

Pascagoula Senior Center
P.O. Drawer 908 – Mailing
1912 Live Oak Ave. – Location
Pascagoula, MS 39568
228-769-8329 228-366-1551
www.cityofpascagoula.com
mjcaver@cityofpascagoula.com

February, 2018

Dear Friends:

PASCAGOULA SENIOR CENTER MARDI GRAS BALL – Tuesday, Feb 6, 11am. Join us, the Line Dancers, the New Court of Duchesses and Pascagoula Police Escorts, our Reigning King Emmitt Simmons and Queen Sherry Larsen, for our 2018 Event! Tickets are \$5, lunch is included and no covered dishes. ALSO... THE VERY NEXT TUES...
MARDI GRAS MUSIC AND DANCE PARTY WITH DEUCES WILD AND THE UPBEAT LINE DANCERS – Tuesday, Feb. 13, 10am-2pm. This time with the oldies music of "Deuces Wild". Tickets are \$5 with lunch included and again, no covered dishes needed.

PICKLEBALL ANYONE? We are still waiting for our supplies to come in and arrange a date/time, so it looks like we will start this in March. Stay tuned for more updates! Or call to be added to our "Pickleball" list.

BIBLE STUDY – Class meets Thurs., 10am or Mon., 6:30pm. Begin anytime!

Biloxi Center Stage – "Cat on a Hot Tin Roof" – Thurs, Feb 22. Leave here at 6pm. Cost \$20.

Jackson Co. Triad Mtg – Thurs., Feb. 8, 1pm. The Committee will make final plans for the upcoming "Scam Slam" that will be Friday, February 23.

Housing For Seniors – Next Month -Goal-To educate Seniors on the housing/apartment market and steps to take should they need to downsize or make a change. Lunch – Mar. 20. More info in next month's newsletter. Presented by MS. JUDY, "The Singing Realtor".



MARDI GRAS MAMBO IN GULFPORT – Thurs., Feb. 8, 9am. We look forward to this event each year. Cost is \$3 per person which covers transportation – the

event is free! We will visit vendors as well as enjoy lunch and entertainment.

BALANCE SCREENINGS WITH PAM CRAFT – Physical Therapist. TUESDAY, FEBRUARY 20, Beginning at 10AM. CALL US TO SCHEDULE YOUR TIME SLOT, 769-8329. There is NO CHARGE.

Most common reasons seniors fall:

- Your vision may decrease which can lead to falls due to not seeing clearly.
- Your hips and legs can become weaker making it harder to walk.
- We can develop poor posture or have spinal degeneration making it harder to stand erect.
- Our ability to lift our feet decreases and we can stumble.
- It takes longer to react when something is in our way causing us to fall.
- Many drugs interact causing dizziness or decrease balance.
- Low blood pressure can lead to light-headedness increasing our risk of falls.

That is why beginning a balance program for elderly and seniors which incorporates strength training, endurance training and balance training is essential in maintaining and promoting good balance. Call us, 769-8329, to schedule your screening.

GOLDEN AGE CLUB LUNCHEON – Thurs., Feb 15, 11am. Fun, Food and Fellowship with a Covered Dish Lunch. This month Golden Age is the 3rd Thurs!

ART CLASS WITH BILL McWHORTER – See enclosed flyer for details. New classes begin Feb 26.

SPRING TRIP – See enclosed flyer. Trip dates: May 28-Jun 1. Georgia Coastline. Fun in the SUN!

SCAM SLAM – Join us for the latest on scams and how to protect yourself. Free seminar and lunch! Friday, Feb 23. See enclosed flyer.

AMPUTEE SUPPORT GROUP WITH TAMMY CRAFT – Mon, Feb 5, 5:30pm. "Living Forward". Anyone interested may call for information. 769-8329.

LUNCH BUNCH – Wed., Feb. 28. \$25. We will have an awesome experience and enjoy a wonderful lunch!

Jackson Co. Carnival Association ANNUAL MARDI GRAS PARADE – Sat., Feb 10. Call to sign up to ride, 769-8329. We will meet at the Senior Center at 10:30am. Bring a covered dish for brunch or something for a late lunch after. We will ride in the Parade leaving here about Noon. Call to get on the list. No charge. We are serving Rob's Ribs.
DECORATE TROLLEY/EAT PIZZA – 9am Fri, Feb 9.

