

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

August, 2014

Dear Friends:

We hope everyone is enjoying the lazy, crazy, days of Summer, and remembering to stay hydrated especially if you are doing anything to exert yourself. Speaking of "Exerting Yourself" . . . Remember what all we have going to get and keep you fit at Pascagoula Senior Center. Here's a rundown on options:

1 - Our fitness area has 12 stations (machines) for a thorough workout. Open 6am-5pm,

2 - Aerobic exercise to video with Neil and Anna each Monday, Wednesday and Friday, 8:15am. No fee.

3 - Exercise with Lois each Tuesday and Thursday 10am. No fee.

4 - NEW CLASS!! We now also have "SILVER SNEAKERS" with Vincent Jackson - Tuesday and Thursday 1:30-2:30pm. Silver Sneakers is \$15 per month. Some Insurances pay!

5 - We also offer Yoga every Monday at 10:30am. Shawn Chappel instructs. \$10 per class.

6 - Line Dance for Beginners - Mondays 9am.

7 - Intermediate Line Dance - Mondays 10am, Thursday 9am. No fee.

8. - NEW CLASS!! We now have Tai Chi on Tuesday, 7:45am. \$20 per month.

Make a fitness plan! We have options!

Health and Nutrition - Mary Ellen Spalding wants to hold a class to educate Senior Adults on eliminating toxins from your life. There will be handouts and pre-registration is not required. Class will be held Wednesday, August 6, beginning at 10am and will meet in Class Room 103 at the Center.

PASCAGOULA SENIOR CENTER'S ANNUAL LUAU - Tuesday, August 26, beginning at 11am. We will enjoy Polynesian and Tropical foods and drinks. Our sponsor is Singing River Rehab and Nursing Center. And our friends with the Army National Guard will help cook. Come and enjoy the day in your favorite Hawaiian prints and bring your favorite Island covered dish to share.

"WEDNESDAY AFTERNOON AT THE MOVIES"
Enjoy POPCORN - This month's lineup includes:
Wed., Aug. 6 - Heaven is For Real
Wed., Aug. 13 - A Night In Old Mexico
Wed., Aug. 20 - It's Complicated (Lunch Bunch)
Wed., Aug. 27 - Endless Love

TUESDAY LUNCH GUESTS:

Aug. 5 - Dennis Cannon - Country Singer

Aug. 12 - Karen Scarbrough - Christian Muscian

Aug. 19 - BINGO - OSNC - Kellie Newman

Aug. 26 - LUAU - SR Rehab/National Guard

THEATRE - Mobile Theatre Guild is presenting one of our all-time favorites- "Steel Magnolias". This warm and comfortable stage production begins a new season at the Theatre. We will go on Friday, August 15. Show time is 8pm; we will leave the center at 6:30pm. Tickets are \$20.

LUNCH BUNCH - Wednesday, August 20.

We are going to Camp Shelby to the Mississippi Armed Forces Museum. We will have lunch in Hattiesburg at "Brownstone's". Trip Cost is \$25.00 per person

NEW TAI CHI CLASS - Don Smith will offer a gentle way to fight stress and increase balance and flexibility. One month trial class will meet Tuesday 7:45-8:30am and is \$20 for the month. Begins August 5.

FALL TRIP - We have a wonderful group going to Washington DC October 9-15. Balances are due by August 13. We have a couple of spaces left. Call right away for more information.

