

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

August, 2013

Dear Friends:

LUAU with the NAVY-TUES., AUGUST 6-Fellowship begins @ 11am, entertainment begins @ 11:30am and will be provided by LYNN ROUSE and the UPBEAT Line Dancers. Bring you favorite Polynesian or Island dish to go with our roasted pig! Lunch served @ Noon.

TUESDAY LUNCH GUESTS/PROGRAMS IN AUGUST:
Aug. 6-LUAU. Aug. 13-Robby Myrick, Ingalls Ave. Baptist. Aug. 20-Sheri Stanford-MGCCC-Programs for Seniors. Aug. 27-Karen Waters-Mississippi Power-Energy Efficiency. Bring a covered dish and join us!

FITNESS - Our Fitness room continues to be very popular and we enroll new participants every month. We also continue to keep our equipment maintained and up to standards. We would like to thank Singing River Hospital Systems and HealthPlex administrators AGAIN for the equipment as well as HealthPlex for past service and Singing River Hospital System's Cardiac Rehab Department for their dedication in orientating our new participants. They have an employee on hand in our fitness area each Wednesday 11am-Noon should you ever have questions or concerns about our equipment or advice on your workout. Remember, everyone who uses the equipment must have their medical release form updated annually. We notify you by mail when yours is due.

NEW POTTERY CLASSES - We have a 4 week session beginning NEXT WEEK; August 6 and 7. Classes are Wed., 9am-1pm or Tues. and Thurs. 5-8pm. We offer the basics in hand building and all supplies are included. Cost is \$50. Call right away to reserve your space. Class is for beginners or anyone interested in a refresher. This is your last opportunity to become a "West Wing Potter" before their ever-popular, wild and crazy, Christmas Extravaganza! It's the "Best Time of their Year"! JOIN NOW!

"WEST WING POTTERS" - It's time to make plans for this year's Christmas Pottery Sale. We will meet every Thursday in September between 8am and 8pm to make projects for the sale. Pizza break each Thursday 12-1pm and 6-7pm. There will be projects for everyone at every level. Suggested schedule:
Sept. 5 - Angel and Santa building

Sept. 11 - Ornaments and Manger
Sept. 18 and 25 - Glazing and non-seasonal project building. Please make plans to be part of our Studio-Wide, West Wing Pottery Christmas Sale! All proceeds from the sale are to buy glaze and supplies for the potters to have all year round so we can continue to be the BEST STUDIO on the COAST! Date for the sale, which will be in the Senior Center Gift Shop, will be announced in next month's newsletter.

EVENING BIBLE STUDY: The Monday night class meets at the Center 6:30-7:30pm and is taught by James Miller. There is a new topic from the Bible each week and new participants can join any time.

DAYTIME BIBLE STUDY - The Thursday morning group meets @ 10am each week and is taught by Judy Caraway. New participants may join at any time.

FALL WREATH MAKING - It's not too early to make a new FALL wreath in August that you will be proud to hang on you door or wall in September. Very basic, beginner wreath technique that you can use season after season. Cost is \$20 and includes all supplies to take home a "Ready-to-Hang" project. Pre-registration is required. Class meets 10am Wed., August 21. Must register and pay by 5pm Aug. 15.

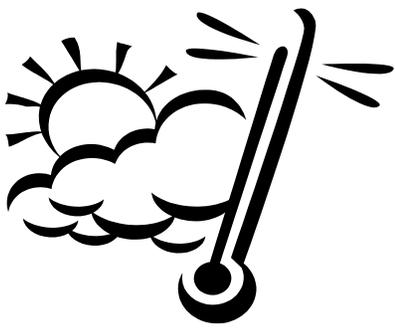
AUGUST LUNCH BUNCH - Wed., Aug. 28. You have asked to go and we are going to the home of the "Thrown Rolls" in Foley - LAMBERTS! The only drawback is that they DO NOT make reservations! Even for groups . . . So we just sign in and may have a bit of a wait! *But that's ok - WE ARE GOING TO LAMBERTS and they know we are coming.* We are also going to the Train Depot and Train Museum in Foley and "TOM JONES POTTERY" in Clay City! Cost: \$20 per person. Register right away!

WEDNESDAY AFTERNOON MOVIES -
August 7-"Did You Hear About the Morgans?" with Hugh Grant and Sarah Jessica Parker.
August 14-"All About: Steve" with Sandra Bullock and Bradley Cooper.
August 21-"The Sweeter Side Of Life" with Katherine Moore and Meryl Streep.
August 28-"Crazy, Stupid Love" with Julianne Moore, Emma Stone, Kevin Bacon and Ryan Gosling.

WEDNESDAY MORNING TABLE GAMES - Call to add your group or call to join one of ours! We have an established table of Mexican Train Domino players and can add another. Call if you are interested.

