



GREATER PALM BAY SENIOR CENTER

OPEN MONDAY-FRIDAY 8 AM - 4 PM

1275 Culver Drive, NE
Palm Bay, Florida 32907
321 724-1338

www.gpbsc.org

THE GREATER PALM BAY SENIOR CENTER

The Greater Palm Bay Senior Center was dedicated on April 2, 1989 with a membership of 500, including 294 charter members. The purposes of the Greater Palm Bay Senior Center are to: (1) Establish and supervise a senior citizen facility, (2) Promote the common good and general welfare of the senior citizens of Brevard County and, (3) Raise the funds to acquire, construct, maintain, and operate the Senior Citizen's Facility consistent with the provisions of the Internal Revenue Code, Section 501(c)(3).

The Senior Center leases the building from the County for \$10 a year and in return provides activities for its age 55+ members. The Center basically pays for everything inside the building including utility bills, furniture, painting, kitchen equipment (refrigerators, freezers, stove), and insurance. The largest monthly bills are utilities and building maintenance. Our income comes from 1) Bingo, 2) building rentals, 3) membership fees, 4) special events, 5) advertising and sponsor fees, and 6) the kitchen.

All aspects of the Senior Center are operated by unpaid volunteers. Some examples of the wide variety of the volunteers are: receptionists, early morning set-up crew, "blue shirt" building supervisors, "red shirt" Bingo workers, "teal shirt" kitchen helpers, card club leaders, billiard staff, building decorating committee, photographers, card and Mah Jongg instructors, treasurer and office staff, computer technicians/instructors, building-event sitters, commissary workers, newsletter staff, travel office – and the list goes on and on. Currently, there are over 250 volunteers

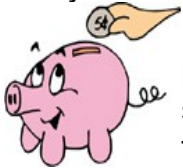
Volunteers receive one point for each hour of volunteer service. Points may be used to offset the cost of travel. All accumulated points are carried on a calendar year basis (January-December) for a three year period. If you are interested in volunteering for building supervisor, set-up crew, kitchen, receptionist, building decorating committee, Bingo, notary public, blood pressure readings or building sitting, please sign-up in the Volunteer Opportunities Book located on the receptionist's desk. You are encouraged to participate. Teamwork – together we achieve the extraordinary.

GPBSC COMMUNITY CHARITIES



The Greater Palm Bay Senior Center contributes money and food to local charities selected yearly by the Board of Directors. Funds raised are used by the Outreach Committee to purchase groceries for the Sharing Center, and for Bright Star expenses.

Handmade afghans donated by members of the Center are delivered to the seriously ill children at Camp Boggy Creek. During the holiday season funds are donated to each of the two food banks to purchase turkeys and hams for needy families.



Pennies (dollars are also appreciated) are collected at the monthly General Membership Meeting for Outreach. Fund raisers such as the Chinese Auction and the Card Party provide additional funds for Outreach.

GPBSC ACTIVITIES

All activities are open to all members of the Greater Palm Bay Senior Center. A nominal fee is collected by most activities to cover parties, supplies, etc.

CARDS

BRIDGE (PARTY)



The Early Bird Bridge Group meets on Wednesday from 9 am to Noon. Beginning Bridge graduates, intermediate and advanced players are welcome. Each participant pays \$1 for a three-hour game.

The funds are used to pay for quarterly luncheons, Christmas parties, GPBSC fund-raisers and Outreach projects. Prize money is awarded, \$1 for small slams and \$2 for grand slams. You do not need a partner to play.

The Monday and Friday Bridge Group meets from 12:15 to 3:30 pm and plays for prize money, which is determined by the number of attendees. Each participant pays \$1 for a three-hour game. Twice a year a dinner and Bridge party are scheduled at a restaurant.

Beginning and intermediate Bridge classes are scheduled periodically, check the GPBSC Newsletter for dates.

