SERVICES OFFERED AT THE GULFPORT SENIOR CENTER

Medicare & Health Insurance Assistance – Are you frustrated trying to navigate the insurance world? We have you covered! Make your appointment today.

Memory Screenings – Worried about your memory? St. Anthony's Memory Disorder Clinic offers FREE & CONFIDENTIAL memory screenings.

Gulfcoast Legal Assistance – If you need assistance, with: Lifetime Planning Docs, Medicaid/Medicare Issues, Social Security Issues, Food Stamp Issues, Family Law Issues, Consumer/Debt Collection Issues, or Housing/Contract Issues, call to make an appointment today.

These services are offered by appointment only. Please call (727) 893-5657 to schedule your appointment.

GEMS GETAWAYS

SENIOR CENTER REGISTRATION IS REQUIRED, however there is no need to be a GEMS Member to enjoy these exciting Gulfport Getaways. Trips are non-refundable & subject to change without notice.

GEMS Staff will call the day before trip with departure times.

April 12th – **Lunch at Doc Fords & Abercrombie Park.**
$6 GEMS Members / $8 Non-GEMS Members.

April 19th – **Discover Heritage Village / Botanical Gardens & Lunch at Niagara Tap**
$8 GEMS Members / $10 Non-GEMS Members.

April 26 – **Discover Weedon Island & Lunch at El Cap**
$8 GEMS Members / $10 Non-GEMS Members.

The New Horizons Band of Gulfport presents its spring concert

Date: Sunday, April 16, 2023

Time: 3:00 pm

Where: The Historic Gulfport Casino
5500 Shore Boulevard South
Gulfport, Florida 33707

Admission is free. Donations to assist with organizational fees and the purchase of music are appreciated. The New Horizons Band of Gulfport is a not-for-profit organization.

the gulfport senior center

Welcome to the Club

Come meet the Senior Center Staff at this informative based orientation to welcome new members to the Senior Center.

every 2nd Thursday of each month @ 2 pm

call for more Info: 727-893-5657

room 107



Promoting Optimal Living

The City of Gulfport Multipurpose Senior Center

5501 27th Avenue S.
Gulfport, FL 33707

EVENT LINE
(727) 893-5657

GEMS Transportation
(727) 893-2242

Lobby
(727) 893-2259

Rachel, Supervisor
(727) 893-1231

Walter, Coordinator
(727) 893-2237

Congregate Dining & MOW Program
(727) 336-3623

Fb.com/GulfportSeniorCenter
www.mygulfport.us

A NEW SENIOR CENTER IS COMING SOON … LEARN MORE HERE!

FITNESS CENTER HOURS

Mon–Thurs:
8 am – 7 pm

Friday:
8 am – 4 pm

APRIL 2023

IMPORTANT NOTICE: Must be a registered Senior Center participant with information renewed annually to participate in the listed programs. ***Registration is easy and available for all individuals 50 years of age or older. Free for Gulfport Residents and only $50 per year for non-Residents.***

Senior Moments: Communication Workshop – Wednesdays @ 8:30 am. (Rm 107) Practice your communication & listening skills and your ability to speak on your feet with impromptu table topic discussions and peer-evaluation.

Jay's Intermediate Pencil Drawing – Mondays @ 10 am (April 3,10,17). Please bring sketch pad, pencils, and a sharpener. **MUST Pre-register.**

Veterans Coffee Connection – 4/7 @ 10 am (Rm 106). Veterans of all service eras are invited to gather for coffee, support, friendship & to learn about available community resources.

Gulfport ROCKS! – 4/7 @ 1:30 pm (Rm 106). Join the party and create some fun rock art. All supplies provided. **MUST Pre-register.** Sponsored by Moore Medicare Options.

Craft Fun with Princess Martha – 4/11 @ 12:30pm (Rm 107). Create you very own craft to take home & enjoy. **MUST Pre-register**

Free From Clutter: Discussion & Coaching – 4/11 @ 2 pm. Michelle Passoff, author of *LIGHTEN UP! Free Yourself From Clutter* will guide this open conversation to help you identify & let go of anything in your way of moving forward.

Health Talk with Labrador Primary: Brain Bootcamp – 4/13 @ 12 pm (Rm 107). Your brain has everything to do with who you are and what you do. Keeping your mind sharp is just as important for good health as exercising is. Find out how to protect your brain health and help reduce your risk of dementia. **MUST Pre-register**

Welcome to the Club – 4/13 @ 2 pm (Rm 107). Come meet the Senior Center Staff at this informative based orientation to welcome new members to the Senior Center.

Rhythm & Groove Jam Session – 4/13 @ 3 pm (D Hall). Bring your instrument & join others for a casual jamming group. Open to anyone & everyone, all instruments, all levels of experience, & listeners.