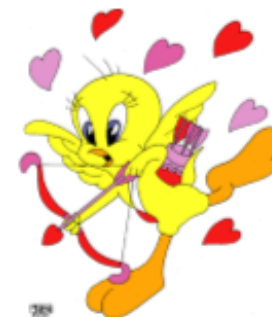
Thanks for B/P Screenings and Bingo-Liz with Southern Hearts and Lynn with Deaconess; 2nd and last Tuesday.










Sincerely, Melani Caver and the Senior Center Staff



February 2018

Pascagoula Senior Center—769-8329



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>May you be blessed with HOPE that lights your days.</p> <p>May you be blessed with LOVE that warms your heart.</p>				<p>1 8:15 am Exercise 9:30-Bridge 10:00-ExerciseW/Lois 10:00-Dominos 10:00-Bible Study 1:30-3:30-Acting Class-\$20. Open Pottery</p>	<p>2 <u>Groundhog Day.</u> 8:15-Exercise 10:00-Dominos Open Pottery</p>	<p>3 </p>
<p>4  SUPER BOWL! THE PATRIOTS AND THE VIKINGS</p>	<p>5 8:15am-Exercise 9am-LineDanceBegin or 10am-LineDance-Adv. 1:00-Bridge- 1:30 Crochet- 3:00-5:00-Art W/Bill 5:30-"LivingForward"-Amputee Support Group-Tammy Craft 6:30-Bible Study Open Pottery</p>	<p>6 8:15 Exercise 9:00—SeniorChoir 10:00 LoisExercise 11:00-1:00—Sr.Ctr.MardiGras Court & Party/Lunch-\$5.00 1:15pm-Canasta Open Pottery</p>	<p>7 8:15 Exercise 10:00 Dominos 11:00— Fitness Orientation 12:30-Intro. To Pottery 1:00-Bridge 3:00-5:00-Art W/Bill</p>	<p>8 8:15 Exercise 9:00-10LineDanceAdv. 9:00-Gulfport Mambo-\$3 For transportation 9:30-Bridge 10:00-ExerciseW/Lois 10:00-Bible Study Open Pottery</p>	<p>9 8:15-Exercise 9:00-Decorate Trolley! For Parade Tomorrow 10:00-Dominos Open Pottery WINTER OLYMPICS BEGIN </p>	<p>10 Noon Lv. for Jack- son Co. Carnival Annu- al Mardi Gras Parade. Bring dish for Brunch Or late lunch.</p>
<p>11 </p>	<p>12 8:15am-Exercise 9am-LineDanceBeginner 10am-LineDance- Adv. 1:30-Crochet OpenPottery 6:30-Bible Study</p>	<p>13 8:15 Exercise 9:00—SeniorChoir No Lois Exercise 10:00-2:00-MardiGras Dance Party—Lunch \$5.00 11:00-Bld.Pressure-Lynne 1:15-Canasta Open Pottery</p>	<p>14  8:15 am Exercise 10:00-Dominos 12:30-Introduction to Pottery</p>	<p>15 8:15 am Exercise 9-10 LineDanceAdv 9:30—Bridge 10:00-Bible Study 11:00-GoldenAgeClubLuncheon No Lois Exercise 1:30-3:30-Acting, \$20. Open Pottery</p>	<p>16 8:15-Exercise 10:00-Dominos Open Pottery</p>	<p>17 </p>
<p>18 </p>	<p>19 <u>President's Day</u> 8:15am-Exercise 9am-LineDanceBeginner 10am-LineDance- Adv. 1:00-Bridge— 1:30-Crochet OpenPottery 6:30-Bible Study</p>	<p>20 8:15 Exercise 9:00—Senior Choir 10:00-BalanceScreeningW/Pam 10:00-Pet Therapy 10:00 Lois Exercise 12:00-Lunch— 1:15pm-Canasta Open Pottery</p>	<p>21 8:15 am Exercise 10:00-Dominos 12:30-Introduction To Pottery 1:00-Bridge</p>	<p>22 8:15 Exercise 9-10 LineDanceAdv 9:30-Bridge 10:00-Bible Study 10:00-ExerciseW/Lois 12:30-Intro.To Pottery 6:00-Lv. For"Cat on a hottin Roof"-BiloxiCtrStage -\$20</p>	<p>23 8:15-Exercise 8:30-1:00- Scam SlamVII, SeniorCenter. Lunch & Door Prizes. 10:00-Dominos Open Pottery</p>	<p>24 </p>
<p>25 </p>	<p>26 8:15am-Exercise 9am-LineDanceBeginner 10am-LineDance- 1:30-Crochet 3:00-5:00-Art W/Bill-NewCl OpenPottery 6:30-Bible Study</p>	<p>27 8:15 Exercise 9:00— Choir 10:00 LoisExercise 12:00-Lunch— 1:15pm-Canasta Open Pottery</p>	<p>28 8:15 am Exercise Lunch Bunch—\$25 10:00-Dominos Open Pottery</p>	<p>"There is nothing better than a friend, unless it is a friend with chocolate." --Linda Grayson</p>		