CANASTA- HAND AND FOOT



.The Canasta Group meets every Tuesday from 12:30 to 3:30 pm, except for the 4th Tuesday of each month. There are 4 or 6 players at each table. Members are flexible to play where needed. The group members are eager to learn new types of Canasta games. If you are familiar with other types, please come and share with the group. Instruction sheets are provided to anyone just learning or re-learning the game. You are welcome at any time to “sit in and watch” or participate.

EUCHRE

The Euchre Group meets on Thursday from 12:30 to 3:30 pm. Euchre is a very popular Northern card game, played with five cards, three or four-handed determined by the number of attendees. The losers progress to the next table with a new partner. Individual prize money is paid.

PINOCHLE

The Pinochle Group meets on Thursday afternoon from 12:30 to 3:30 pm and plays single deck. Pinochle is a wonderful game for playing in large groups, and it can be an excellent vehicle for social interaction, not necessarily to win, but to have fun. Participants change partners every half hour. If you have never played Pinochle or it has been a very long time since you last played, come and the members will help you enjoy the game.

POKER



Hi/Low meets on Monday, Tuesday and Friday from 12 to 3:30 pm. Straight poker is played Tuesday from 7 to 10 pm, Thursday from 6:30 to 9:30 pm, and Saturday from 12 to 4pm.

Cards are played on professional style tables with chips. The group enjoys a lunch at a local restaurant at least once a month.

CLASSES

ART CLASS

The Art Class meets on Thursday from 9:30 to 11:30 am. Acrylics and watercolor are used.

Beginners, intermediate and advanced students are welcome. The instructor guarantees beginners will leave the class with a nice painting. Paintings are displayed in the hallway at the Center and art shows are scheduled from time to time.



COMPUTER CLASS - BEGINNERS

This Computer Class is an 8-week basic course for beginners. Classes are held on Monday from 1 to 3:30 pm for GPBSC members only.



The fee is \$25 due on the first day of class. Check the newsletter for the schedule.

COMPUTER CLASS - INTERMEDIATE

The Intermediate Computer Class is a 10-week course held on Monday from 9 to 11:30 am. The fee is \$30 due on the first day of class. Check the newsletter for the schedule.

This class covers the Windows Operating System, e-mail, Windows Explorer, downloading pictures from a digital camera into the computer, ripping music from a CD, producing music CD's, and Word processing.



CRAFTS

The Crafts Group meets on Friday from 9 to 11:30 am.

Classes of simple crafts are taught, but you may also work on your own projects. If you need help with sewing, knitting or crocheting, ladies are available to help you. Handmade items for sale are displayed in the showcase in the lobby.



EXERCISE

AEROBICS

The Tuesday - Thursday Aerobics Class meets from 8:30 to 9:30 am.



This class concentrates on cardiovascular and respiratory conditioning, with the actual aerobic section lasting a full 15-20 minutes. It is very low impact, done at a medium speed, with no jumping. The rest of the hour is filled with warm up, stretching, muscle toning, and cool down. The stretching and muscle toning is done with a chair – either sitting in it or holding onto it for balance. A variety of music is used, ranging from country to classical.

There is also a gentle low-impact Aerobics class on Mondays at 9:30 am. There is a fee for both of these classes.

BONE BUILDERS EXERCISE PROGRAM

Bone Builders is held on Monday and Wednesday from 8:30 to 9:30 am and 10 to 11 am in the A/B room. This is a strength training, balance exercise, and health education program that is offered free of charge to Senior Center members. Participants lift light weights while seated to improve bone and muscle strength while also working to better their balance. Important topics related to bone health and nutrition are discussed weekly.



JOINT MOVEMENT

The Joint Movement Class meets from 9:30 to 10:15 am on Tuesday and Thursday. There is a fee for this class.

This class is designed for people who are more comfortable exercising in a chair. It can also be used as a supplement to the aerobics class. It concentrates on movement and loosening of all the joints of the body, from the toes to the neck, and strengthens the associated muscles. A variety of background music is chosen for its relaxing nature and comfortable speed.