Pascagoula Senior Center Presents:

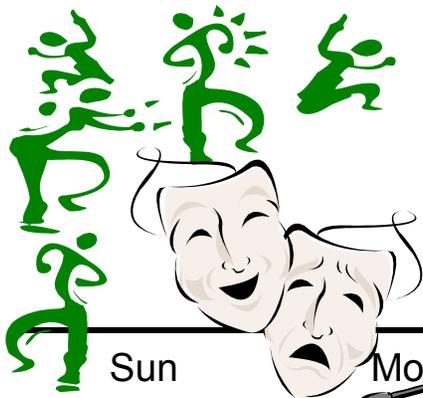
Our "**Summer Dinner and Dance**" featuring the sounds of the "**Yazoo Bayou Band**" and a wonderful dinner from Ms. Bea's Kitchen. This will be Friday, August 22 with dinner beginning at 5pm and dance music from 6-9pm. Plan to join us for a splendid night of food, entertainment and dancing. Tickets are \$5 each and go on sale Monday, August 4. Get yours early! Band members are: Larry Leake, Joe Huffman, Martha Gallahue, Don Smith, and Ricky and Michelle Cannett. Fun, Fun, Fun!!

GOLDEN AGE CLUB - Covered dish luncheon the 2nd Thurs. each month with our next meeting on August 14, 11am.

ROBB'S BBQ ON THE SIDE - Sponsor of the Month Award goes to Robb and Mary. Thanks for all you do for us! Robb's is at 2816 Market St., Pascagoula. Call orders to 762-4106. Visit on Facebook!

CITY WIDE RED BEANS, SAUSAGE AND RICE DINNERS FOR UNITED WAY - Friday, Aug. 15. Join us for lunch! 11am-1pm. Donation \$5 each.

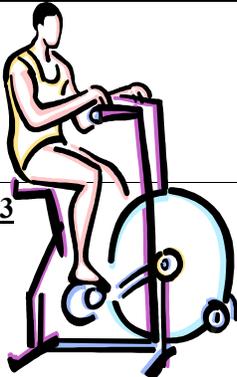
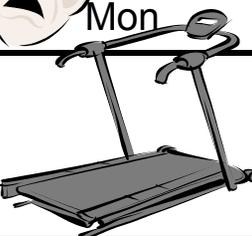
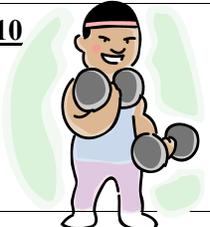
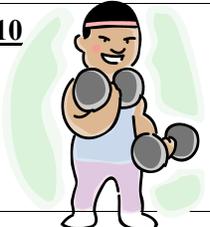
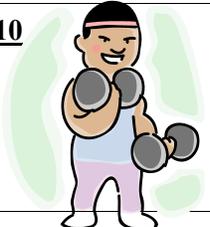
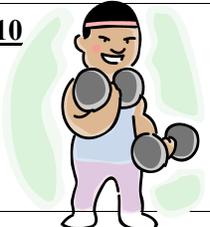
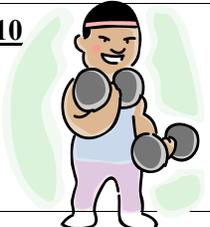
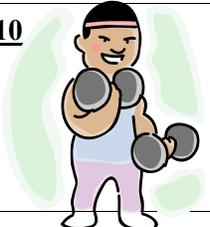
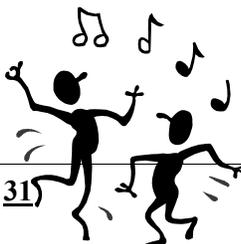
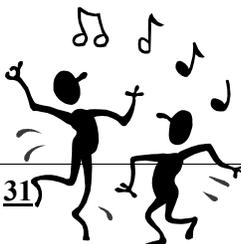
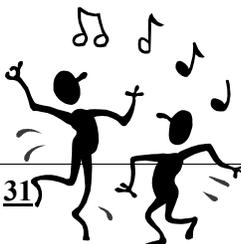
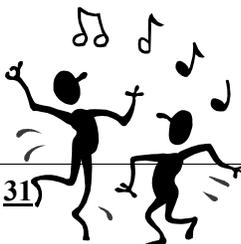
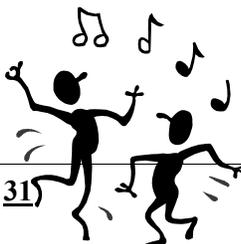
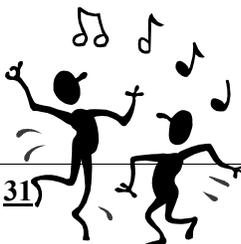
Sincerely, Melani Caver and the Senior Center Staff



