



Vol. 17 No. 6

# 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](http://www.pcbssc.com)

Nov- Dec 2017

## PUTT-PUTT GOLF TOURNAMENT A SUCCESS!

Our fourth annual putt-putt golf tournament was a huge success! We had 15 teams who met at Pirate's Island Adventure Golf at 7:30 am for coffee, donuts and time to socialize. The members of the Miracle Strip Jr. Women's Club were our hole monitors and we thank them for their participation. The teams started their shotgun start at 8:30 am. The weather was beautiful and fun was had by all! We thank all of our sponsors and teams. They are:



### Sponsors:

Systems Services  
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### Teams:

Bay Point Strikers, Jim Hodges  
Castaways, Paul Casto  
Civic Cuties, Connie Petersen  
Dancing Divas, Jenny Moore  
Deplorables, Frank Walker  
Goofy Golfers, Lorraine Gilmore  
Law and Disorder, LT Jamie Wright  
Majo Yoga, Judy Miler  
Old Drifters, Margie Parker  
Palmetto Dawgs, Ron Rudd  
PT Cruisers, Peggy Lenihan  
Superior Putters, Rob Seaman  
Three Men & A Baby, Jim Pontek  
Vitamin Sea, Catherine Montfort  
Wonder Women, Mary Lou Smith

The Winners were: First Place: Dancing Divas \$200.00; Second Place: Castaways \$150.00 and Third Place: Three Men & and Baby \$100.00. The winner of the golf club raffle was Robin Berry. Thanks to the 3<sup>rd</sup> place winner – they donated their winnings back to our Senior Center. Congratulations to all the winners. We all look forward to another fun time next year. Thanks to all for your participation!

*Submitted By  
Sherry Swartout*

## WELCOME SNOWBIRDS

Our busy fall and winter season is beginning. This is an especially exciting time for us locals because we have so many new and returning visitors from such a wide variety of northern areas and we always WELCOME OUR SNOWBIRDS. Please take note that a lot of our activities will start to increase. Our pot luck luncheon is back – it's the third Wednesday of each month starting at noon. Please bring a dish to share and join us. We always have exciting speakers. Our very popular Wednesday Coffee Shoppe is well attended. It's a great time to meet new people, enjoy the sweets and bread provided by Panera Bread and of course, coffee! Please come by each Wednesday morning at 9:00 am and join us. The best way you can support our senior center is by attending and supporting all of our events. We can always use volunteers to help us. Please contact one of the staff if you are interested in volunteering. A listing of our November-December events is on the back page of this newsletter. All of our events are open to the public and we depend on the money we make on our events to keep the membership costs low and still provide all the activities that you enjoy. Looking forward to a fun filled fall and winter season!



## *The Presidents' Column*

### **What Seniors Can Do To Guard Against Identity Thieves**



The thought of identity theft is scary. With senior identity theft on the rise, it's important for seniors to get educated about identity theft so they know what steps to take to avoid it. Here are some easy things seniors can do to keep their personal identity safe:

#### **Keep important documents safe.**

Vital documents such as social security numbers, medical insurance details, or financial papers, should be kept locked up in a safe area of the home.

#### **Stay safe online.**

More and more seniors are getting online these days – and that's a wonderful thing. However, seniors need to be careful online. Only enter personal details at trusted sites, and be aware that genuine emails from banks or Government agencies will never ask for account numbers or sensitive login details. Seniors should keep their computers protected using anti virus software. Seniors who love to get social on Facebook or Twitter should be mindful of not sharing too many personal details.

#### **Shred documents before trashing them.**

Thieves can get a lot of vital information from the trash.

#### **Keep an eye on banks and credit cards.**

Seniors should keep a close eye on all their financial transactions. It's a good idea to check bank and credit card statements monthly.

#### **Be mindful of the mail.**

The mailbox provides ample opportunities for thieves to get personal information. Any payments or mail containing sensitive information should be mailed from a post office, not left in the mailbox for carriers to collect.

*Submitted By  
Bill Montfort*

## **PCB SENIOR SERVICES FOUNDATION**

Website: [www.pcbsc.com](http://www.pcbsc.com)

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

### **Board of Directors**

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### **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.pcbsc.com>  
You can also find us on Facebook**

## **STRENGTH & EXERCISE!**

One of the best ways to improve your muscle tone and fitness is to attend the Strength & Exercise session here at the Oatfield Center! This calaesthetics / "walk fit" style



work out is a great alternative to a gym membership!

If you can't afford a personal trainer, you can take out a membership here at the Senior Center and at least start with an experienced activity leader who can jump start your program. For many people it's best to exercise a few times a week, 45 minutes to an hour at a time!

All of our exercise sessions are designed for seniors and everything is "at your own pace" so come join the fun and get a great workout!