YOGA - CHAIR

Yoga Class is held on Thursday from 10:30 to 11:30 am. Learn how yoga can tone your body, increase your flexibility, and relieve stress. Postures are performed sitting in a chair and in a standing position. Students are encouraged to honor “the wisdom of the body” and work according to the limits of their individual strength and flexibility. Class ends with a relaxation exercise which ensures you leave feeling centered and peaceful.

ZUMBA GOLD

Zumba Gold is held on Friday at 10am in the C Room. Get active with great people at the dance-party workout that moves at your pace. There is a \$4 fee.

GAMES

BILLIARDS



The Billiard room is open for men and women on Monday through Friday from 8 to 11:30 am. You must sign up by 8:45 am so teams can be selected. Ladies only play Monday 11:30 am to 3:30 pm. The afternoon group plays 11:30 am to 3:30 pm on Tuesday and Thursday. Open billiards are played on Wednesday from 11:30-4 pm and Friday from 11:30 am to 8:30 pm.

The Billiard room closes at 11:30 am on the 4th Tuesday of each month during the GPBSC Membership Meeting.

BOCCE



Bocce is scheduled on Monday and Friday from 9 to 11 am from September to May (weather permitting) The court is located at the south end of the building.

Bocce is a competitive game of skill. The purpose of the game is to roll the Bocce, a 4 ½ inch ball, as close as possible to the pallino, a 1 ¾ inch ball, which is rolled down the alley first. The Bocce coming closest to the pallino scores one point. Twelve points constitute a game.

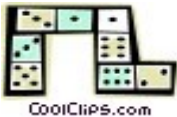
Bocce fans claim the game helps improve their bowling, golf and shuffleboard because it has many features of these games in it. There is no age limit and no experience is needed.



BUNCO

Bunco is held on the first and third Tuesday of each month from 6:30 to 9 pm in the C Room. There is a \$5 fee for GPBSC members with a one-time guest option to prospective members. Dessert/refreshments are served midway through the play. Cash prizes are awarded. Bunco's annual Dinner & Dessert Holiday Bunco evening is held on the first Tuesday in December for all Bunco members.

DOMINOES



The Dominoes Group meets every Tuesday and Thursday at 6 pm to play Caribbean Style Dominoes.

Join us for a terrific time!

GOLF

The Senior Golf League runs from September to May. Play is at Jo Daddy's, a Par 3 golf course in Palm Bay. The League is a mixed league and is played Wednesday mornings starting at 9 am. Any member wanting to play is welcome.

MAH JONGG



Mah Jongg (American version) is held every Thursday from 12 to 3:30 pm. Mah Jongg (Asian version) is held on the 1st and 3rd Wednesday of each month from 6 to 9:30 pm, and on 2nd and 4th Thursday from 9 to 12 noon.

Mah Jongg is an ancient Chinese game played with 13 tiles on racks. Pre-printed Mah Jongg cards are used to guide you in selecting a specific hand to play. It's an intellectually challenging game. Classes are held periodically.

PING PONG (TABLE TENNIS)



Ping Pong (table tennis) is held on Monday, Tuesday and Thursday from 12:45 to 3:30 pm (except on the 4th Tuesday of each month) and is open to all men and women from beginners to advanced players. All equipment is furnished – five tables are available, plus paddles and balls.

Ping Pong is a sport in which two or four players hit a lightweight ball back and forth to each other with paddles. Play is fast and demands quick reactions.

A Greater Palm Bay Senior Center, Inc. Indemnity, Hold Harmless Agreement & General Release form must be signed by all participants. Proper footwear (good sneakers) is required. There is a \$2.00 monthly fee.

Wii BOWLING

Wii bowling takes place on Tuesday at 10:45 am to 12:30 pm in the Main Hall except on the 4th Tuesday of each month. Teams of 4 members play against each other. Come either as a single or as a team. There is a \$3 monthly fee.

