8:00 am on the second Tuesday of the month at the Gulfport Senior Center. Come to a meeting to see if it's for you. For more information, 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 *5 = Room 105*
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.