



Vol. 18 No. 1

BRIDGE TO BRIDGE

PANAMA CITY BEACH SENIOR CENTER

423 Lyndell Lane, Panama City Beach, FL 32407
* Oatfield Building 233-5065 * Lyndell Building (850) 236-3033

Website: www.pcbssc.com

Jan- Feb 2018

HAPPY 2018!

We welcome everyone back to the senior center after all the holiday festivities and hope that everyone had a happy and safe holiday season. This is our busiest time of the year as we welcome our winter visitors and hope that everyone came to have fun and participate in all our activities. We look forward to serving you in the new year! Check out all of the scheduled events for January and February and enjoy!

*Submitted By
Sherry Swartout*

PCBSSF Announces the Grand Slam Fundraiser Event

We had planned to have this event in September but it was cancelled due to the hurricanes. Now we are ready to go!



Let's go to bat for the PCB Senior Services Foundation, Friday, February 23, 2018, 6:30pm - 10:00pm, Edgewater Resort Conference Center. Tickets are \$100 each or \$800 for a table of eight.

The Panama City Beach Senior Services Foundation would like to invite you to attend this very special event. This premier fundraiser will benefit our foundation in many ways to improve our goal of making life better for our seniors here in Panama City Beach. We urge you to support this event.

Our evening will begin with Jennifer Jones singing the National Anthem. After our introduction, our attendees will enjoy a delicious meal accompanied by saxophone music by another renowned local talent, Chris Godbar. The meal prepared by the Edgewater staff, promises to be one of your most memorable. Menus will soon be announced to the public. There are many more exciting events left to occur.

We will present an auction of items to help raise money for the Senior Center. We will have an actual auctioneer available to present some lovely things as memories of the evening and the Senior Center. The music will then continue.

Jennifer Jones and her band will present a wonderful display of modern music for attendees to listen and dance to. The Edgewater facility is beautifully arranged for everyone to have a fantastic evening of music and dance!

PCB Senior Center is a non-profit 501-3C organization and relies on the support of the community. Some donations may be tax deductible (check with your tax advisor) while giving seniors the opportunity to enjoy fitness and exercise, arts and crafts, fun and games, and social and learning experiences.

The Presidents' Column

New Year's Eve is once again upon us, a night to reflect back on the last 365 days and celebrate the coming year. As the clock runs down for 2017, many people will be drinking, dancing, and telling stories of days gone by while presenting goals for 2018. Whether celebrating at a house party with friends and family, or out at a city-sponsored event, taking a few precautions will ensure that everyone gets to and from their destinations safely.

Celebrating with Alcohol?

Pace yourself and pay attention to how much you are consuming. Drinking too much alcohol can make you sick and can lead to alcohol poisoning.

Stay hydrated by alternating alcoholic drinks with water, juice, or soda.

Alcohol typically enters the bloodstream quickly. However, the amount and type of food in your stomach can alter this pace: high-carbohydrate and high-fat foods can slow the absorption of alcohol into the bloodstream.

If you've had too much to drink, call a taxi or have a sober friend or family member pick you up.

Hosting a Party?

Contact a local cab company to provide rides for your guests and book them in advance. Provide non-alcoholic beverages for your guests.

Attending a Party?

Plan ahead and designate a sober driver before the celebration begins.

If you stay out late, consider staying overnight at a friend's house or booking a local hotel within walking distance from the party.

On New Year's Eve, everyone wants to have an unforgettable night — in a good way. By following a few simple steps, having a good sense of awareness, and taking these safety tips to heart, we can all have a happy, healthy, and safe celebration. Have a happy, safe, and healthy 2018!

*Submitted By
Bill Montfort*

PCB SENIOR SERVICES FOUNDATION

Website: www.pcbssc.com

Mission Statement: "To Help Seniors Enjoy a Better Quality of Life"

Board of Directors

Bill Montfort — President	233-5065
Jim Barr— Vice President	233-5065
Sherry Swartout — Daily Operations Director	233-2235
Ron Rudd— Secretary	233-5065
Alice Conniff— Publicity	233-5065
Leonard Gottlieb	890-1542
Frank Walker	233-5065
Joe Monte	233-5065

Foundation Office Staff

Ramona Sewell – Administrative Assistant—Membership Coordinator
Paul Hatfield — Publications— Webmaster—Social Media Administrator
Sandi Bunn — Activities/ Volunteer Coordinator— Financial Assistant

Be sure and check out our website
<http://www.pcbssc.com>
You can also find us on Facebook

DONATE THROUGH AMAZON

Amazon.com started as an online bookstore, but soon diversified, selling DVDs, VHS tapes, CDs, video and music downloads/ streaming, software, video games, electronics, apparel, furniture, food, toys, and jewelry.

