

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

May, 2013

Dear Friends:

We wish you a "Happy May". May just happens to be "Older Americans Month" and we are going to celebrate – ALL MONTH LONG! This year's slogan is "UNLEASH THE POWER OF AGE". We will begin the month with the introduction of a group of men and women at our luncheon on May 7. You will be surprised AND excited just as we were in planning their partnership with. Ladies and Gentlemen, we are pleased to announce our association with the crew of PCU AMERICA (LHA6) which is the United States NAVY! PLAN TO BE HERE! If all goes as planned, we will have the same crew returning the first Tuesday each month for a while.

A little more about "May – Older Americans Month". This is a time to recognize and applaud the vibrant lives, legacies and ongoing contributions of our Older Americans. President John F. Kennedy first made the designation in 1963 when there were about 17 million Americans age 65 and older. Today there are 41.4 million. We are proud at Pascagoula Senior Center to provide programs and services with the primary goal being to improve the quality of life - physically, mentally and spiritually, for our share of the senior population. We encourage our seniors to keep God first and foremost in their lives followed by their families. Then we will fill in your leisure time with activities abound. Join us for any activity that we offer and talk to us about adding other activities you want to see. Everyone is welcome and every opinion is welcome. YOU ARE WHY WE ARE HERE!

"HAT DAY" – Tues., May 14. Nicole from SR Rehab will help us make really creative hats for our Luncheon Hat Promenade that same day. Class time is 10:00-11:30am. Promenade is 11:45am or just after the last of the hot glue dries! Call early! We only have room for 15. Pre-registration required. Call Sarah Jim, 769-8329. There is no charge, so you may register by phone.

"AARP SAFE DRIVING CLASS" – Monday, May 13, 12noon-4pm. \$12 for AARP members; \$14 for non-members. Pay at class time. Must pre-register by calling the center, 769-8329.

"Water Color Art" – Class provided by St. Joseph Hospice. Join us for some fun with art in a free class taught by Gerri Cruthirds. Wed., May 1, 10-11:30am. Call to pre-register. 769-8329

THANK YOU BONNIE AND CHUCK LIPPINCOTT for hosting our annual SPRING PIC-NIC at your wonderful Vancleave home. Also thanks to Kristi, for the Kayaks, Benny and Robert for cooking and moving food and furniture, Pee-Wee for frying fish, Cecile, Bea, Louise, Sarah Jim and Pam for all you do, the Boys in the Band for great entertainment and all the pic-nickers who came and enjoyed the food and fellowship with us. Thank you, LORD JESUS, for the BLESSING of a glorious and beautiful day and another wonderful opportunity for our seniors!

THE NEUROSCIENCE CENTER @ Singing River Health Systems is conducting a study on Postherpetic Neuralgia (POST-SHINGLES PAIN). If you or someone you know may be interested in this study, call or email SRH's Neuroscience Center @ 818-3447 or kgoodyear.neuro@gamil.com.

PASCAGOULA SENIOR CENTER'S WALKING CLUB – Let's admit it! We all need a reason or a push to get our walking in, even though we know the benefits are wonderful. Let's gather and encourage one another each weekday morning @ 7am and walk the beautiful grounds surrounding our Senior Center. Combining the sidewalks and the trail around the pond, we have well over a mile. 7am too early? How about 9am, or

5pm. Like any exercise program, make sure you have your doctor's approval. Starting Date: May 6. "Let's Go Walking"! Register with Sarah Jim if you would like for her to keep a record on "how much you walk".

WREATH MAKING CLASS – How about a "Patriotic" wreath? Our May class will be done in red, white and blue mesh with flowers and flags on a grapevine wreath. Cost is \$15. Class meets Wed., May 15, 9:30-11am. Must pre-register and pay by 5pm, Mon., May 13. If class fills, a second class will be offered on Fri., May 17.

WEDNESDAY AFTERNOON AT THE MOVIES – We have some "Old Favorites" picked out and the popcorn popper ready. All movies begin @ 1:30pm. May 1-"On Golden Pond"; May 8-"The King and I"; May 15 - "Breakfast at Tiffany's"; May 22 -"My Fair Lady"; May 29 – "The Horse Whisperer".

ALZHEIMER SILVER ALERT REGISTRATION – Triad members will be available to register Alzheimer/Dementia patients for the "Silver Alert Program" at our Senior Center on Wed., May 15 between 1-4pm. Call Irma Martin for to sign up or for details, 522-6501.

AGAIN, THANKS TO OUR VOLUNTEERS – Staff members, Bea Burton, Pam Logan, Sarah Boykin and Melani Caver honored them during lunch with a "roast" on April 23. Recognized were Joan Burton, Halcomb "Pee-Wee" Pittman, Louise Barnet, Cecile Toups, Lois Horn and Tara Bendell. Everyone is appreciated whether, you pass out Bingo cards, bring flowers for the tables, clean off the tables, slice pies or clean the pottery room, we thank you, all!