SERVICES

BARGAIN CORNER

The Bargain Corner is located in the Main Hall near the North door. It is open from 8 to 11 am on Monday, Tuesday, and Thursday, 8:30 to 11:30 am on Wednesday, and 3:30 to 6:15 pm on Friday for receiving merchandise and the sale of goods.



All donations are appreciated. A few examples are: knickknacks, CD's/DVDs, figurines, baskets, hard-cover books, blankets, holiday items, cookware, collectibles, glassware and clean clothing in good condition. Remember the Bargain Corner when you do your Spring and Fall cleaning.

BLOOD PRESSURE READINGS



A nurse is available for blood pressure readings every Monday and Wednesday from 9 to 11 am, and on the 4th Tuesday of each month from 9 to 11:30 am.

LIBRARY



The Library is open on Wednesday from 12 to 4 pm, Thursday from 8 am to Noon, and Friday from 8 am to 4 pm. It is located in the C Room.

The Library has a variety of paperback books for \$.25 each. Donations of books are greatly appreciated.

MOVIES



Enjoy movies in our Main Hall with theater quality screening and surround sound. Previews of coming attractions appear on the sign located on the wall near the door to the Main Hall and in the monthly newsletter.

Movies are scheduled on Thursday beginning at 6:30 for members only. A donation of \$1 is requested. You may bring your own chairs as long as they do not scratch the floor.

Snacks are available for purchase.

NOTARY PUBLIC



A Notary is available by appointment only. There is no charge to notarize papers for GPBSC members. Call the Center for an appointment.

TRAVEL OFFICE



The Travel Office is open from 9 am to Noon on Tuesday through Friday.

Trips are announced at the GPBSC Monthly Membership Meetings and posted on the travel bulletin board. Mystery trips, casinos, dinner theater shows, and special shows, cruises and a land trip are planned yearly.

The travel "experts" work with local and out-of-state travel agencies, whichever one provides the best value for the money. Potential trips are evaluated for cost and wide-spread appeal for all members.

OTHER ACTIVITIES

GOLDENTONES & PRETENDERS



The Goldentones is a group of men and women who sing all types of music. They rehearse from 9 am to noon on Monday.

The Pretenders is a group who “pretend” to sing to all types of recorded music. They rehearse on Tuesday from 9 am to noon.

The Goldentones and the Pretenders entertain at community nursing homes, retirement homes, assisted living facilities, the Center and some county functions. They participate annually in a Spring Concert and the Christmas/Holiday Concert. No experience is necessary – just the desire to sing and perform.

WOODSHOP



The woodshop is open from Monday through Friday from 8 am to noon. You must furnish your own materials. Supervisors will help with projects and teach you how to use the tools, etc. It is the responsibility of each user to leave the shop clean.

The woodshop supervisors collect soda cans for recycling. Donated cans may be placed in the recycle container in the Main Hall. Funds are used to purchase supplies and tools.

A woodshop supervisor is on duty when work is done in the shop. Safety is stressed. A Greater Palm Bay Senior Center, Inc. Indemnity, Hold Harmless Agreement and General Release form must be signed by all participants.

GPBSC EVENTS

GENERAL MEMBERSHIP MEETING

The GPBSC General Membership Meeting is held on the 4th Tuesday of each month (except December). There are several vendors who distribute information of interest to seniors from 10:30 am. Lunch is served at 11:30 am for a nominal fee. The program starts at 12 -12:30pm, and the meeting follows immediately.

The Annual Inaugural General Membership Meeting is held on the first Monday in December. The new Board and Officers are introduced.

MANAGER'S APPRECIATION BRUNCH

A Manager's Appreciation Brunch is held annually for supervisors of the various activities. This is a special occasion to let the volunteers know how much they are appreciated for volunteering their time and talents to lead the activities.

