

Pascagoula Senior Center

March 2019



769-8329

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						8:15 Exercise 1:00 Dominoes	1		2			
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 1:15 Canasta 3:30 Senior Choir	5	8:15 Exercise 8:30 Pickle Ball 11:00 Fitness Orientation 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 9:00 Scam Slam VIII 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	12	8:15 Exercise 8:30 Pickle Ball 1:00 Coloring	13	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 11:00 Golden Age	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 1:15 Canasta 3:30 Senior Choir	19	8:15 Exercise 8:30 Pickle Ball 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 9:00 Senior Choir 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	26	8:15 Exercise 8:30 Pickle Ball 1:00 Coloring	27	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study	28	8:15 Exercise 1:00 Dominoes	29		30

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March 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.

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.

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- Blood Pressure Checks with Liz Hoops
12th- Scam Slam VIII & St. Patrick's Day
19th- Blood Pressure Checks and Bingo with Liz Hoops

Scam Slam: Scams are real and criminals prey on seniors. Come join us and learn how to protect yourself from scams and fraud. Hear from professionals about IRS and Social Security scams, phony solicitation calls, banking issues, insurance and Medicare changes, and the opioid epidemic in our community. There will be lunch and door prizes. Event is Tuesday March 12 from 9am to 1pm at the Senior Center. For more information call 228-205-0907 or 228-769-8329.

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.

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. Pickle Ball is a cross between ping-pong and badminton. Come watch the players and see if it's something you would enjoy!

New Acting Class: Mac Nelson began 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. Time alternates between 9 and 3. Check the calendar for time.

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
March 6, 2019 11am

Golden Age Luncheon: 2nd Thursday each month
March 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. Stop by and check it out.

CONGRATULATIONS to our 2019 Mardi Gras Court. Queen Margie Szymonik escorted by Lt. Commander Tim Foster of the USS Fitzgerald DDG 62, King Tom Basinger, Duchess Pat & Duke Rick Clement, Duchess Ilka Robertson and Duke FCA1 Jerom Dietz of the USS Fitzgerald DDG 62. And many thanks to our outgoing Queen Betty & King Ben Morgan. This year we took a romantic trip to the moonlit streets of old Paris.