UPBEAT LINE DANCERS – Even though their name sometimes gets pronounced as "Unbeatable" we salute you, too! They were recognized by "Sunplex" with a ceremonial dinner for their volunteer time there. Thanks "Unbeatable" Upbeat Line Dancers for the time you put in week after week and month after month bringing happiness and joy to others!

SAAD'S HOME HEALTH – Provides blood pressure checks each month. Next visit – Tues., May 21, 2013, 10:00am-Noon.

DEACONESS HOME HEALTH – Thanks for providing Bingo prizes for April!

SOUTHERN CARE – Thanks Liz Cumbest for the wonderful ice cream sundae social you provided after lunch April 16!

"DANCING WITH THE SENIORS" – A wonderful event co-sponsored by Pascagoula Senior Center, AARP and Jackson County Triad. Great crowd, entertainment, pizza and information! Thanks, Irma!

TUESDAY LUNCH GUESTS – May 7 -"The US NAVY" is cooking for us and will do an introductory program on the PCU America (LHA6). May 14-Nicole for "Hat Day" and Sister Linda Ramsey, from the Sanctuary, will sing for us. May 21-Musician, Gary Bardwell, will sing and play the piano AND Rachael Reeves from Holder Wells Funeral Home with goodies for everyone. May 28 – Leslie Porter with Pinnacle Hospice for a cookie bake!

TUESDAY, APRIL 30 – Triad Luncheon and program by Doug Adams, Pascagoula Police Dept. and Irma Martin on "Elder Abuse". Do NOT bring covered dishes on April 30. Triad is providing lunch for everyone. We will have extra people joining us, so our regulars need to come early.

MOBILE THEATRE GUILD –"The 25th Annual Putman County Spelling Bee" Friday, May 17. Leave the center @ 6pm. Tickets: \$15 each

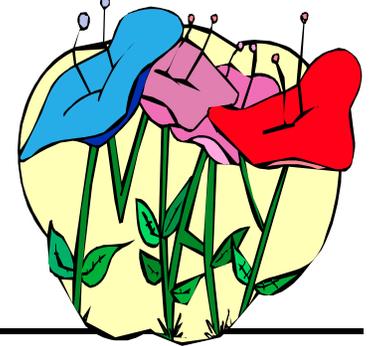
MELANGE DANCE COMPANY – "Cinderella" at the Fine Arts Auditorium at MGCC. Friday, May 10, followed by lunch at the TIKI. Cost: \$23 Leave the Center @ 8:15am; performance @9am; return after lunch. HAVE A GREAT MONTH – Melani Caver and the Senior Center Staff