Pascagoula Senior Center

769-8329 —August 2014



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
3	4	5	6	7	8	9
	8:15am-Exercise 9&10am-LineDance 10:30am-Yoga-\$10/Cls 1:00-Bridge 1:00-Crochet 6:30 Bible Study	7:45 –8:30am NEW- Tai Chi Class-\$20/Mo. 10am-Sr.Exercise w/Lois 12:00L-Lunch-.Dennis Cannon,Classic Country 1:15pm-Canasta 1:30-2:30-Silver Sneakers	8:15am-Exercise 9-11:30am SrFunTime 10:00am-Health&Nutrition, Rm.103-NEW. 11:00am-FitnessOrient. - Health Plex 1:30 -"Heaven Is For Real"	9:00am-Line Dance 10:00-Bible Study 10amSrExercisew/Lois 1:30-2:30 SilverSneakers 2:30-3:30 ActingClass.\$10	8:15 am-Exercise	
10	11	12	13	14	15	16
						
	8:15am-Exercise 9&10am-LineDance 10:30am-Yoga-\$10/Cls 1:00-Crochet 6:30 Bible Study	7:45 –8:30am NEW- Tai Chi Class-\$20/Mo. 2ndTue,BldPresre. 10am-Sr.Exercise w/Lois 12:00 Lunch-KarenScarrough, Christian Singer 1:15-Canasta 1:30-2:30-Silver Sneakers.	Bal.dueonDCtrip 8:15am-Exercise 9-11:30am SrFunTime 1:30-"A Night in Old Mexico"	9:00am-Line Dance 10:00a.m. BibleStudy 10amSrExercisew/Lois 11:00-Golden AgeClub 1:30-2:30-Silver Sneakers 2:30-3:30-ActingClass\$10	8:15 am-Exercise 6:30pm-"Steel Magnoli- as"-\$20. MobileTheatre Guild..	
17	18	19	20	21	22	23
						
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24	25	26	27	28	29	30
						
	8:15am-Exercise 9&10am-LineDance 10:30am-Yoga-\$10/ Class 1:00-Crochet 6:30 Bible Study	7:45 –8:30am NEW- Tai Chi Class-\$20/Mo. 10am-Sr.Exercise w/Lois 11:00-Annual Luau-Enjoy Tropical! 12:00 Lunch."Island"Food Bring favorite. 1:15pm-Canasta 1:30-2:30-Silver Sneakers	8:15am-Exercise 9-11:30am SrFunTime 1:30-"Endless Love"	9:00am-Line Dance 10:00-Bible Study 10amSrExercisew/Lois 1:30-2:30-SilverSneaker 2:30-3:30-Acting Class	8:15 am-Exercise	
31	<i>"Study to show thyself approved unto God a workman that needeth not to be ashamed, rightly dividing the Word of Truth".</i>					
	<i>— 11 Timothy 2:15</i>					

Pascagoula Senior Center

"END OF SUMMER" Celebrations

DINNER AND DANCE

Friday, Aug. 22

5pm

Tickets \$5

Entertainment:

YAZOO BAYOU BAND

Dinner Provided by

"Ms. Bea's Kitchen"

Dinner - 5pm

Dance Music - 6-9pm

LUAU LUNCHEON

Tuesday, Aug. 26

11am

Bring a Covered Dish

Sponsors:

Singing River Rehab/Nursing Center

Mississippi Army National Guard

Entertainment:

The Upbeat

Line Dancers

For More Information

Call Pascagoula

Senior Center

769-8329

366-1551