## PANAMA CITY BEACH CHRISTMAS FESTIVAL AND TREE LIGHTING!

**R**ing in the holiday season with the annual Panama City Beach Christmas tree lighting celebration. This annual celebration, formerly held at Frank Brown Park will be moved to Aaron Bessant Park. The Christmas Festival and Tree Lighting will be held 6:30pm on Monday November 27<sup>th</sup>, 2017! This will mark the 38<sup>th</sup> year Panama City Beach has been doing this.

Every year everyone that attends, takes part in having fun as a community. Local churches, schools and civic clubs provide refreshments and entertainment is provided by local school choirs.

Kids show up picture ready and look forward to telling Santa what they're wanting for Christmas! Cops N' Kids will be collecting unwrapped gifts for their wonderful toy drive. For more information, you can call 850-233-5045.



### FOR BRIDGE LOVERS!



Join us every Friday at noon for Non-Sanctioned Duplicate Bridge in the Oatfield Center! This is an invitation for players only and NOT a teaching class. For more information feel free to



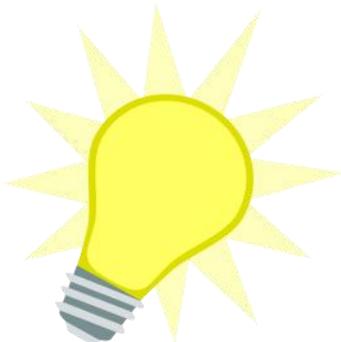
call Terri Miller at (850) 257-6765

*Submitted By  
Terri Miller*

### "A REFRESHING PERSPECTIVE ON SENIOR MOMENTS"

Older brains can do things that younger brains cannot. In a lucid protest of "senior moment" terminology, writer *Jeanette Leardi*, invokes the well-known feat of senior airline pilot Chesley "Sully" Sullenberger, who safely landed a distressed plane in the Hudson River and saved 155 lives.

He had a "Sully moment," making countless split-second computations and considerations for a perfect emergency landing. As Sully put it: "My entire life up to that moment had been a preparation to handle that particular moment." Leardi explains that around age 50, the human brain starts maximizing its problem-solving ability. The left and right hemispheres fully connect and function in highly developed ways that still elude younger brains.



"All of this is not to say that younger adults can't process information bihemispherically," Leardi writes. "Of course they can. It's just that they get better at it as they get older. Like much of life, we experience many things as tradeoffs. Sure, we may have more tip-of-the-tongue brain stutters, and our reaction times may get slower. On the other hand,...our vocabulary increases and we accumulate and retain more general knowledge at least until we reach age 60. And older adults with healthy brains continue to integrate that knowledge as they apply their skills throughout their lives. Overall, when you think about it, it's not a bad deal."

# MARK YOUR CALENDARS

## EXCITING NOVEMBER AND DECEMBER 2017 EVENTS

**IRONMAN Triathlon – October 30<sup>th</sup> through November 4<sup>th</sup>, 2017.** The Ironman Triathlon is going on this week and we still need volunteers to help register the athletes. We are especially short of people for Thursday. Please sign up at the front desk of the Oatfield Building. We receive a donation from the Ironman team for participating in the event. It's not too late to sign up!

**Thanksgiving Dinner – November 23, 2017.** Irene Ziegler will host our annual Thanksgiving dinner on November 23rd. Ham and Turkey will be provided, please bring a side dish or a dessert to share. Please sign up if you plan to attend and write the name of the dish you will bring. Sign-up sheets are located on the front counter of the Oatfield Building. This event has become very popular because so many people do not have family here and this luncheon provides the opportunity for fun and fellowship. Irene needs volunteers to help with the event. If you can volunteer, please call Irene at 233-2330. Doors open at Noon. Luncheon will be from 1 – 3 pm.



**Christmas Bazaar – December 2, 2017.** Our annual Christmas Bazaar will be held on Saturday, December 2<sup>nd</sup> from 9:00 am until 2:00 pm in the Oatfield Center. Mugsy Parens is in charge of the event and has about 25 to 30 local vendors with a wide range of different crafts, jewelry, food, and specialty items including a Bake Sale. This is a wonderful place to start your Christmas shopping and find unique items for all those on your Christmas list. Food will be available for purchase and some lucky person will win a raffle basket.



**Fish Fry – December 8, 2017.** Our sixth annual Fish Fry will be held on Friday, December 8<sup>th</sup> in the Oatfield Center from 11:00 am until 1:00 pm. Phil Chester will again furnish the locally caught fish and cook them on site. Luncheon will include fish, baked beans, cole slaw, hush puppies and desserts. What a wonderful break from all the holiday turkey and ham! Only 150 tickets will be sold at the Oatfield Building for a \$10.00 donation. Don't wait until the last minute to get your ticket – last year this was a sell out!



All of our events are open to the public. Please come and invite your friends and neighbors!