

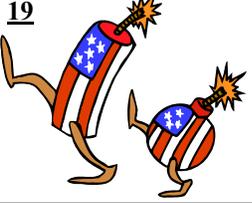


PASCAGOULA SENIOR CENTER

769-8329

JULY, 2014



 <p>America, America, God Shed His Grace on Thee. Oh Beautiful For Patriot Dream That Sees Beyond The Years. Thine Alabaster Cities Gleam Undimmed by Human Tears. America, America!</p>	<p>1 8:15am-Exercise <u>No-10am-Lois on vacation-</u> 12:00 Lunch.-BeachPark Picnic-COME ON DOWN. WaveYourFlag! 1:15-Canasta</p>	<p>2 8:15am-Exercise 9-11:30am SrFunTime 11:00am-FitnessOrient Health Plex 1:30-"Hachi-A Dog's Tale"-bring Kleenex.</p>	<p>3 8:15 am-Exercise 9:00am-Line Dance 10:00-Bible Study 10amSrExercisew/Lois</p>	<p>4 CENTER CLOSED</p> 	<p>5</p> 	
<p>6</p> 	<p>7 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga-\$10/Class 1:00-Bridge 1:00-Crochet 6:30 Bible Study</p>	<p>8 2ndTue.BldPress. 8:15am-Exercise 10am-Sr.Exercise w/Lois 12:00 Lunch-AscentAudiology Hearing. 1:15-Canasta 1:30-2:30-NEW-Silver Sneakers.</p>	<p>9 8:15am-Exercise 9-11:30am SrFunTime 10-11am-SilverSneaker Class-NEW 1:30-"Amish Grace"</p>	<p>10 New Pottery Class. 9:00am-Line Dance 10:00a.m. BibleStudy 10amSrExercisew/Lois <i>11:00-Golden AgeClub</i> 1:30-2:30-Silver Sneakers 2:30-3:30-ActingClass\$10</p>	<p>11 8:15 am-Exercise 10-11am NEW Program,SilverSneakers 12Noon-Pay and Pre- **Register for Wreath Classes. Last Day.</p>	<p>12</p> 
<p>13</p> 	<p>14 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga-\$10/Class 1:00-Crochet 1:30-WreathClass-\$20. 6:30 Bible Study</p>	<p>15 8:15am-Exercise 10am-Sr.Exercise w/Lois 11:00-Fellowship 12:00 Lunch.-GulfCoast Funeral Home 1:15pm-Canasta 1:30-2:30-Silver Sneakers</p>	<p>16 8:15am-Exercise 9-11:30am SrFunTime 9:30-WreathClass-\$20. 10-11am-SilverSneaker 1:30-"The Apple Dumplin'Gang"</p>	<p>17 8:15 am-Exercise 9:00am-Line Dance 10:00-Bible Study 10amSrExercisew/Lois 6:00pm-Lv.Ctr.Biloxi CtrStage-50'sPlay,\$20 1:30-2:30-SilverSneakers 2:30-3:30-Acting Class\$10</p>	<p>18 8:15 am-Exercise 10-11am-Silver Sneakers</p>	<p>19</p> 
<p>20</p> 	<p>21 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga-\$10/Class 1:00-Bridge 1:00-Crochet 6:30 Bible Study</p>	<p>22 8:15am-Exercise 10am-Sr.Exercise w/Lois 11:00-Fellowship 12:00 Lunch.-Audubon Society 1:15pm-Canasta 1:30-2:30 -SilverSneakers</p>	<p>23 8:15am-Exercise 9-11:30am SrFunTime 10-11-SilverSneakers 1:30-"Like Dandelion Dust"</p>	<p>24 8:15 am-Exercise 9:00am-Line Dance 10:00-Bible Study 10amSrExercisew/Lois 1:30-2:30-SilverSneakers 2:30-3:30-Acting Class</p>	<p>25 8:15 am-Exercise 8:30-LunchBunch-LvCtr-SURPRISE! \$20/person. 10-11am-Silver Sneakers</p>	<p>26</p> 
<p>27</p> 	<p>28 8:15am-Exercise 9&10am-LineDance 10:30am-Yoga-\$10/Class 1:00-Crochet 6:30 Bible Study</p>	<p>29 8:15am-Exercise 10am-Sr.Exercise w/Lois 11:00-Fellowship 12:00 Lunch.-BINGO-Ten (10) Games. 1:15pm-Canasta 1:30-2:30-SilverSneakers</p>	<p>30 8:15am-Exercise 9-11:30am SrFunTime 10-11-SilverSneakers 1:30-"Fly Wheel"</p>	<p>31 8:15 am-Exercise 9:00am-Line Dance 10:00-Bible Study 10amSrExercisew/Lois 1:30-2:30-SilverSneakers 2:30-3:30-Acting Class</p>	 <p>America, America, God Shed His Grace on Thee. And Crown Thy Good, With Brotherhood From Sea to Shining Sea. GOD BLESS AMERICA!</p>	