OTC with Cliff – 4/18 @ 9:30-11:30 am (Lobby). Are you using all of your Medicare benefits? Your OTC (Over-The-Counter) benefits allow you to order drugs & supplies at no cost.

iPhone / iPad Instruction Class – 4/18 @ 1 pm (Rm 107). Learn the basic functions of your Apple iPhone or iPad. Presented by the Gulfport Library. M**UST Pre-register.**

Trivia Mania! – 4/18 @ 2 pm (D Hall). Have fun, test your knowledge, & win PRIZES! **MUST Pre-register**

Wellness Wednesday: Monthly Wellness Checks – 4/19 @ 9 am – 12 pm (Th Lobby). Make your health a priority & track your progress with these free monthly wellness screenings.

Farmer's Market – 4/19 @ 10:15 am – 11:15 pm (N Parking Lot). Bring your tote bags & help yourself to some healthy, fresh fruits & vegetables.

Mental Wellbeing – 4/20 @ 1pm (Rm 107) One in five Americans will experience a mental illness during their lifetime. Today, we will discuss mental health, why it is important, the most common types of mental illness, and how you can maintain positive mental health. **MUST Pre-register**

In the Kitchen with Chef Jack: New England Clam Chowder – 4/20 @ 4 pm (D Hall). Improve your culinary skills with step-by-step instruction from Chef Jack. **MUST Pre-register.**

Sages Presents: Phoney Balony– 4/22 @ 2pm (Theater). Phoney Baloney is a fast-moving collection of true stories about scammers and how they steal from seniors. A diverse group of friends meet regularly at their local community center and swap tales of chaos and peril brought on by simply answering the phone. Enjoy the commentary of our "Greek chorus" observers - Miss Jessica Filcher and Sgt. Moe Monday as they point out tips to turn the tables on tricksters and outsmart scams. **Reserve Tickets @ www.sagestheater.org**

Happy Birthday to YOU! – 4/26 @ 3 pm (D Hall). Come celebrate this month's Birthdays.

EPIC Coffee Connections – 4/28 @ 10 am (Rm 106). EPIC Generations invites LGBTQ+ adults for coffee, friendship, & support.

Movie Matinee – 4/28 @ 1 pm (Theater). Take a break from the hustle & bustle and enjoy a movie on the big screen. Call for movie title.

The Gulfport Multipurpose Senior Center actively seeks to support independence & increase quality of life of its participants by encouraging involvement in programs & activities that promote health, welfare, safety, & dignity.

April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **# Jay's Intermediate Pencil Drawing # @ 10 am** **# Food Pantry # @ 1-3 pm**	4 **The Girl's Club @ 3pm**	5	6 **# Food Pantry # @ 1-3 pm**	7 **Veteran's Coffee Connection @ 10 am** **# Gulfport ROCKS! # @ 1:30 pm**
10 **# Jay's Intermediate Pencil Drawing # @ 10 am** **# Food Pantry # @ 1-3 pm**	11 **# Craft Fun with Princess Martha # @ 12:30 pm** **Death Talks: Meet the Death Doula @ 3 pm**	12 **# GEMS Getaway: Lunch at Doc Fords & Abercrombie Park. #**	13 **# Health Talks with Labrador Primary Care: Brain Bootcamp @ 12 pm #** **Welcome to the Club @ 2pm** **Rhythm & Groove Jam Session @ 3 pm** **# Food Pantry # @ 1-3 pm**	14 **National Gardening Day** 
17 **# Jay's Intermediate Pencil Drawing # @ 10 am** **# Memory Screenings # (By appointment)** **# Food Pantry # @ 1-3 pm**	18 **OTC with Cliff @ 9:30 – 11:30 am** **# iPhone / iPad Instruction Class # @ 1:00 pm** **# Trivia Mania # @ 2pm – 4pm**	19 **Wellness Wednesday: Monthly Wellness Checks @ 9 am – 12 pm** **Farmer's Market @ 10:15 am – 11:15 am** **# GEMS Getaway: Discover Heritage Village / Botanical Gardens & Lunch at Niagara Tap #**	20 **# Mental Wellbeing @ 1pm – 3pm #** **# In the Kitchen with Chef Jack: New England Clam Chowder @ 4 pm #** **# Food Pantry # @ 1-3 pm**	21 **Clubhouse Chatter @ 10:30 am** **TOMORROW (Apr 22) 2 pm – 3:30 pm Hickman Theater Sages Presents:** **Phoney Balony** **Reserve Tickets @ www.sagestheater.org**
24 **# Food Pantry # @ 1-3 pm**	25	26 **Birthday Party @ 3 pm** **# GEMS Getaway: Discover Weedon Island & Lunch at El Cap #**	27 **# Food Pantry # @ 1-3 pm**	28 **EPIC Coffee Connections @ 10 am** **Movie Matinee (Call for movie title) @ 1:00 pm**
			# indicates activities that require pre-registration. ***To PRE-REGISTER or for more information on any class and/or activities, please call the EVENT LINE at (727) 893-5657.*** ***The activity calendar is subject to change without notice.***	