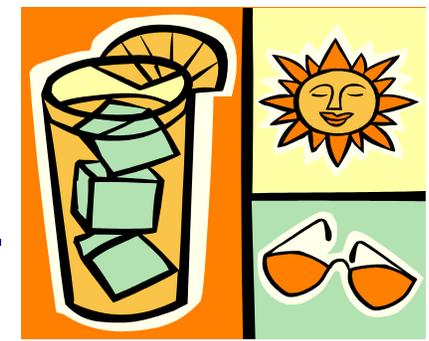
Enjoy the rest of your Summer and don't overheat!

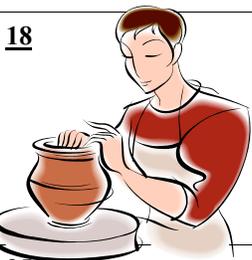
Sincerely, Melani Caver and the Senior Center Staff



August 2013

Pascagoula Senior Center—769-8329



<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
<p>"Prayer is the link that connects us with God." —A. B. Simpson</p> <p>"Know your HOLY GOD intimately. (When you have seen His glory, His holiness and His love — by drawing close to Him in prayer — then you can usually see through any counterfeits because you know the "real thing" so well)." —Andrew Strom</p>				<p><u>1</u> 8:15 am-Exercise 9:00am-Line Dance 10:00am- BibleStudy- 10amSrExercisew/Lois</p>	<p><u>2</u> 8:15am –Exercise.</p>	<p><u>3</u> </p>
<p><u>4</u> </p>	<p><u>5</u> 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga 1:00-Bridge 1:00-Crochet 6:30-Bible Study</p>	<p><u>6</u> 8:15am-Exercise 10am-Sr.Exercise w/Lois 11:00-Lunch—Luau! 1-4pm-Painting Class 1:15pm-Canasta 5-8pm-Pottery</p>	<p><u>7</u> 8:15am-Exercise 9-11:30am SrFunTime 9-1pm-Pottery 11-12FitnessOrien 1:30-”Did You Hear About The Morgans?”</p>	<p><u>8</u> 8:15amExercise 9:00am-LineDance 10:00 SrExercisewLois 10:00am-BibleStudy 11:00am-GoldenAge 5-8 Pottery</p>	<p><u>9</u> 8:15am –Exercise.</p>	<p><u>10</u></p>
<p><u>11</u></p>	<p><u>12</u> 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga 1:00-Crochet 6:30-Bible Study</p>	<p><u>13</u> 8:15am-Exercise 10am-Sr.Exercise w/Lois 11:00-Robby Myrick 1-4pm-Painting Class 1:15pm-Canasta 5-8pm-Pottery</p>	<p><u>14</u> 8:15am-Exercise 9-11:30am SrFunTime 9-1pm—Pottery 11-12FitnessOrien 1:30-”All About Steve”</p>	<p><u>15</u> 8:15amExercise 9:00am-LineDance 10:00SrExercise wLois 10:00am-BibleStudy 5-8 Pottery</p>	<p><u>16</u> 8:15am –Exercise.</p>	<p><u>17</u> </p>
<p><u>18</u> </p>	<p><u>19</u> 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga 1:00-Bridge 1:00-Crochet 6:30-Bible Study</p>	<p><u>20</u> 8:15am-Exercise 10am-Sr.Exercise w/Lois 11:00-Sheri Stanford-MGCC-ProgramsForSrs. 1-4pm-Painting Class 1:15pm-Canasta 5-8pm-Pottery</p>	<p><u>21</u> 8:15am-Exercise 9-11:30am SrFunTime 9-1pm—Pottery 10:00-WreathMkgClass 11-12FitnessOrien 1:30-”TheSweetterSide of Life”</p>	<p><u>22</u> 8:15amExercise 9:00am-LineDance 10:00 SrExercise wLois 10:00am-BibleStudy 5-8 Pottery</p>	<p><u>23</u> 8:15am –Exercise.</p>	<p><u>24</u></p>
<p><u>25</u></p>	<p><u>26</u> 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga 1:00-Crochet 6:30-Bible Study</p>	<p><u>27</u> 8:15am-Exercise 10am-Sr.Exercise w/Lois 11:00-KarenWaters,MsPr 1-4pm-Painting Class 1:15pm-Canasta 5-8pm-Pottery</p>	<p><u>28</u> LunchBunch-\$20 8:15am-Exercise 9-11:30am SrFunTime 9-1pm—Pottery 11-12FitnessOrien 1:30-”Crazy,Stupid Love”</p>	<p><u>29</u> 8:15amExercise 9:00am-LineDance 10:00 SrExercise wLois 10:00am-BibleStudy 5-8 Pottery</p>	<p><u>30</u> 8:15am –Exercise.</p>	<p><u>31</u></p>