

**Pascagoula Senior Center**  
**P.O. Drawer 908 \* 1912 Live Oak Ave.**  
**Pascagoula, MS 39568**  
**769-8329**  
[mjcaver@cityofpascagoula.com](mailto:mjcaver@cityofpascagoula.com)

October, 2015

Dear Friends:

Well, Fall is finally here. Lots of things to do in and around town this month. Enjoy the changing season and jump on the BAND WAGON and join us for some wonderful, fun-filled, memorable opportunities!

REBECCA SMITH is starring in a production at the Mary C in Ocean Springs this Friday night, Oct. 2, beginning at 7:30pm. Tickets are \$15. "ENJOY THE JOURNEY" features Rebecca and Sean Harding with special guests David Delk, Rebecca Abernathy and Jonathan Brannan. Call the Mary C for information, 818-2878. Tickets will be available at the door.

Irving Berlin's "ANNIE GET YOUR GUNS" – Presented at the Mary C, by William Carey University. Monday, October 19, 10:30am. Transportation is provided. We will leave the center at 9:30am. Tickets: \$12 each.

MOBILE THEATRE GUILD – "MY WAY" - The Music of Old Blue Eyes, Frank Sinatra, is celebrated in this one that features songs from WWII thru his Vegas years. Transportation is provided – Tickets, \$20 per person. Friday, Oct. 23. We will leave the center at 6:00pm.

CHAIR YOGA – "Get Fit Where You Sit"; regain your health, vitality and independence; work the joints and muscles to increase flexibility, strength and circulation! Class meets each Monday, 10:30-11:30am at Pascagoula Senior Center. Geared towards seniors and taught by Shawn Chappell. Shawn is certified and registered with Yoga Alliance and is a "Connected Warrior" yoga instructor. Fee: \$10 per session. Join any Monday.

SCENE NIGHT – Mac Nelson's Acting Class at the Pascagoula Senior Center presents "Way Off Broadway," a variety of scenes and songs. Thursday, Friday, Saturday, Nov. 12, 13, 14 at 7:00 p.m. with a Saturday matinee at 2:00 p.m. Featuring scenes and/or songs from "The Dixie Swim Club," "Missing," "Hot Coffee," "Follies" and "The Boy from Oz." Our Stars: Kitty Bardwell, Peggy Cooper, Betty Green St. Amant, Pam Beecher, Patsy Saliba Holzborn, and Faith Magallanes, with Gary Bardwell at the piano. Mac Nelson is the Director.

ZONTA – A/C Festival, Downtown Pascagoula, this Saturday, October 3. The UPBEAT Line Dancers will perform at 10:50am at the LIBRARY STAGE. Goula is "Rocking the Streets" this weekend with Zonta, Sat. downtown; Bachtobberfest – Sunday at Beach Park, 11:30am-2pm; Cruisin' the Coast also at Beach park beginning at 2-6pm. Cruisers will roll the streets of our

town all afternoon Sunday and will park for viewing at Beach Park and along Beach Blvd. Enjoy the day!

FALL DANCE PARTY – Friday, October 30, 10am-2pm. Featuring Deuces Wild and the Upbeat Line Dancers. Everyone will enjoy Lunch, Dance Music and Door Prizes. Tickets are \$5 and are on sale NOW! Costumes are welcome!

HEALTHY COOKING – Join us for a "Healthy Cooking Demonstration" at our center on Wed., Oct 21, 10am. Lunch will be provided. This is presented by Bay Area Food Bank and the Pascagoula Senior Center. Please call for reservations, 769-8329. There is no charge.

FAIR WEEK – Oct. 18-25. Old Settlers Day will be Thursday, October 22. The Fair Committee will give out Lunch Vouchers from a table at the Fair entrance between 9-11am. They will provide a free "Fair" Lunch for those age 70 and older.

THANKS CAMELLIA HOME HEALTH, ST. JOSEPH HOSPICE – We would like to thank the kitchen staff for making the wonderful chicken and dumplings and Ashley Sneed from CAMELLIA for providing the CHICKEN for us. Also thanks to Ben from St. Joe for all the cup cakes, Angie from RITE-AIDE for our FLU SHOTS, Lynn from DEACONESS for monthly Blood pressure checks. Thanks to Rob, Clark, Viv, Kellie and all who do for us!

**TUESDAY LUNCH GUESTS/PROGRAMS:**

Tues., Oct. 6 – John Burroughs and son with Janelle Pritchard singing some of our favorite country songs.

Tues., Oct. 13 – Lynn with Deaconess will have blood pressure check from 10am-Noon. She will also call 10 games of BINGO following LUNCH.

Tues., Oct. 20 – CRIME STOPPERS – Lori Massey, Doug Adams and Ronnie Castile will be on hand to talk about ways SENIORS CAN PROTECT THEMSELVES!

Tues., Oct. 27 – "Let US Entertain US" – Yes, talent from our seniors today! This time we are asking for volunteers to sing, dance, act, play the piano, whatever.... Call Sarah Jim to get on the list, 769-8329. We will take the first 5 that call ....

