



WESTSHORE SENIOR CENTER

September 2010



Westshore Active Senior Calendar

4102 W. SPRUCE STREET
TAMPA, FLORIDA 33607

PHONE: 554-5156

HOURS: 7:30 a.m. - 5:00 p.m.

STEVE McCLURE, Center Manager

LINDA PETERSON, Senior Case Manager

PAMELA FERRELL, Licensed Practical Nurse

MEGAN LAMBERT, Senior Recreation Therapist

The mission of the Department of Aging Services is to provide essential social and health services to the older adults, promote social, physical and economic and emotional well-being to encourage maximum independence and improve the quality of life for older adults and their caregivers.

ONGOING & SPECIAL ACTIVITIES

- Advisory Council Meeting (Sept. 7th at 2:00p.m.)
- Air Hockey Table (Available anytime.)
- Blood Pressure Screenings (Conducted every Tuesday)
- Bridge Club (Meets every Tuesday at 11:30 a.m.)
- Caregiver Support Group Meeting (Sept. 16th at 3:00p.m.)
- Computers with Internet Access for general use (All day on Monday, Tuesday, Wednesday & Friday.)
- Computer Classes, Thursdays 9:00a.m. & 1:00p.m. (Call to register for a class.)
- Dominoes (Available anytime.)
- English Language – Basic Class (Mon. & Wed. at 10:30a.m.)
- Exercise Class: Held at 10:00am each day.
- Field Trip: Local Restaurant (Sept. 16th at 11:00a.m.)
- Fitness room (workout partner is required.)
- Health Issue: Led by the Center Nurse “Protect Your Prostate” Sept. 2nd at 10:30a.m.
- Hot Lunch (Please call the Center to sign up in advance.)
- Meeting Space is available to senior groups (Please call Steve at (813) 554-5156 for room availability.)
- Guest Speaker: Nurse on Call regarding Hurricane Safety Sept. 7th at 10:30a.m.
- Guest Speaker: Health Department regarding Healthy Food Sept. 16th at 10:30a.m.
- Guest Speaker: TECO on Energy Conservation Sept. 21st at 10:30a.m.
- Ping Pong (Available any day during good weather.)
- Respite Care (Sept. 18th from 9:00a.m.-2:30p.m.; Please pre-register)
- Roundtable Discussion with all participants. Sept. 15th at 2:00p.m.
- Social Issue: Led by the Center Nurse “Finding Happiness” Sept. 23rd at 10:30a.m.
- Virtual Sports (XAVIX brand Baseball, Bowling, Fishing, Golf.)