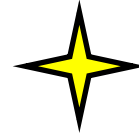


Pascagoula Senior Center

January 2019



228-769-8329

Sun

Mon



Tue

Wed

Thu

Fri

Sat

		 Closed 1	2 8:15 Exercise 9:30 Pickle Ball 11:00 Fitness Orientation 1:00 Bridge	3 8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting	4 8:15 Exercise 10:00 Dominoes	5		
6	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:30 Crochet	7	8:15 Exercise 8 10:00 Lois Exercise 12:00 Lunch-Burton Family 1:15 Canasta 3:00 Senior Choir	9	8:15 Exercise 10 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 11:00 Golden Age 1:30 Acting	11	12	
13	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:30 Crochet	14	8:15 Exercise 15 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta 3:00 Senior Choir	16	8:15 Exercise 17 9:30 Pickle Ball 1:00 Bridge	18	19	
20	Closed 	21	8:15 Exercise 22 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta 3:00 Senior Choir	23	8:15 Exercise 24 9:30 Pickle Ball 1:00 Bridge	25	26	
27	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:30 Crochet 1-4 Acting Rehearsal	28	8:15 Exercise 29 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta 3:00 Senior Choir 1-4 Acting Rehearsal	30	8:15 Exercise 31 9:30 Pickle Ball 1:00 Bridge	8:15 Exercise 31 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 7:00 Acting Class Performance	February 1st @7 PM Acting Class Performance	February 2nd @ 2 PM Acting Class Performance

January 2019

We hope everyone's Christmas was spent with family and friends and you're ready to start your year at the Senior Center.

Happy New Year from the Senior Center!!

Nonresident fees: Non Pascagoula residents pay \$50.00 a year to participate in our activities here at the center. Please drop off your check in the office or mail it to the center.

Physical Fitness Forms: If you use the exercise room you have to keep an updated form on file. Stop by or give us a call so we can check your form to make sure you're up to date. Thanks!

Members Information: As you know, the newsletter has gone digital! Call or stop by the office to make sure we have all of your updated information: phone number, address, email. We want to stay in touch with you!

Regular Monthly Reminders

Fitness Orientation: 1st Wednesday of each month
January 2, 2019 11am

Golden Age Luncheon 2nd Thursday each month
January 10, 2019 11am

Parking: Please do not park on the concrete portion of the driveway.

Tuesday Luncheons: Every Tuesday
Bring a covered dish with a \$5.00 or more value.
Lunch is served at 12/noon, join us around 11am.
We usually have a guest speaker or entertainment.

Senior Resources: Many places provide food assistance for qualifying individuals. There are two services that provide transportation to seniors in Jackson County. There are also many foundations that help people with particular illnesses. These associations provide aid you may not have known was available to you. There is a list of resources for seniors in the Gift Shop. If you need help, just ask.

Meals on Wheels: 1(800)444-8014

Jackson County Civic Action Committee

(transportation and other services): 1(228)769-3292

Singing River Health System Transportation (for transportation to doctor's appointments):

1(228)809-5088

Try something NEW this year! We have several activities at the center you may not be aware of!

Line Dancing: They meet on Mondays and Thursdays starting at 9am.

Exercise with Lois: Tuesdays and Thursdays at 10 am.

Pickle Ball: Wednesdays at 9:30

This is played in the Live Oak Room or, weather permitting, outside on the court in the east parking lot. It's a cross between ping-pong and badminton. Come watch the players and see if it's something you would enjoy!

Card Games and Dominos: Canasta and Dominos are played several times a week, check the calendar for days and times.

Acting Performances: Mac and his acting class are having their performances at the end of January! January 31 at 7PM, February 1st at 7PM & February 2nd at 2 PM. If you would like to join the class, they meet Thursdays at 1:30PM.

Choir: Like to sing? The Senior Choir meets on Tuesdays at 3PM and performs throughout the year.

Coloring: Our coloring meet-up will be at 1PM on Wednesdays. Coloring as an adult helps to maintain coordination and motor skills. It can reduce anxiety and depression.

