

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

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October 2016

Dear Friends:

*What a great month we had in September with all the fun things going on! The trip to Bay St. Louis/Pass Christian was a tremendous hit with all who participated. Our Senior Center is so alive with activities for all retirees. Call us if you have an idea or desire for something we don't already offer.*

*We have some exciting activities throughout the month of October beginning with our Tuesday Lunch Programs. Fellowship begins at 11:00am. Everyone is expected to contribute towards the meal. Covered dishes are wonderful. We get TOO MANY bottles of soda. Plan to join us for lunch any Tuesday for wonderful fellowship and food with informative speakers and great entertainers.*

**Tues., Oct. 4 – Christiana with Plaza Community Living Center.** We will get information on various services offered there and they will bring dessert! Thanks, Plaza! **ALSO, David Manasco from South Mississippi Planning and Development District's "SHIP" Program** with updated Medicare information.

**Tues., Oct. 11 – Lynn with Deaconess** will be here for Blood Pressures and Bingo. Also, **Kellie from Ocean Springs Health and Rehab** who, together with **Chef Sam**, will provide **POT ROAST** for lunch! Thanks, OSHR!

**Tues., Oct. 18 – "Dr. Washington"** will be our guest following lunch (12:30pm) – Eric Washington, MD, renowned Orthopedic Surgeon will talk about protection and care of our "bones"! Entrée today is provided by **Riverchase Village**. Thanks, Tanita!

**Tues., Oct. 25 – Jody Ryder, Singing River Hospital's Hospice of Light.** Info on programs and services offered.

#### **FLU, PNUMONIA AND SHINGLES SHOTS**

Tuesday, October 18, beginning at 10am-11:30am.  
Provided by Rite-Aid. Bring Medicare Card.

**OLD SETTLERS DAY AT THE FAIR** – Thursday, October 20. Free Lunch for those age 70 and above. All Seniors will register or check in at the "TENT BETWEEN THE FAIR HALL AND THE END FOOD BOOTH"; same as last year – between 9:30am-11:00am. There will NOT be a program this year, however the Line Dancers will perform at Noon and again at 6pm on STAGE at the CIVIC CENTER as part of Old Settlers Day - then again FRIDAY EVENING, October 21- at 5pm.

**PET THERAPY** - It is an honor to announce our affiliation with new partners at our Senior Center. Help us welcome "Ray" and Friends with "Pet Partners". They are part of registered dog handling teams affiliated with Pet Partners. The

dogs and their handlers will visit us at the Senior Center on the first and third Tuesday of each month from 10am-11:45am, beginning October 4, then again on October 18. Thanks so much Carla Anderson for making this happen!

**BIBLE STUDY CLASS** – Two different classes are held weekly at the Center. Thursday mornings 10am, taught by Judy Caraway; Monday evenings 6:30pm, taught by James Miller. Join either class any time.

**YOGA** – Class meets each Monday from 10:30-11:30am, Room 103. Shawn Chappel, registered instructor. There is a fee.

**ACTING CLASS WITH MAC NELSON** - Class meets on alternate Thursdays from 1:30-3:30pm. There is a fee. Mac Nelson is instructor.

**LINE DANCING CLASS FOR BEGINNERS** – Class for beginners meets on Monday 9-10am. No fee.

**EXERCISE WITH LOIS** – Class meets each Tuesday and Thursday 10-11am. No fee.

**EXERCISE WITH NEIL AND ANNA** – Class is very low impact but a good cardio workout. Meets each weekday 8:15-9:00am. No fee.

**FITNESS ROOM** – 13 stations all with great benefits. Open Monday-Friday 7am-5pm. No fee.

**PET THERAPY** – First and Third Tuesday of each month 10-11:45am. Brought to you by Carla Anderson and friends

**POTTERS** – We are approaching a very busy time of the year for us all... Fall Festivals thru Christmas! Just remember the firing process still takes just as long to complete as when we are not as busy. Keep it coming, but be patient! Open pottery every day, all day, Monday-Friday, the whole month of October.

**AARP SAFE DRIVING CLASS** – Friday, October 14, 8:30am-12:30pm. Call Paul to register, 228-831-3199.

**AARP RECOGNITION LUNCHEON – Honoring Andrus Award Winner, Ms. Joyce Nelson.** Wednesday, October 5, 2016, 11am, Pascagoula Senior Center. Call Ivory Craig to pre-register, 866-554-5382.

**PASCAGOULA SENIOR CENTER'S FALL DANCE WITH LUNCH** – Friday, October 28. 10am-Noon \$5 each. Deuces Wild and the Upbeat Line Dancers.

Sincere THANKS to Danielle Lawrence for outstanding service to the SENIOR CENTER and THE CITY OF PASCAGOULA. Happy Trails to you and your family!