LUNCH BUNCH – Wednesday, October 28 – Leave the center by 8am. See something interesting, enjoy lunch and return to the center mid-afternoon. Cost - \$25. Will fill quickly!

POTTERY – We have just begun classes for beginners and a Christmas class for experienced potters. Call and let us know if you want to be on our list for an upcoming class, 769-8329.

Tuesday Luncheons – What a great time for a good, hot meal, fellowship and some interesting information or great entertainment! Bring a covered dish or make a donation to enjoy it with us.

Bible Study – Thurs., 10am; Mon. 6:30pm. Join anytime!  
"I can do all things thru Christ who strengthens me" Phil. 4:13

Sincerely, Melani Caver and the Senior Center Staff

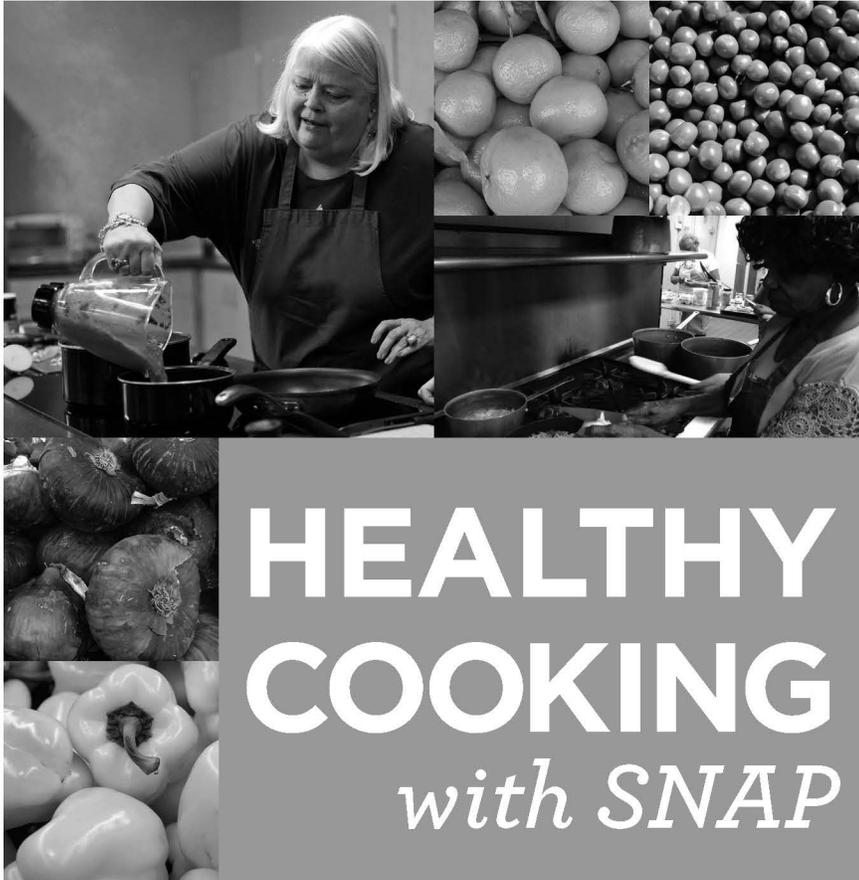


# Pascagoula Senior Center

October, 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>“Then He said to His disciples,”The harvest is abundant; but the workers are few. Therefore, pray to the Lord of the harvest to send out workers into His harvest.” -Matthew 9:37-38</p> <p>“The fear of the Lord—who He is and what He’s capable of—is the Beginning of wisdom.” -Matthew 10:28</p>				<p><u>1</u> 9-10 Line Dancing-Advanced Class.</p> <p>10:00-Bible Study 10:00-ExerciseWLois 1:30-Acting Class</p>	<p><u>2</u> 8:15 am-Exercise 7:30 -Rebecca Smith is starring in “Enjoy The Journey”@TheMaryC \$15.Call for ticket info 818-2878.</p>	<p><b>3 ZONTA - Downtown.</b></p> 
<p><u>4</u> ‘GoulaCruise@ Beach Park 11:30-6:00pm. Chicago Trip— Oct 11-17</p> 	<p><u>5</u> 8:15am-Exercise 9am-LineDance-Beginners 10am-LineDance-Advanced 10:30am-Yoga-\$10 1:00-Bridge 1:00-Crochet 6:30-Bible Study</p>	<p><u>6</u> 9:00-Spanish Class 10am- Lois Exercise 12:00—Lunch- J.Burroughs&amp;Son- 1:00-Pottery-2nd Wk. 1:15pm-Canasta- Rm.103</p>	<p><u>7</u> 8:15 am-Exercise <u>11:00-Fitness Orientation</u> 1:00-Pottery-2nd Wk. 1:30-DominosNewCls.</p>	<p><u>8</u> 9-10 Line Dancing—Advanced Class. 10:00-Bible Study 10:00-ExerciseWLois 10:00-GoldenAge 1:30-Acting Class</p>	<p><u>9</u> 8:15 am-Exercise</p>	<p><u>10</u></p>
<p><u>11</u></p> 	<p><u>12 Columbus Day</u> 8:15am-Exercise 9am-LineDance-Beginners 10am-LineDance-Advanced 10:30am-Yoga-\$10 1:00-Crochet 6:30-Bible Study</p>	<p><u>13</u> 9:00-Spanish Class 10am- Lois Exercise 10-12-Lynnw/BloodPre 12:00—Lunch—Bingo 1:00-Pottery-3rd Wk. 1:15pm-Canasta- Rm.103</p>	<p><u>14</u> 8:15 am-Exercise 1:00-Pottery-3rd Wk. 1:30-DominosNewCls</p>	<p><u>15</u> 9-10- Line Dancing-Advanced Class. 10:00-Bible Study-Lunch 10:00-ExerciseWLois 1:30-Acting Class</p>	<p><u>16</u> 8:15 am-Exercise</p>	<p><u>17</u></p> 