RENTAL OFFICE

The Palm Bay Senior Center is available to rent for parties, dances, seminars, presentations, lectures, etc. The Rental Office is open daily from 10 am to 2 pm.

VOLUNTEER DINNER

A Volunteer Dinner is held annually to recognize all GPBSC volunteers. Currently, the Senior Center has more than 135 volunteers. This is a special occasion to say "THANKS" to all the volunteers for donating their time and talents.



TOYS FOR TOTS TO TEENS

The Greater Palm Bay Senior Center participates in the local Toys for Tots to Teens local Christmas toy drive. Don't miss this opportunity to share your good fortune with needy children. Bring unwrapped toys and gifts for boys and girls from toddlers to age fifteen.



EVENTS OPEN TO THE GENERAL PUBLIC

Watch the GPBSC Newsletter for the event dates.

BINGO

Bingo is held in the GPBSC Main Hall on Wednesday and Friday and is OPEN TO THE GENERAL PUBLIC. Attendees must be 18 years of age or over.



Wednesday Bingo packages go on sale at 10 am and Early Bird Bingo starts at 11:30 am

Cost: 1 package - \$6, 2 packages - \$9, additional packages are \$2 each. Each package includes 16 patterns, plus 1 free speed game.

Early Bird, Specials, Sunrise and Wild Cards cost extra.

Friday Bingo packages go on sale at 5 pm.

Early Bird Bingo Games start at 6 pm, regular games immediately following.

Cost: 1 package - \$14, 2 packages - \$23, 3 packages - \$30 and additional packages \$5 each.

COMMUNITY GARAGE SALE



The Community Garage Sale is a fundraiser held on a Sunday in October from 1 to 4pm. Food and the snack bar are available. Tables are sold to any person, group, organization, etc. wanting to sell their wares.



GOLDENTONES & PRETENDERS

The Goldentones and the Pretenders present a Spring Concert and a Holiday/Christmas Concert for all to enjoy.

CARD PARTY



The Card Party is held twice a year in the winter and summer. The admission fee includes a delicious lunch. Bring your friends and have a fun day of cards, games, good food and door prizes.

SATURDAY NIGHT DANCE



The GPBSC Saturday Night Dance is held on the 4th Saturday of each month from 7:30 to 10:30 pm with live music by local artists. All types of ballroom dancing are enjoyed: Waltz, Fox Trot, Swing, Latin, Polka, and Line Dancing. The ticket price is \$6.

NEW YEAR'S DAY DINNER DANCE



We now have a celebration for the New Year on New Year's Day. Why stay out late and drive home in the wee hours of the morning? Join us at 4pm January 1 for a wonderful dinner and entertainment which will wind up by 8pm.

Reservations are necessary. The cost will be published in the newsletter. This is a BYOB event and is open to the public.

FOR YOUR INFORMATION

The Greater Palm Bay Senior Center is not a licensed day-care facility. Members must be competent to handle their own individual needs while at the Senior Center.

The GPBSC Board of Directors adopted a Code of Conduct for the benefit of all of the members. The document is posted throughout the Center and you are urged to take a moment to review it.

Please contact the GPBSC receptionist at 321-724-1338, or check the website at www.gpbsc.org for the monthly GPBSC Newsletter and updated information on events.

The GPBSC By-laws are posted on the website at www.gpbsc.org and are available to be reviewed at the front desk.

GREATER PALM BAY SENIOR CENTER

EXECUTIVE COMMITTEE

President.....Sylvia Fels
1st Vice President.....Ken Parnell
2nd Vice President.....Loretta Sandy
Treasurer.....Babs Godwin-Hazel
Recording Secretary.....Jan Grest

DIRECTORS

Sharon Andrews	Norma Perusich
Jack Blackledge	Barbara Roberts
Morris Gibbs	Martha Straley
James Goodall	David Trippany
Terry Koretsky	Bob Wood
Legal Counsel	Roy Alterman

Membership

Annual membership Dues: \$20 per year
Lifetime membership dues: \$350