May 2013 May is Older Americans Month

Pascagoula Senior Center

769-8329



Sun

Mon

Tue

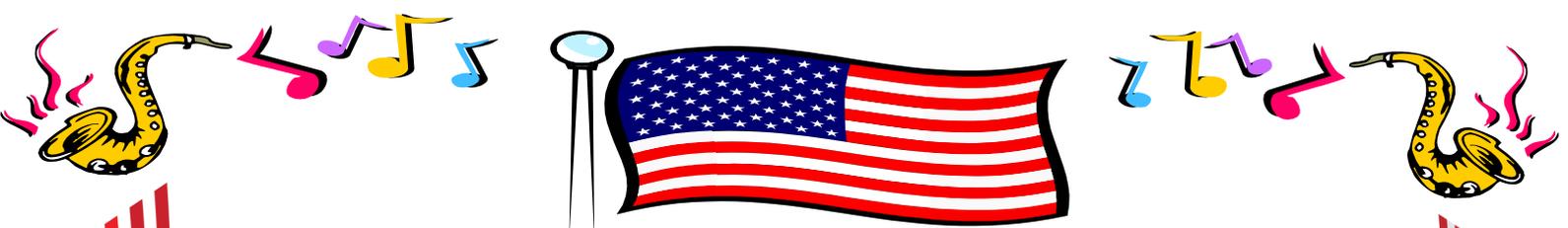
Wed

Thu

Fri

Sat

<p>What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all —how will he not also, along with him, graciously give us all things?</p> <p style="text-align: center;">Romans 8:31-32</p>	<p><u>1</u> 8:15am-Exercise 9-11:30am SrFunTime 10:00-11:30-Water Color Art Class-Free 11-12FitnessOrien 1:30-"OnGoldenPond"- 1-4pm--Pottery</p>	<p><u>2</u> 8:15 am-Exercise 9:00am-Line Dance 10:00am- BibleStudy- 10am-Sr. Exercise w/Lois 5-8-Pottery</p>	<p><u>3</u> 8:15am -Exercise. Lunch Bunch -Five Rivers on Mobile Bay, \$20.—FULL.</p>	<p><u>4</u> </p>		
<p><u>5</u> </p>	<p><u>6</u> "Let's Go Walking"! 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga 1:00-Bridge 1:00-Crochet 6:30-Bible Study</p>	<p><u>7</u> 8:15am-Exercise 10am-Sr.Exercise w/Lois 11:00-Lunch—U.S.NAVY Cooking for us! Hooray! 1:15pm-Canasta 5-8pm-Pottery</p>	<p><u>8</u> 8:15am-Exercise 9-11:30am SrFunTm 11-12FitnessOrien 1:30-"TheKing&I" 1-4pm--Pottery</p>	<p><u>9</u> 8:15amExercise 9:00am-LineDance 10:00- Sr Exercise wLois 10:00am-BibleStudy 11:00am-GoldenAge 5-8 Pottery</p>	<p><u>10</u> 8:15am -Exercise. 8:15am-LeaveCenter "Cinderella",Fine ArtsAuditorium @ MGCCC. Lunch after @ TIKI. \$23.</p>	<p><u>11</u> </p>
<p>12 Mother's Day </p>	<p><u>13</u> 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga 12-4:00 -AARP Safe Driving. Class 1:00-Crochet 6:30 pm-Bible Study`</p>	<p><u>14</u> 8:15am-Exercise 10am-Sr.Exercise w/Lois 10:11:30-Nicole w/hats! 11:45-Promenade of HATs 12:00Lunch,LindaRamsey 1:15pm-Canasta 5-8pmPotery</p>	<p><u>15</u> 8:15am-Exercise 9-11:30am SrFunTm 9:30-11:00-Patriotic Wreath-Class-\$15. 11-12FitnessOrien 1:30-"Breakfast@Tiffanys" 1-4 -"SilverAlertProgram"</p>	<p><u>16</u> 9:00am-LineDance 10:00am-BibleStudy 10am-Sr.Exercise w/Lois 5-8-Pottery</p>	<p><u>17</u> 8:15am -Exercise. 9:30-11:00-Second WreathMakingCls-\$15. ??? 6:00 LvCenter-Mobile Theatre Guild-\$15.</p>	<p>18 Armed Forces Day </p>
<p><u>19</u></p>	<p><u>20</u> 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga 1:00-Bridge 1:00pm-Crochet 6:30pm-BibleStudy</p>	<p><u>21</u> 8:15am-Exercise 10am-Sr.Exercise w/Lois 10:30-12-BloodPressureCh. 11:00-Lunch-Gary Bardwelling/playpiano &R. Reeves w/goodies. 1:15pm-Canasta 5-8pm-Pottery</p>	<p><u>22</u> 8:15am-Exercise 9-11:30am SrFunTm 11-12FitnessOrien 1:30-"MyFairLady" 1-4pm--Pottery</p>	<p><u>23</u> 9:00am-LineDance 10:00am-BibleStudy 10am-Sr.Exercise w/Lois 5-8-Pottery</p>	<p><u>24</u> 8:15am -Exercise.</p>	<p>25 "Memorial Day Weekend"!! Dinner and Dance! 5:00-8:00 P.M. \$5.00 Pascagoula Sr.Ctr.</p>
<p><u>26</u></p>	<p><u>27 Memorial Day</u> 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga 1:00pm-Crochet 6:30pm-BibleStudy</p>	<p><u>28</u> 8:15am-Exercise 10am-Sr.Exercise w/Lois 11:00-Lunch-LesliePorter w/PinnacleHospice 1:15pm-Canasta 5-8pm-Pottery</p>	<p><u>29</u> 8:15am-Exercise 9-11:30am SrFunTm 11-12FitnessOrien 1:30-"The Horse Whisperer" 1-4pm--Pottery</p>	<p><u>30</u> 9:00am-LineDance 10:00am-BibleStudy 10am-Sr.Exercise w/Lois 5-8-Pottery</p>	<p><u>31</u> 8:15am Exercise. May 31-June10 - Group to Mt.Rushmore, BadLands & South Dakota.</p>	<p></p>



Pascagoula Senior Center's
***MEMORIAL DAY WEEKEND
DINNER AND DANCE***

Saturday, May 25, 2013

5:00-8:00pm

Pascagoula Senior Center

1912 Live Oak Ave.

**Join us for Dinner from Ms. Bea's Kitchen and
Dance Music provided by "PROWSE".
Advance Tickets are \$5 and are available at the
Senior Center beginning May 1.**

Dance Lessons And Door Prizes.

Call the Senior Center for more information.

769-8329

762-2290

