

Pascagoula Senior Center

P.O. Drawer 908 * 1912 Live Oak Ave.

Pascagoula, MS 39568

228-769-8329 mjcover@cityofpascagoula.com

January 2013

Dear Friends:

The Staff at **Pascagoula Senior Center** wishes you a very **HAPPY NEW YEAR!** Plan to join us for fun, fitness and fellowship beginning in January for the entire New Year! Check out our "Calendar of Events" for a variety of happenings.

NON-RESIDENT FEE – Each year in January we collect non-resident fees from everyone who lives outside the **CITY LIMITS OF PASCAGOULA**. Please mail in your 2013 fee, \$50 per person, during the month of January. Address your envelope to: **Pascagoula Senior Center, P.O. Drawer 908, Pascagoula, MS 39568**. You may also drop it off while at the center. This only applies to those on our mailing list who are **NOT** residents of the **CITY OF PASCAGOULA**.

NEW POTTERY CLASSES – Step-by-Step directions on "**How to become a WEST-WING POTTER!**" Our classes offer the most popular and functional hand-building techniques. We have a new session in afternoon or evening classes beginning February 12 & 13. Afternoon classes meet on Wednesday, 1-4pm and evening classes meet Tuesday and Thursday 5-8pm. Fee is \$50 for 6 weeks and includes all supplies, equipment, clay and firings. Call to pre-register.

EXERCISE WITH LOIS – Class meets each Tuesday and Thursday 10am. Join us for a great work out. New students may begin anytime.

"Wait Until Dark" – A wonderfully-constructed Broadway thriller... @ The Joe Jefferson Playhouse in Mobile. Friday, January 25. Tickets - \$15 each. We will leave the center @ 6:30pm.

"LES MISERABLES" – The much anticipated movie starring Hugh Jackman, Russell Crow, Ann Hathaway and others... Friday, January 18. We will have an early lunch and see the Noon movie @ The Grand Theatre in D'Iberville. Will leave the Center @ 10am. Cost - \$20, includes lunch @ Red Lobster and movie ticket.

Movies This Month – "Cinema @ the Senior Center"

All movies are shown on OUR big screen... a 45" TV, complete with popcorn and a soda and begin @1:30pm.

Wed., Jan . 9 – "CHICAGO" starring Cathernie Zeta-Jones, Rene Zillweger and Richard Gere. **Wed., Jan . 16 –**

"Australia" starring Hugh Jackman and Nicole Kidman.

Wed., Jan 23 – "Best Exotic Marigold Hotel " – Set in India and starring a host of fine British actors.

LUNCH BUNCH – Wed., Jan. 30. \$20 each.

DECORATIVE CRAFT PAINTING WITH JANNIE HALL – Have fun learning this easy technique. Jannie is offering three different sessions. We have samples of finished projects!

These are two-sided projects and really take both classes to complete. Dates/Times/Projects/Costs are:

Week 1 – Tue., Jan. 8, paint a Bunny. **Thur., Jan. 10**, paint a flower basket. Times: 1-4pm, cost: \$35 both classes or \$25 for one.

Week 2 – Tue., Jan. 15, paint a Pumpkin. **Thur., Jan. 17**, paint a turkey. Times: 5:30-8pm, cost: \$35 for both classes or \$25 for one.

Week 3 – Tue., Jan. 22, paint a scarecrow, **Thurs., Jan. 24**, paint Santa. Times: 1-4pm, Cost: \$35 for both classes or \$25 for one.

All pre-cut wood forms, paints, brushes and other supplies are all included. Must call to pre-register, 769-8329.

MARDI GRAS AT PASCAGOULA SENIOR CENTER – Our Mardi Ball will be on Tuesday, February 5. Fellowship begins at 11am; lunch is served at 11:30am and our program begins at Noon. Reigning King Thomas Butler and Queen Evelyn Jones have been gracious royalty and will reluctantly relinquish their crowns at this year's ball. Who will be crowned our NEW KING AND QUEEN? Make plans to join us and enjoy lunch served by the Jackson County Evening Civic League. No covered dish required this day. Also plan to enjoy lots of music, dancing and our wonderful escorts from our very own, PASCAGOULA POLICE DEPARTMENT.

MARDI GRAS PARADE – Saturday, Feb 9, We will ride the City Trolley and join in with all the revelry during the Annual Jackson County Mardi Gras Parade. Our new King and Queen, outgoing King and Queen and this year's court are all invited to ride. Anyone else who would like to ride can let us know. We will enjoy party food at the Center before and after the parade. Join us around 10am.

"BUNDLING BEADS" – Sure could use some help! Each Mon., Wed. and Fri. about 9am we gather and group Mardi Gras beads to throw during the parade. It's just another way to have a "good time" @ the Center! Plan to join us! Coffee, snacks and friends provided! Begins Jan. 7.

MOUNT RUSHMORE, THE BADLANDS AND BLACK HILLS OF SOUTH DAKOTA – May 31-June 10, 2013

\$899 per person/double. Trip includes 4 consecutive nights in South Dakota, the Gateway Arch in St. Louis, Wall Drug Store, Borglum Historical Center, Mount Rushmore, Crazy Horse Memorial, Custer State Park's Wildlife Loop, Guided tour of Deadwood, the Journey Museum, the Corn Palace, World War I Museum, Kansas City, St. Louis Art Museum. 8 dinners included. \$100 deposits due by Jan. 15.

