

Pascagoula Senior Center

May 2019 * 769-8329

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			8:15 Exercise 8:30 Pickle Ball	1	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting	2	8:15 Exercise 1:00 Dominoes	3		4	
5	8:15 Exercise 9:00 Line Dance/ Begin 10:00 Line Dance/ Adv. 1:30 Crochet	6	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	7	8:15 Exercise 8:30 Pickle Ball	8	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 11:00 Golden Age	9	8:15 Exercise 1:00 Dominoes	10	11
12	8:15 Exercise 9:00 Line Dance/ Begin 10:00 Line Dance/ Adv. 1:30 Crochet	13	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta 3:30 Senior Choir	14	8:15 Exercise 8:30 Pickle Ball	15	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting	16	8:15 Exercise 1:00 Dominoes	17	18
19	8:15 Exercise 9:00 Line Dance/ Begin 10:00 Line Dance/ Adv. 1:30 Crochet	20	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	21	8:15 Exercise 8:30 Pickle Ball	22	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study	23	8:15 Exercise 1:00 Dominoes	24	25
26	Closed for Memorial Day	27	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta 3:30 Senior Choir	28	8:15 Exercise 8:30 Pickle Ball	29	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting	30	8:15 Exercise 1:00 Dominoes	31	

Pascagoula Senior Center
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Pascagoula, MS 39568
228-769-8329
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May, 2019

Dear Friends:

MAY IS "OLDER AMERICANS MONTH". WHY NOT CONSIDER LEARNING AND DOING SOMETHING NEW TO CELEBRATE! The following suggestions were published by the US Department of Health and Human Services and the National Institute on Aging. Several of the suggested options we already offer, but would like to hear from you on some that we don't offer. Please call us with suggestions. Also call if you would like to lead or coordinate a group. Would love to add tai chi and a book club! Let's share ideas! Call or come see me!

[Get out and about](#)

- Join a senior center and take part in its events and activities
- Play cards or other games with friends
- Go to the theater, a movie, or a sporting event
- Travel with a group of older adults, such as a retiree group
- Visit friends and family
- Try different restaurants
- Join a group interested in a hobby like knitting, hiking, painting, or wood carving

[Learn something new](#)

- Take a cooking, art, or computer class
- Form or join a book club
- Try yoga, tai chi, or another new physical activity
- Learn (or relearn) how to play a musical instrument

[Become more active in your community](#)

- Serve meals or organize clothing donations at a place for homeless people
- Help an organization send care packages to soldiers stationed overseas
- Care for dogs and cats at an animal shelter
- Volunteer to run errands for people with disabilities
- Join a committee or volunteer for an activity at your place of worship
- Volunteer at a school, library, or hospital
- Help with gardening at a community garden or park
- Organize a park clean-up through your local recreation center or community association
- Sing in a community choral group, or play in a local band or orchestra
- Take part in a local theater troupe
- Get a part-time job

[Be physically active](#)

- Garden or do yard work
- Take an exercise class or do exercises at home
- Go dancing - [Walk](#) or [bicycle](#) with a friend or neighbor
- Swim or take a swimming class
- Play with your grandchildren

GOLDEN AGE CLUB - Thursday, May 09, 11:00 am. Covered dish luncheon and Bingo!

OPEN POTTERY IN STUDIO 129 - No classes this month!

Would you be interested in a Night Class of Pottery?

Open daily 8am-4:30pm. Potters welcome!

Tuesday Lunch Guests For May:

Tues., May 7 - Senior Patrol Bingo

Tues., May 14 -

Tues., May 21 -

Tues., May 28 Liz Hoop blood pressure & Bingo

DO YOU RECEIVE YOUR NEWSLETTER AND CALENDAR BY EMAIL? The City of Pascagoula is now launching a new website with wonderful opportunities for those who use a computer/tablet. Please stay tuned for updates and instructions. We will let you know what to do and when to do it to get the best benefits from our **NEW WEBSITE**. Always let us know if you open an email account or change your email address.

Senior Inside Field day: We are currently putting together a day of indoor sports and games for the month of June. Please contact us if you have an idea for a game we could play. We expect to play corn hole, ping-pong, pool, pickle ball as well as dominoes, cards and other board games.

Puzzle Day: For July we are planning a puzzle competition. We will split into teams and see who can put a puzzle together the fastest.

Senior Spotlight: Joan Burton! Ms. Jo has volunteered with and attended the Senior Center for many years. She was instrumental in the move into the new Center from the old Center downtown. She is a member of Triad and an officer in Golden Age. She bakes over a thousand cookies for different charitable organizations every year including the Center, Triad and Our Daily Bread. She retired from the School District after teaching 2nd grade at Singing River Elementary for 28 years. In her free time she is an avid potter and baker.

