



# **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](http://www.gpbsc.org)**

**NOTE:** Please call the front desk or check our newsletter or website for updated information

## **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 City of Palm Bay for \$10 a year and in return provides activities for its age 50+ 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, building supervisors, Bingo workers, 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 135 volunteers

Volunteers receive one point for each hour of volunteer service. Points may be used to offset the cost of Center sponsored travels and rentals. If members 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. Members 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.

Handmade afghans, donated by members of the Center are delivered to local assisted facilities, and funds are donated to each of the two food banks to purchase food for needy families.



Pennies (dollars are also appreciated) are collected at the General Membership Meeting.

## 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



The Early Bird Bridge group meets on Wednesday from 9:00 am to 12:00 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 Bridge party dinner is scheduled at a local 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 11:30 to 3:30 pm, except for the 4<sup>th</sup> 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. Members are welcome at any time to “sit in and watch” or participate. Each player pays \$2.

## 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. Each player pays \$1.50 and \$0.10 if you get "set".

## 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. Each player plays \$1.

## POKER



Poker is played on Monday from 12:00 to 3:30 pm, Tuesday from 6:00 to 9:30 pm and Friday from 12:00 to 3:30 pm. Cards are played on professional style tables with chips. The group enjoys 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, watercolor, color pencils, and mixed media are used. Beginners, intermediate and advanced students are welcome. The instructor are available for assistance.

### COMPUTER CLASS - BEGINNERS



This Beginners Computer Class is an 8-week basic course. Classes are held on Monday from 1:00 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 9:00 to 11:30 am. The fee is \$30 due on the first day of class. Check the newsletter for scheduled dates.

This class covers the Windows Operating System, which includes working with Windows Edge, Word processing, receiving & sending e-mails, downloading pictures from a digital camera into the computer, and other skills as determined by students / instructors.

Both beginner and intermediate classes are scheduled when appropriate interest levels are met.

## CRAFTS



The Crafts group meets on Friday from 9:00 to 11:30 am. Classes of simple crafts are taught, but individuals may also work on their own projects. If you need help with sewing, knitting or crocheting, women are available to help you.

## EXERCISE

### FITNESS FUN



The Tuesday class will meet from 9:00 am to 10:15 am, and is scheduled to start sometime in August / September

## BONE BUILDERS EXERCISE PROGRAM

Bone Builders is held on Monday and Wednesday from 8:30 to 9:30 am and 10:00 to 11:00 am. 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.



## YOGA - CHAIR

Yoga class is held on Thursdays 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.

## GAMES

### BILLIARDS



The Billiards room is open to both men and women members on Monday through Friday from 8:00 to 11:30 am. You must sign up in the billiards room 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 Wednesdays from 11:30 am to 4:00 pm and Fridays from 11:30 am to 8:30 pm.

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

### BOCCE



Bocce is scheduled on Monday and Friday from 9:00 to 11:00 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.

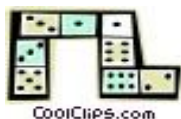


### BUNCO

Bunco is held the first and third Tuesday of each month from 6:30 to 9:00 pm. There is a \$5 fee for GPBSC members with a one-time guest option to prospective members. Desserts / refreshments are served midway through the play. Cash prizes are awarded. Bunco's annual Holiday party is held on the first Tuesday in December for all Bunco members.



## DOMINOES



The Dominoes Group meets every Tuesday and Thursday from 6:00 to 10:00 pm to play Caribbean style Dominoes. Each player pays \$2. Join us for a terrific time!

## CORN HOLE TOSS

Also called Bean Bag Toss, the group meets every Monday from 11:00 am to 12:30 pm. This activity is open to all members regardless of gender. A nominal fee is charged.

## MAH JONGG



Mah Jongg (American version) is held every Thursday from 12:00 noon to 3:30 pm. Pre-printed Mah Jongg cards are used to guide you in selecting a specific hand to play.

Mah Jongg (Asian version) is held on the 1st and 3rd Wednesdays of each month from 6:30 to 9:30 pm. Each player pays \$3 per year and a nominal fee for their Holiday party.

