

Pascagoula Senior Center
P.O. Drawer 908 * 1912 Live Oak Ave.
Pascagoula, MS 39568
228-769-8329
ahuyett@cityofpascagoula.com
www.cityofpascagoula.com



TUESDAY LUNCH

Oct. 1st-20 Minute Clinic Kacee Ward, Speech Therapist, will talk about Stroke and Dysphagia
Oct. 8th-Cruising the Coast Celebration
Oct. 15th-20 Minute Clinic Pam Craft & Kelly Walley, Physical Therapist & Occupational Therapist, Activities of Daily Living Involving Therapy, Balance, Vision, and General Exercise.
Oct. 22nd-20 Minute Clinic Pinky, Physical Therapist,
Oct. 28th-Halloween Celebration & Costume Contest
Categories include: Best Overall Costume, Spookiest Costume, Most Bling, and MORE!!!

20 Minute Clinic-Brief talks on different aspects of senior health and wellness. These will occur before lunch on Tuesdays. We are working with Singing River Hospital System to provide you with knowledgeable speakers.

How-to with Alton Bass-Mr. Bass has started a series of informal discussions covering different motivational subjects. Class will be at 11:30 (right after Bible Study) on Thursdays. The topic for October is "Relationships". They are expected to be 20 to 30 minutes in length.

Wooden Door Hanger Painting Class- The teacher for this class is still interested in having one here at the center. Price is only \$30. We need a minimum of 10 people to sign up before the class will make. Please see Mallory to join. Day and time will be determined by availability of participants. Paint a decorative hanger for your door. Size of project is about 2 feet and would look great in place of a wreath! Choose from many designs like Christmas ornament, mermaid, fleur de lis, state of Mississippi and more!

NOTICE ON CURRENT INFORMATION: Are your fitness forms up-to-date? Have you had a change of address or phone number? Help us keep you current! If you have not filled out a registration form in the last year, we need a new one. We would like to have an emergency contact on file for every member.

Upbeat Line Dancers Performances:

-Zonta Oct. 5th 9:15-Parking lot of Hancock Bank
-Jackson County Fair Oct. 24th 11:30 & 4:30
-Senior Awareness Dec. 10th Jackson County Civic Center time TBD

Cruisin' the Coast 2019 and Pascagoula is proud to be an OFFICIAL stamp site again this year. Join us at Beach Park on October 10th, 11th and 12th for a day of classic cars, live music, food vendors and more! Volunteer opportunities are available for all three days. Please call 228-372-6877 or email communityrelations@cityofpascagoula.com for more information.
Get and Enjoy Pascagoula & all the classic cars

Thursday

- 11 a.m.-Noon – Figure Eight
- 1-2 p.m. – The Martini Shakerz
- 3-4:30 p.m. – Vince Vance & The Valiants

Friday

- 11 a.m.-Noon – Charles Grant
- 1-2 p.m. – Barlow Brothers
- 3-4:30 p.m. – The Chee-Weez

Saturday

- 11 a.m.-Noon – Brandie
- 1-2 p.m. – Tyme
- 3-4:30 p.m. – Dixie Jade

Jackson County Blue Ribbon Fair

- **October 20, 2019 - October 27, 2019**
- **Recurring daily**
- **Location: JACKSON COUNTY FAIRGROUNDS**
- **Address: 2902 Shortcut Road, Pascagoula, MS 39568 : Phone: (228) 762-6043**

Pascagoula Senior Center

October 2019 * 769-8329

Sun

Mon

Tue

Wed

Thu

Fri

Sat

		8:15 Exercise 1 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	8:15 Exercise 2 8:30 Pickle Ball 11:00 Fitness Orientation	8:15 Exercise 3 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:00 Bunco 1:30 Acting	8:15 Exercise 4 10:00 Dominoes	5
6	8:15 Exercise 7 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:00 Crochet	8:15 Exercise 8 10:00 Lois Exercise 12:00 Cruising the Coast Lunch 1:15 Canasta	8:15 Exercise 9	8:15 Exercise 10 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 11:00 Golden Age 3:00 Tech Help	8:15 Exercise 11 10:00 Dominoes	12
13	8:15 Exercise 14 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:00 Crochet	8:15 Exercise 15 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	8:15 Exercise 16 8:30 Pickle Ball 1:30 Book Club	8:15 Exercise 17 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting 3:00 Tech Help	8:15 Exercise 18 10:00 Dominoes	19
20	8:15 Exercise 21 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:00 Crochet	8:15 Exercise 22 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	8:15 Exercise 23 8:30 Pickle Ball	8:15 Exercise 24 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study	8:15 Exercise 25 10:00 Dominoes	26
27	8:15 Exercise 28 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:00 Crochet	8:15 Exercise 29 10:00 Lois Exercise 12:00 Halloween Lunch 1:15 Canasta	8:15 Exercise 30 8:30 Pickle Ball	8:15 Exercise 31 10:00 Bible Study 10:00 Chili Cook-off 3:00 Tech Help		