Amazon has grown to be the largest Internet based company in the United States and if you shop using Amazon smile, they will donate 0.5% of the purchase price to the Panama City Beach Senior Services Foundation! Simply create an account under **Amazon Smile** identifying our foundation as the recipient of the donation. Amazon Smile offers

you the same quality vendor merchandise and services you find by going to Amazon. Help continue to support us each time you shop. It's a WIN, WIN for everyone!

Our EIN: **20-8106910**



CENTURY CLUB RECEPTION!



On January 12, 2018 from 3 to 5 pm, Irene Ziegler invites you to a reception in recognition of those special individuals who are members of the Century Club. Please take this opportunity to become one of the HUNDRED who will join and support the Senior Center with an annual contribution of \$100. The funds raised by the Century Club help fund some of our special projects. The Century Club is open to members of the senior center and the community at large.

Special invitations will be mailed to the current membership of the Century Club. If you are not a current member you are invited to come and learn more about the Century Club. For every year you are a member you will receive a special "star" on you badge, letting everyone know you are a member. Please pick up an invitation at the front desk and RSVP to Sandi or use the signup sheet on the counter at the Oatfield Building.

THANK YOU FOR YOUR SUPPORT

Our Thanksgiving Dinner was a great success. Irene Ziegler thanks everyone who attended. It was a wonderful group of about 80 people. The food was GREAT! Irene also thanks all the people who volunteered their time to help with the event. Mugsy thanks everyone for supporting our Christmas Bazaar. We had two rooms of vendors, wonderful items to choose from and a great turn out. The Fish Fry was also a great success. We served 136 lunches. The fish was especially good this year and Phil Chester knows just how to cook them! It was a cold and rainy day. Phil with the help of Paul Casto and Bill Montfort had to cook the fish under our covered area on side of the building to stay out of the wind and rain but everyone had a good time and enjoyed the food! Thanks to all. Again we thank all our members and friends for supporting our events.

We love and appreciate you!

It's easy to join our emailing list!

Just send your email address by text message:

Text

PCBSC

to **22828** to get started.



MARK YOUR CALENDARS

EXCITING JANUARY AND FEBRUARY 2018 EVENTS!

Century Club Reception – January 12, 2018, 3 – 5 pm. Please join us for our Century Club Reception to be held at the Oatfield Building. Lots of food, fun, entertainment and fellowship. The Century Club is open to the membership and the community at large. This is a special group of people who support the senior center with an annual contribution of \$100.00 to help with special projects. Please come and find out more this extraordinary club.



Welcome Snowbird Dance – January 27 2018, 7pm until 10pm. The Welcome Snowbird Dance is a favorite at the senior center. It is a time when all the locals can come together and welcome all of our visiting Snowbirds for the winter. Jim Lawson, our favorite DJ will provide entertainment. A buffet of finger sandwiches, snacks and desserts will be served. BYOB – setups and ice will be provided. NO RESERVED SEATING. This will be our only dance this year. Tickets will be on sale at the Oatfield Building for \$15.00. Be sure to get yours early!



Jumble Sale – February 3, 2018. Our fifth annual Jumble Sale will be held on Saturday, February 3rd from 9:00 am until 2 pm. Lots of different, slightly used items will be for sale at a great price. If you'd like to rent a table, contact Ramona or Sandi at 233-5065. The kitchen will be open and lunches will be for sale. We will have a silent auction and bake sale -- homemade cakes and cookies will be for sale. Some lucky person will win a raffle basket or a 50/50 drawing! This is a great opportunity to find some unique items and have fun at the same time!



Spaghetti Dinner – February 15, 2018 from 4:30 until 6pm. Everyone looks forward to our annual spaghetti dinner. The dinner will include homemade spaghetti and meatballs, salad, bread desserts and wine! It will be held in the Oatfield Building from 4:30pm to 6pm. This is a special dinner that is done in memory of our own Jeanette Monte who passed away in 2012. Jeanette was on our Board of Directors and volunteered many hours to help with our fundraisers. She started the Spaghetti Dinners in 2010 with the help of her husband, Joe and her daughter, Donna, who are our hosts for this event. Tickets are on sale at the Oatfield Building for \$10.00.



Art Exhibit and Clothesline Art Sale – February 17, 2018.

Jo Haynes will host another Art Exhibit and Clothesline Art Sale from 9:00 am until 2:00 pm. This sale is a favorite among our members and the community. You will find amazing art that has been painted by our painting partners members and see all of the talents of our local artists.



As you can see we have a fun-packed season planned. Join us! All of our events and fundraisers are open to the public. We hope that you will participate and invite all of your friends to come and enjoy the different things we have to offer. For our last event of the season In March we will have a spring concert. More information will be in the March/April Newsletter.

Thank you all for your support of the senior center!