STROKE PREVENTION PROGRAM WITH SR HOSPITAL- Fri., Feb 1., 9am-Noon, here. Very important wellness information and refreshments provided by the Neuroscience Dept. of Singing River Hospital Systems. (See Enclosed Flyer)

Matthew G. McIntyre, MD, Urology Associates of Mobile presents: **"Straight Talk About Men's Health"** on Thur., Jan 31, 2013, 5:30pm. Call (866) 233-9368 to register or for more information or pick up a flyer @ the Center.

The Senior Center is OPEN MON, 12/31 for fitness, pottery and fun! Offices are CLOSED MON. AND TUE. –OPEN WED. 1/2/13 FOR LUNCH! **Happy New Year! Melani and Staff**



January 2013

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769-8329



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>“Glory to God in the highest, and on earth Peace, good will toward men.”</i></p> <p style="text-align: center;"><i>Luke 2:14</i></p>		<p>1 NEW YEAR'S DAY CENTER CLOSED</p>	<p>2 8:30-9:00am Exercise 9-11:30am SrFunTm 11-12FitnessOrien 12N-Lunch(like Tue) Pottery</p>	<p>3 9:00am-Line Dance 10:00am-BibleStudy 10am-Sr. Exercise with Lois 5-8-Pottery</p>	<p>4 8:30-9:00am- Exercise</p>	<p>5</p>
<p>6</p>	<p>7 8:30am-Exercise 9&10am-Line Dance 10:30am-Yoga 1:00pm-Bridge 1:00pm-Crochet 6:30pm-BibleStudy</p>	<p>8 10am-Sr.Exercise 12N-Lunch- Lynn Rouse 1:15pm-Canasta 1&5pm-Pottery 1-4pm-CraftPainting</p>	<p>9 8:30-9:00am Exercise 9-11:30am SrFunTm 11-12FitnessOrien 1:30pm-Movie, "Chicago" Pottery</p>	<p>10 9:00am-Line Dance 10:00ExerciseW/Lois 10:00am-BibleStudy 11:00am-GoldenAge 1-4pm-CraftPainting 5-8 Pottery</p>	<p>11 8:30-9:00am- Exercise</p>	<p>12</p>
<p>13</p>	<p>14 8:30am-Exercise 9&10am-Line Dance 10:30am-Yoga 1:00pm-Crochet 6:30pm-BibleStudy</p>	<p>15 10am-Sr.Exercise 12N-Lunch-Judy Davies 1:15pm-Canasta 1&5pm-Pottery 5:30-8pm -Craft</p>	<p>16 8:30-9:00am Exercise 9-11:30am SrFunTm 11-12FitnessOrien 1:30pm-Movie, "Australia" Pottery</p>	<p>17 9:00am-Line Dance 10:00am-BibleStudy 10am-Sr.Exercise with Lois 5-8-Pottery 5:30-8pm-Craft Paint-</p>	<p>18 8:30-9:00am- Exercise 10:00am- \$22.50 LvCtr.Lunch-Movie "Les Miserables". (In D'Iberville)</p>	<p>19</p>
<p>20</p>	<p>21 8:30am-Exercise 9&10am-Line Dance 10:30am-Yoga 1:00pm-Bridge 1:00pm-Crochet 6:30pm-BibleStudy</p>	<p>22 10am-Sr.Exercise 12N-Lunch-Joe Huffman&L.Leake 1-4pm-CraftPainting 1:15pm-Canasta 1&5pm-Pottery</p>	<p>23 8:30-9:00am Exercise 9-11:30am SrFunTm 11-12FitnessOrien 1:30pm-Movie, "Best Exotic Marigold Hotel" Pottery</p>	<p>24 9:00am-Line Dance 10:00am-BibleStudy 10am-Sr.Exercise with Lois 1-4pm-Craft Painting 5-8-Pottery</p>	<p>25 8:30-9:00am- Exercise 6:30pm LvCtr-Joe Jefferson,Mobile, "Wait Until Dark". \$15.00</p>	<p>26</p>
<p>27</p>	<p>28 8:30am-Exercise 9&10am-Line Dance 10:30am-Yoga 1:00pm-Crochet 6:30pm-BibleStudy</p>	<p>29 10am-Sr.Exercise 12N-Lunch-Show and Tell 1:15pm-Canasta 1&5pm-Pottery</p>	<p>30 8:30-9:00am Exercise 9-11:30am SrFunTm 11-12FitnessOrien Lunch Bunch. \$20. Pottery</p>	<p>31 9:00am-Line Dance 10:00am-BibleStudy 10am-Sr.Exercise with Lois 5-8-Pottery</p>	<p>HAPPY NEW YEAR</p>	

Stroke Awareness **WORKSHOP**

LIVE
HEALTHY

Join Singing River Health System and The Pascagoula Senior Center for a morning of education about Stroke.

- Free Blood Pressure Screenings
- Free Cholesterol Screenings
- Presentations on Hypertension, Signs and Symptoms of Stroke, Knowing your Numbers
- Door Prizes
- Refreshments

Friday, February 1
9 am - Noon
Pascagoula Senior Center

Call for more information. 228-497-7470

 **SINGING RIVER HEALTH SYSTEM**
OCEAN SPRINGS HOSPITAL | SINGING RIVER HOSPITAL

The Neuroscience Center

mysrhs.com