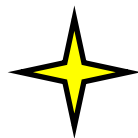


Pascagoula Senior Center

February 2019



228-769-8329

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						8:15 Exercise 1:00 Dominoes 7:00 Acting Class Performance	1 2 2:00 PM Acting Class Performance				
3	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:30 Crochet	4	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch-Humana Bingo-McDonald's 1:15 Canasta 3:00 Senior Choir	5	8:15 Exercise 8:30 Pickle Ball 1:00 Bridge 1:00 Coloring	6	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting	7	8:15 Exercise 1:00 Dominoes	8	9
10	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:30 Crochet	11	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch Bingo-Sr. Medicaid Patrol 1:15 Canasta 3:00 Senior Choir	12	8:15 Exercise 8:30 Pickle Ball 1:00 Bridge 1:00 Coloring	13	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 11:00 Golden Age 1:30 Acting	14	8:15 Exercise 1:00 Dominoes	15	16
17	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:30 Crochet	18	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch Bingo-McDonald's 1:15 Canasta 3:00 Senior Choir	19	8:15 Exercise 8:30 AARP Class Room 103 8:30 Pickle Ball 1:00 Bridge 1:00 Coloring	20	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting	21	8:15 Exercise 1:00 Dominoes	22	23
24	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:30 Crochet	25	8:15 Exercise 10:00 Mardi Gras Fest 12:00 Lunch 1:15 Canasta 3:00 Senior Choir	26	8:15 Exercise 8:30 Pickle Ball 1:00 Bridge 1:00 Coloring	27	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting	28			

February 2019

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. All non-resident fees are due by February 15th.

Physical Fitness Forms: If you use the exercise room you must 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! If you haven't received an email with the newsletter in it, it means we have the wrong email address for you.

Bingo Sponsor

McDonald's will be hosting bingo after our Tuesday Luncheons on the 5th and 19th. If you can't make our Tuesday bingo, they offer bingo at Gulf Coast McDonald's locations throughout the week at 9 AM.

Gautier-Tuesday

Moss Point & Ocean Springs-Wednesday

Market Street Pascagoula-Thursday

Tuesday Luncheons: Every Tuesday

Bring a covered dish with a \$5.00 or more value.

Lunch is served at noon, join us around 11am.

We usually have a guest speaker or entertainment.

-5th- Entrée Sponsor: Humana

Bingo Provided by McDonald's

-12th- Birthday Cake Provided by Allwell

Blood Pressure Checks with Liz Hoops

Bingo Provided by Senior Medicaid Patrol

-19th- Bingo Provided by McDonald's

-26th- MARDI GRAS!!! We are preselling tickets, sign up in the front office to bring a dish or pay \$5. Tickets will not be sold at the door. Festivities begin at 10.

Activities Are you looking for something new to do this year? Try one of our weekly activities. Do you have an idea for a new activity? Make a recommendation to us.

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: Bridge, 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.

New Acting Class: Mac Nelson will begin teaching a new session of acting on Thursday, February 21, from 1:30 - 3:30 p.m. Beginners and experienced are both welcome. Cost is \$20 per session, and the class meets 1st, 3rd, and 5th Thursdays. Questions? Call Mac at 212-729-8484.

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.

Regular Monthly Reminders

Fitness Orientation: 1st Wednesday of each month
February 6, 2019 11am

Golden Age Luncheon: 2nd Thursday each month
February 14, 2019 11am

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

Have an upcoming event and need the perfect spot?

Our "Live Oak Room" can accommodate events from birthday parties to weddings. Call us to make an appointment for a visit and to discuss rental rates and availability. We're booking through Dec of 2019 now. Call 228-769-8329 to tour or book.