Attention Senior Citizens:

SCAM SLAM VII

Friday, February 23rd, 2018
8:30 am – 1:00 pm




Senior Center
1912 Live Oak Ave
Pascagoula, MS

Come join us and learn how to protect yourself against scams and frauds! Hear from Professional and Experienced Leaders!

8:30 -9:30 AM -REGISTRATION AND VISIT VENDORS
9:30 AM -1 PM -GUEST SPEAKERS

LUNCH WILL BE PROVIDED - DOOR PRIZES!

Presentations on Medication safety, Scams Against Veterans, Social Media Scams, and What to Do if You are a Scam Victim.

Ladies and Gentlemen: Scams are real! Learn how criminals prey on Seniors and how to be your own protection.

Call 228-205-0907, or 228-769-8329 for information.



PASCAGOULA SENIOR CENTER PRESENTS
2 Mardi Gras Celebrations!
OUR ANNUAL CORONATION BALL
Tues., Feb. 6—11am, Lunch at 11:30am
Duchesses, Police Escorts, New King and Queen



MARDI GRAS DAY—DANCE AND DINE
Tues., Feb. 13, 2018—10am-2pm
Featuring “Deuces Wild” and
The UPBEAT LINE DANCERS
Plan to join us for both events!
TICKETS: \$5-each event—Includes Lunch
BOTH EVENTS Require a \$5 ticket
Call 769-8329 for info.

ART WITH BILL McWHORTER

Drawing 1

Intro to drawing includes working in charcoal and pencil in the subject matter of Landscape, Figure drawing, Florals and Still life. We work on accuracy with proportions and shading. We focus on gesture drawing, contour drawing, and negative shape drawing. Starting Monday Feb 26th from 4-6pm or when we get 5 people committed. Fun Helpful Affirming environment.



Call now with questions.

Bill McWhorter

Artist Teacher

909 910 6059

Or call

Pascagoula Senior Center

To reserve your spot - 228 769 8329

\$100 for 6 week class with all materials.

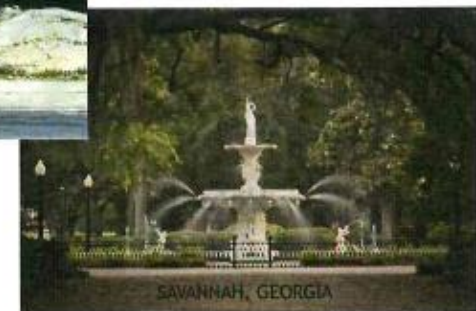
Pascagoula Senior Travel Club

Presents:

JEKYLL ISLAND, SAVANNAH and MORE!

Mon., May 28-Fri., June 1

5 days—4 nights



Guided Tours, Trolley and Boat Tours —Beach Front Hotel at Jekyll Island all 4 nights—Lots of meals including Lady and Sons and the Famed Jekyll Island Hotel. Trip Insurance available. Beautiful, detailed color flyers are available at the Center. Pick one up or call and we will mail or email details to you. Call Pascagoula Senior Center for Details, 769-8329