Mah Jongg is an ancient Chinese game played with 13 tiles on racks. It's an intellectually challenging game. Classes for both American & Asian Mah Jongg are held periodically.

## DARTS



Darts are played the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays from 4:30 to 6:00 pm in the Annex.

Various games are played to keep the game moving and fun. A nominal fee is charged to keep equipment maintained and to have money for things like expanding. Proper footwear is required (no open toed shoes/sandals).



## SHUFFLEBOARD

Shuffleboard is played the 2<sup>nd</sup> and 4<sup>th</sup> Wed. of the month from 4:30 – 6:00 pm. Players should use the Annex doors to enter.



### PING PONG (TABLE TENNIS)

Ping Pong (table tennis) is held on Monday, Tuesday and Thursday from 1:00 to 3:30 pm (except on the 4<sup>th</sup> 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 is played on Tuesday from 10:30 am to 12:30 pm in the Main Hall except on the 4<sup>th</sup> 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

(closed until January, 2022 – no donations will be accepted until then)

The Bargain Corner is located in the Main Hall near the North door. It is open from 8:00 am to 12:00 pm on Monday, Tuesday, and Thursday, from 8:30 to 11:30 am on Wednesday, and 3:30 to 6:15 pm on Friday for receiving merchandise and the sale of used 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.

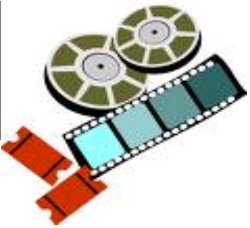




## BLOOD PRESSURE READINGS

A nurse, when available, will provide blood pressure readings every Monday and Wednesday from 9:00 to 11:00 am, and on the 4<sup>th</sup> Tuesday of each month from 9:00 to 11:30 am.

## MOVIES



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

Movies are scheduled on Thursdays beginning at 6:30 p.m. There is a \$1.00 fee for members and a \$5.00 fee for non-members. 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 to schedule an appointment.



## TRAVEL DEPARTMENT

The Travel Department is open from 9:00 am to 1:00 pm, Monday thru Friday. Trips are announced at the GPBSC membership meetings, in the monthly newsletter and posted on the travel wall TV. Flyers are available outside the Travel Department. Excursions can include casinos, dinner theater shows and ocean cruises.

The travel “experts” work with local and out-of-state travel agencies to provide the best deals possible. Potential trips are evaluated for cost and wide-spread appeal for all members. New travel ideas are always welcome.

## RENTAL OFFICE

The GPBSC building has available rooms to rent for occasions such as parties, dances, seminars, presentations, graduations, lectures, etc. The Rental Office is open daily Monday thru Friday from 10:00 am to 2:00 pm. Fees vary according to size of room rented. Call the GPBSC for more information.

## OTHER ACTIVITIES

### GOLDEN TONES & PRETENDERS



The Golden Tones & Pretenders is a group of men and women who sing all types of music. They rehearse from 9:00 am to noon on Mondays.

The Golden Tones and the Pretenders entertain at community nursing homes, retirement homes, assisted living facilities and the GPBSC Center. No experience is necessary – just the desire to sing and perform.

### WOODSHOP



The woodshop is open from Monday through Friday from 8:00 am to 12:00 pm. You must furnish your own materials. Supervisors will help with projects and teach you how to use the tools. Members who wish to use the woodshop must undergo a training session before using any tools. It is the responsibility of each user to leave the shop clean.

The Woodshop Supervisors also collect soda cans for recycling. Donated cans may be placed in the recycle container in the Main Hall or in front of the woodshop door. Funds are used to purchase supplies and tools.

A Woodshop Supervisor is on duty when work is performed in the shop ensuring safety procedures are adhered to. A Greater Palm Bay Senior Center, Inc. Indemnity, Hold Harmless Agreement and General Release form must be signed by all participants.

### FRIDAY SOCIAL

This group is open to all members and meets on the first Friday of the month at 1:00 pm at a pre-determined local restaurant. See newsletter or website for the restaurant selection. Reservations are required.