<p><u>18 - 25 FAIR WEEK</u></p>  <p><u>No Pottery this week.</u></p>	<p><u>19</u> 8:15am-Exercise 9am-LineDance-Beginners 10am-LineDance-Advanced 9:30-“AnnieGetYourGun”@Mary C.byWCUniv.\$12/person 10:30am-Yoga-\$10 1:00-Bridge 1:00-Crochet////////6:30-BibleStudy</p>	<p><u>20</u> 9:00-Spanish Class 10am-Lois Exercise 12:00—Lunch-Crime Stoppers-PoliceDept. WaysSrProtectThemSe 1:15pm-Canasta- Rm.103</p>	<p><u>21</u> 8:15 am-Exercise 10:00-BayAreaFood Bank-FreeHealthy Food Demo.Lunch will be provided.Call Resvs 1:30-DominosNewCls</p>	<p><u>22</u> 9-10- Line Dancing -Advanced Class. OLD SETTLERS DAY 10:00-Bible Study 10:00-ExerciseWLois 1:30-Acting Class</p>	<p><u>23</u> 8:15 am-Exercise 6:00pm—Lv Center MobileTheatreGuild “MyWay”-Music of OldBlueEyes. \$20/ea.</p>	<p><u>24</u></p> 
<p><u>25</u> 2:30-”Sweet Manna” Quartet Gospel Sing.From 1st Baptist-Vancleave.</p>	<p><u>26</u> 8:15am-Exercise 9am-LineDance-Beginners 10am-LineDance-Advanced 10:30am-Yoga-\$10 1:00-Crochet 6:30-Bible Study</p>	<p><u>27 Navy Day</u> 9:00-Spanish Class 10am- Lois Exercise 12:00Lunch-Entertain 1:00-Pottery-4th Wk. 1:15pm-Canasta- Rm.103</p>	<p><u>28</u> 8:15 am-Exercise LUNCH BUNCH. 1:00-Pottery-4th Wk. 1:30-DominosNewCls</p>	<p><u>29</u> 9-10- Line Danc-ing-Advanced Class. 10:00-Bible Study 10:00-ExerciseWLois 1:30-Acting Class</p>	<p><u>30</u> 8:15 am-Exercise 10am-2pm-FallDance w/DeucesWild..Lunch. UpbeatLineDancers! \$5.00/person. COME ON DOWN!</p>	<p><u>31 HALLOWEEN</u></p> 



# HEALTHY COOKING *with SNAP*

## FREE HEALTHY FOOD DEMO

### Do you want to:

- Save money on food?
- Make healthy meals?
- Learn a new recipe?
- Learn more about SNAP?

### During the demonstration participants will:

- Sample nutritious recipes.
- Learn how to prepare a new delicious recipe.
- Learn about nutrition needs for older adults.
- Learn how SNAP\* benefits work and how to qualify.

\*Supplemental Nutrition Assistance Program

Join us for a **FREE** healthy food demonstration.

**Pascagoula Senior Center**

**1912 Live Oak Avenue Pascagoula, MS 39568**

**October 21, 2015**

**10:00am**

**Contact Information- Pascagoula Senior Center, 769-8329 or**

**Bay Area Food Bank (228) 896-6979 Attn: Grace Darrow**

**[mssnapoutreach@bayareafoodbank.org](mailto:mssnapoutreach@bayareafoodbank.org) or [mjcaver@cityofpascagoula.com](mailto:mjcaver@cityofpascagoula.com)**



**[www.bayareafoodbank.org](http://www.bayareafoodbank.org)**



# Pascagoula Senior Center

## FALL DANCE PARTY

Friday, October 30

10am-2pm

Featuring

Deuces Wild and

The Upbeat Line Dancers

Enjoy Lunch, Dance Music

And Door Prizes

Tickets: \$5

*Get your tickets right away!*

*For more information call the Center, 769-8329*

**COSTUMES WELCOME!**

Pascagoula Senior Center

Presents:

## Sweet Manna

## Gospel Quartet

Home Church—Vancleave First Baptist

### Sunday, Oct. 25, 2:30pm

### At the Senior Center

1912 Live Oak Ave., Pascagoula, MS

Refreshments will be served

Call for more information: 769-8329