Senior Center Daily Activities

(#) **indicates activities that require pre-registration. Call (727) 893-5657 to pre-register.** (#)

MONDAY

Spanish Conversation @ 8:30 am (Rm 107)
Chair Yoga Exercise @ 9:30 am (Th Lobby)
Spanish for Beginners @ 10 am (Rm 107)
Stretch & Strength @ 10 am (Casino)
Guided Meditation @ 11 am (Th Lobby)
Mahjong (Learning Table offered) @ 12 pm (Rm 107)
Dominos @ 1 pm (Th Lobby)
 # Food Pantry @ 1-3 pm #
Strength Training & Aerobics @ 1:30 pm (D Hall)
Chair Volleyball @ 3 pm (D Hall)

TUESDAY

Gulfport Harmonica Club @ 9 am (Rm 107)
OTC with Cliff 3rd @ 9:30 – 11:30 am (Front Lobby)
Tai Chi @ 10 am (Casino)
Line Dancing for Beginners @ 10 am (Neighborhood Center)
Quilting Club @ 10 am (Rm 106)
Continuing Level 1 Spanish @ 10:30 am (ZOOM)
Dealer's Choice Poker @ 11 am (Th Lobby)
 # iPhone Instruction – 3rd @ 1 pm (Rm 107) #
Contract Bridge @ 1:30 pm (Th Lobby)
Girls' Club - 1st @ 3 pm (Rm 107)
Death Talks w/ The Death Doula – 2nd @ 3 pm (Rm 107)
New Horizons Band of Gulfport – Jazz Practice @ 4:30 pm. Membership to NHB required
New Horizons Band of Gulfport – Concert Practice @ 6 pm. Membership to NHB required

WEDNESDAY

Senior Moments @ 8:30 am (Rm 107)
Wellness Wednesday – 3rd @ 9am – 12 pm (Th Lobby)
Gentle Mindful Yoga @ 9:30 am (Neighborhood Center)
Investment Discussion Group @ 10 am (Rm 107)
Stretch & Strength @ 10 am (Casino)
Bunco @ 10:30 am (Th Lobby)
Fresh Market 3rd @ 10:15 am – 11:15 pm (N Parking Lot)
The Widowing Tribe @ 12:30 (Rm 107)
Canasta @ 1 pm (Th Lobby)
Bingo @ 1:30 pm (D Hall)
Happy Birthday to YOU! – 4th @ 3 pm (D Hall)
Cardio Drumming @ 5:30 pm (D Hall)
Intermediate Spanish Study Group @ 6 pm (Rm 106)
Gulfport Toastmasters @ 6 pm (Rm 107)

THURSDAY

Guided Meditation @ 10 am (Rm 107)
Tai Chi @ 10 am (Casino)
Texas Hold 'Em @ 11 am (Th Lobby)
Health Talk with Labrador Primary Care – 2nd @ 12 pm (Rm 107)
 # Food Pantry @ 1-3 pm #
Strength Training & Aerobics @ 1:30 pm (D Hall)
Contract Bridge @ 1:30 pm (Th Lobby)
Rhythm & Groove Jam Session – 2nd @ 3 pm (D Hall)
 # In the Kitchen with Chef Jack 3rd @ 4pm (D Hall) #
Italian Language Classes @ 6&7 pm (Various Rooms)

FRIDAY

Wellness Movement @ 9 am (Rm 106)
Beginners' Yoga @ 9 am (Casino)
Gulfport Writers' Workshop @ 9:30 am (Rm 107)
Veteran's Coffee Connection – 1st @ 10 am (Rm 106)
EPIC Coffee Connections 4th @ 10 am (Rm 106)
Knitting & Crocheting @ 10 am (Th Lobby)
Chair Yoga @ 10:30 am (Casino)
Clubhouse Chatter 3rd @ 10:30 am (Rm 106)
 # Gulfport ROCKS! – 1st @ 1:30 pm (Rm 106) #
Bridge Instruction @ 12:30 pm (Rm 107)
Dominoes @ 1 pm (Th Lobby)
Matinee Movie 4th @ 1 pm (Theater)
Chair Volleyball @ 1:30 pm (D Hall)

Senior Center Services

GEMS: Wheelchair accessible Door to Door transportation, for registered Gulfport Senior (+55yrs) residents, to medical appointments, shopping, and even to downtown St. Pete. Yearly Membership required. **CALL (727) 893-2242.**

Reassurance Program: Daily calls made to Center members to provide reassurance and emergency assistance if needed. Gulfport residents (+50yrs)

Food Pantry: Supplemental food assistance for qualifying Gulfport Seniors in need. Proper verification required.

Medical Equipment Lending Program: Gently used wheelchairs, walkers, canes, and crutches for seniors who need them. If you or someone you know needs assistance. **CALL (727) 893-5657** Supplies are limited

Senior Center Daily Activities

(#) indicates activities that require pre-registration. Call (727) 893-5657 to pre-register. (#)