### MEET AND EAT

If you want to meet people and enjoy a good meal, then this is the activity for you. Members meet in different restaurants the third Monday of the month at 5:00 pm. See Newsletter or website for a list of restaurants. Reservations are required.

## GPBSC EVENTS

### GENERAL MEMBERSHIP MEETING

The GPBSC General Membership Meeting is held quarterly on the 4<sup>th</sup> Tuesday of February, May, August and November. Several vendors will distribute information of interest to members around 10:30 am. The program starts at 12:00 - 12:30 pm, and the meeting follows immediately.

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

### MANAGER'S APPRECIATION BRUNCH

An Appreciation Brunch occurs annually for Managers and Supervisors of the various activities held at the Center. This is a special occasion to let them know how much they are appreciated for their time and talents to support the activities the GPBSC provides.



### VOLUNTEER DINNER

A Volunteer Dinner occurs annually to recognize all GPBSC volunteers. Currently, the GPBSC has more than 135 volunteers. This is a special occasion to say "THANK YOU" to all the volunteers for donating their time and talents. Any member interested in volunteering can check out the "Volunteer Book" located at the front desk.

### TOYS FOR UNDERPRIVELEGED FAMILIES

The Greater Palm Bay Senior Center participates in a local Christmas toy drive. Do not 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. Your donations are greatly appreciated and serve the children of Brevard County.



## EVENTS OPEN TO THE GENERAL PUBLIC

Read the monthly GPBSC Newsletter for event dates. The newsletter can be viewed online at [www.gpbsc.org](http://www.gpbsc.org).

### BINGO

Bingo is in the Main Hall / Annex on Wednesdays and Fridays and is OPEN TO THE GENERAL PUBLIC. Attendees must be 18 years of age or over.



**Wednesday Bingo** packages go on sale at 10:00 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, Pull Tabs, and Wild Cards cost extra.

**Friday Bingo** packages go on sale at 4:30 pm and Early Bird Bingo starts at 6:00 pm with regular games immediately following.

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

Early Bird, Specials, Pull Tabs, and Wild Cards cost extra.



### FLEA MARKET

The annual Flea Market is a fundraiser held in October, times TBD, and is open to the public. The snack bar will be open. 6-ft tables are available for rent to any person, group, organization, etc. wanting to sell their wares. Information is posted in the newsletter, or on our website, and tables can be rented at the front desk.



### CARD PARTY

The Card Party is held three times a year. The admission ticket includes a delicious lunch. Bring your friends and have a fun day of Cards, Bunco, Mah Jongg, Poker, good food, and door prizes.

## SATURDAY NIGHT DANCE



The GPBSC Saturday Night Dance is held on the last Saturday of each month from 7:30 to 10:30 pm with music provided by local artists. The ticket price is \$5 for members and \$7 for non-members.

## NEW YEAR'S DINNER DANCE



Join us from on December 31st for a wonderful New Year's Eve dinner, with dancing and entertainment provided by local musicians or D.J.

Reservations are necessary. Information will appear on the TV near the front door, and will be listed in the newsletter or on our website. 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 and once the recording begins press "0", or check the website at [www.gpbsc.org](http://www.gpbsc.org) for the monthly GPBSC Newsletter and updated information on events.

**NEW!!!** We now Have a presence on Facebook! To stay up to date on the happenings here at the Center, just follow us at:

<https://www.facebook.com/gpbscofficial>





GREATER PALM BAY SENIOR CENTER

EXECUTIVE COMMITTEE

President.....David Trippany  
1<sup>st</sup> Vice President.....Ken Parnell  
2<sup>nd</sup> Vice President..... Sylvia Fels  
Treasurer.....Babs Godwin-Hazel  
Recording Secretary.....Frank Joslin

DIRECTORS

|                |                |
|----------------|----------------|
| Sharon Andrews | Tom Moore      |
| Lorne Ott      | Anita Schulze  |
| Loretta Sandy  | Cindy Trippany |
| Bob Wood       |                |

Legal Counsel

Roy Alterman

Membership

Annual membership Dues: \$25 per year  
NOTE: You can also pay on line thru our web site  
via Pay Pal