



**GREATER PALM BAY
SENIOR ACTIVITY CENTER**

OPEN MONDAY-FRIDAY 8:30 AM – 4:30 PM

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

www.gpbasc.org

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

THE GREATER PALM BAY SENIOR ACTIVITY 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) membership fees, 3) special events, 4) advertising and sponsor fees, and 5) 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, 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, 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.

GPBSAC COMMUNITY CHARITIES



The Greater Palm Bay Senior Activity Center contributes money to charities selected yearly by the Board of Directors.

Handmade afghans, donated by members of the Center are delivered to local assisted living facilities and veterans organizations. 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.

GPBSAC ACTIVITIES

All activities are open to all members of the Greater Palm Bay Senior Activity 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 9:30 am to 12:30 pm. 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, GPBSAC 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 GPBSAC Newsletter for dates.

CANASTA- HAND AND FOOT



The Canasta group meets every Tuesday from 11:30 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. Members are welcome at any time to “sit in and watch” or participate. Each player pays \$2 per month.

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 11:00 am to 3:30 pm and plays single and double 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 Mon. and Tues. from 10:00 am to 2:00 pm and also on Monday from 12:00 to 3:30 pm. Tuesday from 6:00 to 9:30 pm and Friday from 12:00 to 3:00 pm. Cards are played on professional style tables with chips. The group enjoys lunch at a local restaurant at least once a month. There is a poker tournament on the first Saturday of the month from 10:00 am to noon.

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 Saturday from 1:00 to 3:30 pm for GPBSAC 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 meets from 9:15 am to 10:30 am, and is a no impact class.

BONE BUILDERS EXERCISE PROGRAM

Bone Builders is held on Monday and Thursday from 9:15 to 10:15 am in the Main Hall, and Wednesday from 10:30 to 11:30 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. Doctor's permission is required. Pick up form at Front Desk.

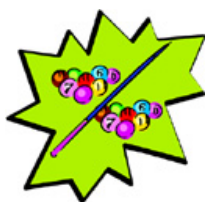


YOGA - CHAIR

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 8:30 am to 12:00 noon. You must sign up in the billiards room by 8:45 am so teams can be selected. Ladies only play Monday 12:00 noon to 3:30 pm. The afternoon group plays 12:00 noon to 4:00 pm on Tuesday and Thursday. Open billiards are played on Wednesday from 12:00 noon to 4:00 pm and Fridays from 12:00 noon to 4:00 pm.

The Billiard room closes at 11:00 am on the 4th Tuesday of the month in which the GPBSAC Membership Meeting is held.

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 second Saturday of each month from 10:00 to 1:00 pm. There is a \$5 fee for GPBSAC members with a one-time guest option to prospective members. Cash prizes are awarded. Bunco's annual Holiday party is held on the second Saturday in December for all Bunco members.

DOMINOES



The Dominoes Group meets in the C Room every Thursday from 6:00 to 9:00 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 11:30 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 12:30 pm 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 Tuesday of each month from 1:00 pm to 4:00 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 2nd & 4th 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 on Monday from 1:00 pm to 2:00 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 4th Tuesday of the month in which the General Membership Meeting is held) 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 Activity 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 11:30 pm in the Main Hall - except on the 4th Tuesday of the month in which the Membership Meeting is held. 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

(open Wed. and Thurs. from 9:00 am to Noon, and Friday, 3:00 to 6:00 pm)

The Bargain Corner is located in the Main Hall near the North door. It is open Wednesday and Thursday from 9:00 am to 12:00 pm, and 3:30 pm to 6:00 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, 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 volunteer, when available, will provide blood pressure readings every Tuesday and Thursday from 9:30 am to 12:30 pm, Friday from 1:00 pm to 4:00 pm, and on the 4th Tuesday of the month, when we hold the General Membership Meeting, from 9:00 to 11:30 am.

NOTARY PUBLIC



A Notary is available by appointment only. There is no charge to notarize papers for GPBSAC 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 GPBSAC 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.

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 10:00 am to noon on Mondays.

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

WOODSHOP



The woodshop is open from Monday through Friday at 8:30 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.

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

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 GPBSAC General Membership Meeting is held quarterly on the 4th Tuesday of February, May, August and November. Several vendors will distribute information of interest to members around 10:30 am. The meeting starts between 11:00 - 11:30 am.

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 GPBSAC provides.

VOLUNTEER “THANK YOU” EVENT

This event occurs annually to recognize all GPBSAC volunteers. Currently, the GPBSAC has more than 100 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.

EVENTS OPEN TO THE GENERAL PUBLIC

Read the monthly GPBSAC Newsletter for event dates. The newsletter can be viewed online at www.gpbac.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 - \$8, 2 packages - \$11, additional packages are \$2 each. Each package includes 16 patterns.

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



VENDOR FAIR

The Vendor Fair is held the 4th Sunday of the month scheduled from 12:00 pm to 4:00 pm and is open to the public. The snack bar is open inside. There are handmade crafts, jewelry, baked goods, homemade jams and jellies and much more.



GAMES PARTY

The Games Party is open to the public. Date and time will be noted in the newsletter or on our website. The admission ticket includes a delicious lunch. Bring your friends and have a fun day of Cards, Bunco, Mah Jongg, Poker, Scrabble, Rummikub, etc., good food, and door prizes.

SATURDAY NIGHT DANCE



The GPBSAC Saturday Night Dance is held on the last Saturday of the month from 6:30 pm to 9:30 pm with music provided by local artists. The ticket price is \$8 for members and \$10 for non-members.

NEW YEAR'S DINNER DANCE



Join us 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.

NOTE: THIS EVENT IS CURRENTLY ON HOLD

FOR YOUR INFORMATION

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

The GPBSAC 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 GPBSAC receptionist at 321-724-1338 and once the recording begins press "0", or check the website at www.gpbsc.org for the monthly GPBSAC 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/gpbsofficial>

Instagram

Twitter

GREATER PALM BAY SENIOR CENTER

EXECUTIVE COMMITTEE

President.....Bruce Woods
Vice President..... Sylvia Fels
Treasurer.....Babs Godwin-Hazel
Recording Secretary.....Frank Joslin

DIRECTORS

Peggie Currie	Dale Neubert
Craig Hansen	Paula Rebman
Lorne Ott	Anita Schulze
Tom Moore	Bob Wood
Legal Counsel	Roy Alterman

Membership

Annual membership Dues: \$20 per year (for 2023)
NOTE: You can also pay on line thru our web site
via Pay Pal