

Pascagoula Senior Center
P.O. Drawer 908 * 1912 Live Oak Ave.
Pascagoula, MS 39568
228-769-8329 228-762-2290

October, 2011

Dear Friends:

TAMMY AND NEAL'S MORNING EXERCISE CLASS has really picked up the pace. Not so much in their routine but in participation! We have moved them into the LIVE OAK ROOM and they still meet every Monday, Wednesday and Friday, however we bumped them up a ¼ of an hour and now meet from 8:15-9am. On occasion, when we have a special event, they move back to the class room, but mostly they will meet in the larger room. New participants may join any time. There is no cost.

ZONTA ARTS/CRAFTS FESTIVAL – Saturday, October 1. It will probably be the best ones yet! The UPBEAT LINE DANCERS will perform for 20 minutes at 11am in front of the main stage. Our potters will have a booth in front of Scranton's. Normally, we have Taco soup and sweet tea all day during the festival, however, this year we won't. We hope everyone will enjoy everything else the Festival has to offer. There will be plenty of arts, crafts, food, entertainment and special attractions in the DOWNTOWN festival area.

JACKSON COUNTY BLUE RIBBON FAIR – Oct. 16-23. Old Settlers Day at the Fair is Thursday, October 20, 10am-Noon. We will leave the Senior Center by 9am in order to get registered. All who plan to ride with us must call the center to pre-register, 769-8392. The Fair Board's event chair, Mamie Hawthorn, has a wonderful program beginning at 10am that includes speakers and entertainers. Our very own UPBEAT LINE DANCERS are again part of the lineup. Everyone attending, age 70 and older, will get food voucher for a free fair booth lunch. Those who ride with us need to plan to stay until 1:30pm and must call to pre-register.

CHRISTMAS IN NASHVILLE – Nov. 28-Dec 1; 3 nights at the OPRYLAND Hotel, Louise Mandrell, Nashville Guided Tour, Country Music Hall of Fame, Grand Ole Opry, Gen. Jackson Showboat, **RADIO CITY ROCKETTE CHRISTMAS SPECTACULAR**, Breakfast buffet every day at Opryland, dinner each night and 3 lunches included. \$869 double occupancy. Call for detailed itinerary.

CANTON FLEA MARKET – **Thurs., Oct 13.** Shop all day in historic CANTON. Transportation provided by Vision Tours.\$40 per seat. Call Vision for departure details and to make reservations., 875-8888.

OCTOBER TUESDAY LUNCH GUESTS –
Oct. 4 - Jules O'Keefe with licensed ELDER LAW Attorney, Mr. Bill Atchison making a short presentation on Home Health Care, Long Term Care, Changes in Medicare, Annuities, Living Wills and Living trusts, ALSO a MS Pwr. Rep. to save on electricity!
Oct. 11 - State Rep. Brandon Jones on issues related to seniors.
Oct. 18 - Thad Anderson and the band "Hickory Ridge".
Oct. 25 - Kim Orgeron from Bay Towers Apts., and Tracey Donald from VW Industries with products to prevent falls.

FLU SHOTS – It's that time of year! Get yours now!

FLEX AND TONE – As we age, leading an active lifestyle is more important than ever. We would like to introduce NATALIE STOVAL, Exercise Specialist from SINGING RIVER HEALTHPLEX, CPR Senior Care Group Fitness Instructor. She is a Personal Trainer and Certified National Arthritis Foundation Exercise Leader. Natalie will have classes at our center on Monday and Thursday 8-8:30am, beginning Oct. 17. Fee is \$5 per class.

POTTERY POT LUCK – Pam has set a date for the potters, past and present, to have a group social each month in the form of a "POT LUCK LUNCHEON". Beginning at 11:30am, Thursday, Oct. 6, potters are asked to bring a covered dish and enjoy fellowship in the "WEST WING". Just another excuse to eat around here! Or they are celebrating the "TRAVEL CLUB" leaving town?? Anyhow, this celebration will continue on the first Thursday of each month.

ALLIED HEALTH CLASS, GAUTIER HIGH SCHOOL – We were honored to have this group of students, who plan different medical educations and careers after graduation, come to our facility for a tour last week. Keep up the good work, Ms. King! (Their teacher)

BRIDGE CLUB – Congratulations! It looks like you have committed to and successfully formed a two-table group that will meet on the first and third Monday of each month from 1-4pm. Anyone else who may be interested is encouraged to call us at 769-8329.

DOMINOS – We **STILL** have **YOUR table available!** You can meet EVERY Monday 1-4pm. Same time as Bridge, just another room. You don't have to share a coffee pot – you can each have your own! How about it? **MEXICAN TRAIN, maybe... Beginning Monday, Oct. 17.**

UPBEAT LINE DANCERS – October Schedule:
Saturday, October 1 – 11am, Zonta – Meet in front of the stage @ 10:45am.
Thursday, October 20 - Old Settlers Day @ The Fair – Meet @ the center @ 8:45am or at the ARMORY on the front row @ 9:30am.
Saturday, October 22 – Domestic Violence Awareness – Beach Park Pavilion, 11am. Meet @ the center @ 10:30am or at the pavilion @ 10:45am.
Congrats on your Sept. Schedule! **RADIO CITY ROCKETTES, MOVE OVER!**

KEEP THE TRAVELERS IN YOUR PRAYERS! 50 of us leave Oct. 6 for a trip up the East Coast to New England and all the way to the Rocky Coast of Maine.

