



# 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)

Sept– Oct 2017

## BATTER UP!

### *PCBSSF Announces the **Grand Slam Fundraiser Event***

**L**et's go to bat for the PCB Senior Services Foundation, Saturday, September 16th 2017, 6:00pm – 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.



*Submitted By  
Jim Barr*

## Remembering Loren Parker



Loren Glenn Parker, 82, of Panama City Florida Beach, Florida, passed away of Friday, June 30, 2017. He was born on March 25, 1935 in Winterset, Iowa, to Charles and Mabel Parker. He was a General Science Teacher, Football Coach and held four Master's Degrees. Mr. Parker was a member of Saint Bernadette's Church, Panama City Beach, the Senior Center of Panama City Beach and 55 plus Christian Fellowship and Dance Club of Panama City. He is survived by his wife, Anne Parker, two sons, Jim Parker (Ellen) and Jerry Parker (Jennifer); five grandchildren, one great-granddaughter, and one brother, Larry Parker (Joyce). Loren was a great supporter of the PCB senior center will be missed by all.

## The Presidents' Column

### 7 Tips to Healthy Aging

While maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older.



Here are some healthy aging tips that are good advice at any stage of life:

- **Stay physically active with regular exercise.**
- **Stay socially active with friends and family and within your community.**
- **Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.**
- **Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.**
- **Take all medications as directed by your doctor.**
- **Limit alcohol consumption and cut out smoking.**
- **Get the sleep that your body needs.**

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health *and* happiness.

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

Bill Montfort — President	233-5065
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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

### HEALTH FAIR



**F**or the month of October, we will not have our regular monthly Health Luncheon. Instead, Cheryl Brown will host our Annual Health Fair! This event will be held on Wednesday October 25th, 2017 from 10am - noon inside the Oatfield Center! According to the Coordinators, there are over 20 vendors expected to participate! Various screenings, educational materials will be offered and Walgreen's will be onsite providing flu shots! There will be door prizes and much more at this free event for our seniors!



## FOURTH ANNUAL PUTT PUTT GOLF TOURNAMENT

We are excited to announce our fourth annual putt-putt golf tournament to be held on Saturday, October 14<sup>th</sup> at the Pirate's Island Adventure Putt-Putt Golf Course. We will start the morning at 7:30 am with coffee and donuts. Shotgun start is at 8:30 am. Last year was very successful and we look to build on that success. All of the proceeds go to help the PCB Senior Services Foundation operate the senior center. Please consider forming a team to play in the tournament. Teams can have up to 5 players at \$20.00 per player (or \$100.00 per team). Cash prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners plus a cash prize for the first designated hole-in-one. Maybe you would like to support this tournament by becoming a hole sponsor. A hole sponsor will receive a yard sign placed at one of the holes, their name on a banner and their name on the website. Hole sponsorship cost \$100.00 for each sign. Packets can be picked up on the counter at the Oatfield Center. This event is a lot of fun, good exercise and an opportunity to visit with friends, so come join us!



## Halloween Party

**O**ur annual Halloween Party will be held Friday, October 27, 2017 starting at 6:30pm until the "witching" hour in the Oatfield Building. This has been a very popular party the past few years with lots of food, fun, line dancing, live music by "2 Old Guys" and many surprises. BYOB. Great prizes will be awarded for the Best Woman, Best Man, Funniest and Best Couple Costume, so plan to dress up in your favorite costume and come enjoy the evening! Costumes are encouraged but not required. This party is open to the public so Bring Your Own Bottle (BYOB) and your friends for a delightful evening! Tickets will be on sale October 2nd at the front desk of the Oatfield Center for only \$7.00 per person!



## 5, 6, 7, 8

Line dancing is great fun! It gives you the opportunity to:

- \* Develop friendships
- \* Exercise your memory
- \* Improve flexibility
- \* And of course, lots of laughter!

Be patient! It may take several weeks to become comfortable with new dances, but you will learn basic dance steps during that time.

There's no stopping 93 year old Peggy. She has been dancing many years and is "hooked". Thank you Peggy for being a part of our line dance family.

Give it a try and you may become "hooked" too!

Dance for the Health of it!

Tuesday-Thursday 11:00am

**PROPOSED EVENT SCHEDULE FOR 2017 – 2018  
PANAMA CITY BEACH SENIOR CENTER**

9/16/17 (SAT) **Grand Slam Fundraiser**, Place: Edgewater, 6 - 10pm, Chair: Jim Barr & Everyone

10/14/2017 (SAT) **Putt-Putt Golf** Tournament – 8 – 10 am, Pirates Island Adventure Golf, Chair: Frank & Everyone

10/25/2017 (WED) **Health Fair** – 10 am – 12 Noon, Chairman: Cheryl Brown

10/27/2017 (FRI) **Halloween Party** – Oatfield Bldg. 6:30 pm —till - Chair – Barbara Raichert

10/31-11/3/2017 **Ironman Triathlon** – Boardwalk, Sign-up sheets at the Oatfield Bldg. Chair: Mugsy Parens

11/23/2017 (THUR) **Thanksgiving Dinner** for Members -- 12:00 Noon – 'till – Chair – Irene Ziegler

12/2/2017 (SAT) **Christmas Bazaar** – Oatfield Bldg. – 9am – 2pm – Chair: Mugsy Parens

12/4/2017 (MON) **Christmas Tree Lighting** – Frank Brown Park, 5 pm – Chair: Sherry, Ramona, Sandi, Alice Clay

12/8/2017 (FRI) **Fish Fry** – Oatfield Bldg, 11am – 1pm – Chair –Phil Chester/Sherry/Frank/Len/Ron

1/12/2018 (FRI) **Century Club Reception** – Oatfield Bldg. Time: 3 - 5 pm – Chair: Irene, Frank & Sherry

1/27/2018 (SAT) **Welcome Snowbird Dance** – Lyndell Bldg. – 7 - 10pm – Chair: Sherry & Everyone

2/3/2018 (SAT) **Jumble Sale** – Oatfield Bldg. 9am – 2pm – Chair: Ron Rudd, Sherry, Frank

2/15/2018 (THURS) **Spaghetti Dinner** – Oatfield Bldg. – 4:30 – 6pm – Chair: Donna Monte & Irene Ziegler

2/17/2018 (SAT) **Art Exhibit and Clothesline Art Sale** – Oatfield Bldg. 9am – 2pm, Chair: Jo Haynes

3/15/2018 (THUR) **Spring Concert** – Oatfield Bldg – 6:00 to 9:00 pm – Chair: Frank

5/9-11/2018 **Gulf Coast Triathlon** – Edgewater, Sign-up sheets at the Oatfield Bldg. Chair: Mugsy Parens

**ON YOUR MARK**

**I**n the early part of October, you'll noticed the Budget rental trucks begin to roll in! This is our first sign that the annual Triathlon is beginning to set up for another event! Every year the Ironman competition asks us to send volunteers to work the event and use the empty lot in front of the Oatfield Center as parking. In return they make nice donations to our foundation. Not only do they write a check, but they also give us any left over supplies they have after the event takes place. The bottled water, Gatorade, and fresh fruit are just a few of the items we receive for sending volunteers and providing parking for the triathlon supply trucks. This year, the Ironman volunteers will begin work on Tuesday October 31st at the Boardwalk Beach Resort. Look for volunteer sign-up sheets at the front desk in the Oatfield Center sometime in August. We look forward to everyone participating in this opportunity that benefits all organizations involved!

