

Pascagoula Senior Center

November 2019 * 769-8329

Sun

Mon




Tue

Wed

Thu

Fri

Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat						
					8:15 Exercise 10:00 Dominoes							
3	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:00 Crochet	4	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	5	8:15 Exercise 8:30 Pickle Ball	6	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting 3:00 Tech Help	7	8:15 Exercise 10:00 Dominoes	8		9
10		11	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	12	8:15 Exercise 8:30 Pickle Ball 1:30 Book Club	13	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study Golden Age 3:00 Tech Help	14	8:15 Exercise 10:00 Dominoes	15		16
17	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:00 Crochet	18	8:15 Exercise 10:00 Lois Exercise 12:00 Thanksgiving Lunch 1:15 Canasta	19	8:15 Exercise 8:30 Pickle Ball	20	8:15 Exercise 9:00 Line Dance 10:00 Lois Exercise 10:00 Bible Study 1:30 Acting	21	8:15 Exercise 10:00 Dominoes	22		23
24	8:15 Exercise 9:00 Line Dance/Begin 10:00 Line Dance/Adv. 1:00 Crochet	25	8:15 Exercise 10:00 Lois Exercise 12:00 Lunch 1:15 Canasta	26	8:15 Exercise 8:30 Pickle Ball	27		28		29	Pottery Sale Thursday December 5th All Day	30

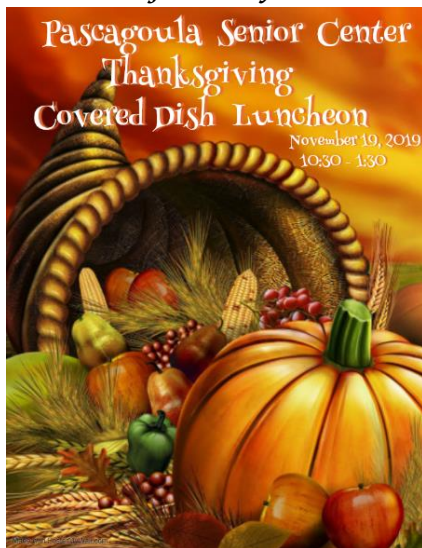
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Dear Friends:

November, 2019

November is a time when we give 'Thanks' to people in our lives. We here at the Pascagoula Senior Center want to thank you for your participation. We are grateful to each and every one of you, y'all make coming to work every day a pleasure. If we can do anything to improve your lives let us know, we are here for YOU.

Pascagoula Senior Center will be CLOSED Monday November 11th for Veteran's Day. We will also close for the Thanksgiving Holidays on November 28th and 29th. Have a Safe Holiday Weekend!



TUESDAY LUNCH GUESTS

- Nov. 5th- Feeding the Gulf Coast, 20 Minute Clinic with Occupational Therapist Jaime Garrett
- Nov. 12th- 20 Minute Clinic with Physical Therapist Amy Farrar
- Nov. 19th- Thanksgiving Luncheon. Sign up for your Covered Dish: Turkeys provided by Bayside Village Apartments. B/P with Liz Hoop.
- Nov. 26th- No Luncheon. Enjoy your Thanksgiving!

December Lunches

- We will have NO LUNCH SERVED on December 10th. Senior Awareness Luncheon is that day at the Civic Center.
- We will have NO LUNCH SERVED on Christmas Eve December 24th. Have a Merry Christmas!
- We will celebrate Christmas at our luncheon on December 17th.

Feeding the Gulf Coast: Call 1-877-833-2250 to sign up for your free bag of food. Open to seniors 60+. Receive your bag at the Senior Center on November 5th from 9:30-11. They will have a benefits fair to inform you of programs for low income and disabled seniors.

Guided Free Paint: Artist Denise Duke will be here Monday November 18th and Monday December 2nd at 2pm to help answer questions and give painting advice. Bring a canvas, paper, wood, anything! Some brushes will be provided. Some acrylic craft paint and watercolors will be available but colors are limited so bringing your own paint is advised. We will have a limited number of wooden ornament blanks to paint if you don't want to bring your own canvas or other craft. This will not be a class format but a professional artist will be on hand to help with your project.

Ohr O'Keefe Museum of Art "Art in Mind Open House": The Ohr O'Keefe Museum is partnering with the Alzheimer's Association to start a monthly program to create meaningful social engagement opportunities for people living with mental health disorders. This program uses creation and appreciation of art to enhance their quality of life. An informative session is being held on November 7th at 5:30. If you or someone you know could benefit from this program attend this first session to speak with a panel of professionals, past participants and volunteers. RSVP: education@georgeohr.org or 228-374-5547. Light refreshments will be served.

Pottery Sale: Mark your calendars! Our third annual Christmas Pottery Sale will be all day December 5th!