Sincerely, Melani Caver and the Senior Center Staff



# October 2016

Pascagoula Senior Center—769-8329



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Adopt a Shelter Dog Month!</b></p> 						<p><u>1</u> New Moon 8:00-5:00-ZONTA Downtown, Pascagoula</p>
<p><u>2</u></p> 	<p><u>3</u> 8:15am-Exercise 9am-LineDance-Beginners 10am-LineDance-Adv. 10:30-Yoga 1:00-Bridge —OpenPotry 1:30-Crochet -6:30BibleSt.</p>	<p><u>4</u> 9-10-Ctr.SngngGrp 10:00— LoisExercise 12:00-Lunch-PlazaCtr-Scvs. SouthMSPIng&amp;Dev.-Medicare 1:15pm-Canasta, 103 Open Pottery —10:00PetTherapy</p>	<p><u>5</u> 8:15 am-Exercise 10:00-Dominos 11:00-Fitness Orien. 11am AARP BANQ 1:00-4:00Bridge(2)tbls.</p>	<p><u>6</u> 9-10 Line DancinAdvCl 9:30-3:00-Bridge (1) Table 10:00-Bible Study- 10:00-ExerciseW/Lois Open Pottery till 4:00 4:30-7:30-Pottery I Class</p> 	<p><u>7</u> 8:15 am-Exercise</p> <p>Open Pottery</p> 	
<p><u>9</u> 1st Qtr.Moon</p> 	<p><u>10</u> ColumbusDay 8:15am-Exercise 9am-LineDance-Beginners 10am-LineDance-Adv. 10:30-Yoga— 1:30Crochet 6:30-BibleStudy. -OpenPoty</p>	<p><u>11</u> 9-10-Ctr.SngngGrp 10:00—LoisExercise 12:00-Lunc-h OSHealth-PotRoast BloodPressure-Bingo 1:15pm-Canasta, 103 Open Pottery</p>	<p><u>12</u> 8:15 am-Exercise 10:00-Dominos</p> <p>Open Pottery</p>	<p><u>13</u> 9-10 LineDancing-Adv 9:30-3:00-Bridge (1) Table 10:00-Bible Study 10:00-ExerciseW/Lois 11:00-Golden Age Club OpenPottery till 4:00 4:30-7:30-Pottery I Class</p>	<p><u>14</u> 8:15 am-Exercise 8:30am SAFE DRIVING</p> <p>Open Pottery</p> 	
<p><u>16</u> Full Moon</p> 	<p><u>17</u> 8:15am-Exercise 9am-LineDance-Beginners 10am-LineDance-Adv. 10:30-Yoga 1:00-Bridge--1:30-Crochet 6:30-BibleStudy—Open Pottery</p>	<p><u>18</u> 9-10-Ctr.SngngGrp 10:00-LoisExercise-AND SHOTS 12:00-Lunch—Dr.Washington,, OrthopedicSurgeon-BONES. 1:15pm-Canasta, 103 Open Pottery 10:00—PET THERaPY</p>	<p><u>19</u> 8:15 am-Exercise 10:00-Dominos 1:00-4:00 Bridge(2)Tables</p> <p>Open Pottery-</p>	<p><u>20</u> FAIR-OldSettlersDay 9-10 LineDanciAdv 9:30-3:00-Bridge (1) Tb 10:00-Bible Study 10:00-ExerciseW/Lois Open Pottery</p>	<p><u>21</u> 8:15 am-Exercise</p> <p>Open Pottery</p> 	
<p><u>23</u></p> 	<p><u>24</u> .8:15am-Exercise 9am-LineDance-Beginners 10am-LineDance-Adv. 10:30-Yoga 1:30-Crochet 6:30-BibleStudy.OpenPotry</p>	<p><u>25</u> 9-10-Ctr.SngngGrp 10:00— LoisExercise 12:00-Lunch-SngRvHospice. Info-ServicesOffered 1:15pm-Canasta, 103 Open Pottery</p>	<p><u>26</u> 8:15 am-Exercise 10:00-Dominos</p> <p>Open Pottery</p>	<p><u>27</u> 9-10 LineDanAdv 9:30-3:00-Bridge (1) Tb 10:00-Bible Study- 10:00-ExerciseW/Lois Open Pottery</p>	<p><u>28</u> 8:15 am-Exercise</p> <p>FALL DANCE 10am Open Pottery</p>	
<p><u>30</u></p> <p>New Moon</p>	<p><u>31</u> Halloween 8:15am-Exercise 9am-LineDance-Beginners 10am-LneDance-Adv.-OpenP 10:30-Yoga —1:00-Bridge 1:30-Crochet 6:30-Bbltudy.</p>	<p><b>The LORD is good, a stronghold in the day of trouble; and He knows those who trust in Him.</b></p> <p>—Nahum 1:7</p>				

# Pascagoula Senior Center

Presents Our

## FALL DANCE PARTY & LUNCH



Friday, October 28

10am-2pm

Featuring

Deuces Wild and

The Upbeat Line Dancers

Enjoy Lunch, Dance Music

And Door Prizes

Tickets: \$5



Happy Halloween

*Get your tickets right away!*

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

**COSTUMES WELCOME!**