PRESCRIPTION DRUG TAKE-BACK – On Sat., Oct. 29, Sgt. Doug Adams, Pascagoula Police Dept., will be at the center if anyone has old prescription drugs they would like to drop off to be disposed of between 10am and 2pm.

KREBS CEMETARY TOUR – Thurs., Oct 27, 5-8pm. We will take a bus from the center leaving @ 4:45pm. Must call to reserve a spot to ride with us. Free!

HAUNTED HOUSE – Oct. 28-30, Rec. Dept. Gym; 7:30-10pm. Admission. Call 938-2356 for details.

TRUNK 'R TREAT – Oct. 31, 5:30-7:30pm, Downtown Pascagoula, Delmas Ave. Lots of treats for children. Free!

HAVE A GREAT MONTH – Look for a blessing; be one, too!
Melani Caver & the Senior Center Staff



OCTOBER, 2011



Pascagoula Senior Center-769-8329

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| | <u>BEGINNING OCT.17:</u> 8:00-8:30 AM—FLEX AND TONE—See Oct. Newsletter for details. | | | <u>MONDAYS AND THURSDAYS :</u> 8:00-8:30 AM. Flex And Tone. | | <u>1 ZONTA Arts and Crafts,Downtown Pascagoula.</u> 11:00 LineDancers |
| <u>2</u> | <u>3</u> 8:15-9:00am Exercise-Cruisin w/Silver Foxes (Tammy,Ldr.) 9&10-Line Dance 10-12:00 Triad Mtg. 1:00pm-Crochet 1:00-4:00 Bridge | <u>4</u> 8-10am-Fitness Orientation 11:30am-Fellowship 12 Noon,Jules O’Keefe w/Bill Atchison re Health Care, etc. 1:15pm-Canasta Pottery | <u>5</u> 8:15-9:00am-Exercise With Silver Foxes Pottery Bow Making Class | <u>6 SENIORS LEAVE FOR EAST COAST!</u> 9:00am-Line Dance 10:00am-Bible Study 10:30am-Yoga 11:30 Potters Pot Luck Lunch Pottery Bow Making Class | <u>7</u> 8:15 –9:00am-Exercise w/Silver Foxes Last Bow Making Class. | <u>8</u> <i>PRAY FOR SENIORS AND A SAFE TRIP!</i> |
| <u>9</u> <i>PRAY SENIORS HAVE A SAFE TRIP!</i> | <u>10</u> 8:15am-9:00am Exercise w/ Silver Foxes. 9&10-Line Dance 1:00pm-Crochet 1:00-4:00 Dominos | <u>11</u> 8-10am-Fitness Orientation 11:30am-Fellowship 12 Noon—State Rep. Brandon Jones,Issues related to Seniors. 1:15pm-Canasta Pottery | <u>12</u> 8:15-9:00am-Exercise With Silver Foxes Pottery | <u>13</u> 9:00am-Line Dance 10:00am-Bible Study 10:30am-Yoga 11:00 Golden Age Club Pottery Canton Flea Market— Call 875-8888-details. | <u>14</u> 8:15 –9:00am-Exercise w/Silver Foxes | <u>15</u> <i><u>WELCOME HOME SENIORS! ! ! ! ! !</u></i> |
| <u>16– 23</u> Jackson County Fair | <u>17</u> 8:15am-9:00am Exercise w/ Silver Foxes. 9&10-Line Dance 1:00pm-Crochet 1:00-4:00 Bridge 1:00-4:00 Dominos | <u>18</u> 8-10am-Fitness Orientation 11:30am-Fellowship 12 Noon—Thad Anderson w/”Hickory Ridge” 1:15pm-Canasta Pottery | <u>19</u> 8:15-9:00am-Exercise With Silver Foxes Pottery | <u>20</u> 9:00 Lv.Center to Fair 9:30-Line DancersOSD 10:00-1:30,Old Settlers Day 10:00am-Bible Study 10:30am-Yoga Pottery | <u>21</u> 8:15 –9:00am-Exercise w/Silver Foxes | <u>22</u> 11:00Domestic Violence Awareness,Beach Pk. Pavilion.-Line Dancers. |
| <u>23</u> ***** <u>30</u> | <u>24</u> 8:15am-9:00am Exercise w/Silver Foxes. 9&10-Line Dance 1:00pm-Crochet 1:00-4:00 Dominos ***** <u>31</u> 5:30-7:30pm,Trunk’r Treat, Downtown Pasc. | <u>25</u> 8-10am-Fitness Orientation 11:30am-Fellowship 12 Noon—Kim Ogeron, BayTowers, Tracey Donald w/VW Ind. 1:15pm-Canasta Pottery | <u>26</u> 8:15-9:00am-Exercise With Silver Foxes Pottery | <u>27</u> 9:00am-Line Dance 10:00am-Bible Study 10:30am-Yoga Pottery 5:00-8:00 Krebs Cemetery Tour. Lv.Ctr.@ 4:45pm. | <u>28-30</u> 7:30-10:00p Haunted House- Call 938-2356. 8:15 –9:00am-Exercise w/Silver Foxes | <u>29</u> 10:00-Noon, Prescription Take-Back. Sgt. Doug Adams, Pascagoula P.D. |