Pascagoula Senior Center
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July, 2014

Dear Friends:

“The Good Ole Summer Time” is here and the thermometer shows it! Make sure you get some exercise, however remember not to over-exert and stay hydrated by drinking lots of water.

“**SILVER SNEAKERS**” - A fitness program for senior adults is coming to Pascagoula Senior Center. We look forward to working with them to continue offering fitness and wellness opportunities to our participants. Fitness expert, Vincent Jackson, who has been with “Silver Sneakers” for 8 years, and in the fitness industry over 25 years, will lead classes. Days/Times: Morning Classes, Wed. and Fri, 10-11am and afternoon classes Tue and Thurs 1:30-2:30pm. Morning classes begin July 9, afternoon classes begin July 8.

ADULT ACTING CLASS – We are pleased to announce an opportunity that will be provided by a seasoned professional, Mr. Mac Nelson. Acting classes will be offered at the Senior Center on Thursday from 2:30-3:30pm, beginning July 10. Mr. Nelson holds a bachelor’s degree in Speech and Theatre from USM and has taught at Callaway High and Belhaven College. He has remarkable experience in TV, stage and movie industries as a performer and director in New York City and Los Angeles. Students will be exposed to a variety of skills with the ultimate goal of “putting on a community play”. Classes are \$10. Call the center, 769-8329, to register.

WREATH MAKING CLASS – Join us for a basic class in choosing materials and design. Class will use grape vine wreaths, mesh ribbon and popular summer colors. All supplies are included. Class date is Monday, July 14, 1:30pm and/or Wednesday, July 16, 9:30am. Cost is \$20 per person, per class and includes everything to bring home a finished, ready to hang wreath. Participants must pre-register and pay by Noon on Friday, July 11, for either class. Call to get on our list.

LUNCH BUNCH – Friday, July 25. We will leave the Center, about 8:30am, enjoy an outing, have a nice lunch and return mid afternoon. Cost is \$20 per person.

FALL TRIP – Washington DC. Oct. 9-15. We have a few spaces left! Balances due mid August. Cost: \$699

TUESDAY LUNCH PROGRAMS THIS MONTH:

Tuesday, July 1, Beach Park Picnic
Tuesday, July 8, Ascent Audiology Hearing
Tuesday, July 15, Gulf Coast Funeral Home
Tuesday, July 22, Audubon Society
Tuesday, July 29, BINGO, 10 games!

ASCENT AUDIOLOGY – Dr. Catherine will make things clear to understand and even offer private hearing screenings. Tuesday, July 8.

AUDUBON SOCIETY – Amanda Odom, the new girl at the Moss Point office, plans to solicit volunteers to “bird watch” and talk to us about nesting patterns on nearby beaches. Tuesday, July 22.

BLOOD PRESSURE SCREENINGS – Thanks to Singing River Hospital’s **HOSPICE OF LIGHT** for faithfully taking blood pressures the 2nd Tuesday of each month! See you on July 8!

THEATRE TRIP – Biloxi Center Stage presents: “How to Succeed in Business Without Really Trying” - A musical comedy from the 50’s. We are going on Thursday, July 17 (Opening Night); leaving here at 6pm. Cost \$20.

WEDNESDAY AFTERNOON AT THE MOVIES:

July 2 – “Hachi – A Dog’s Tale” – based on a true story.
July 9 – “Amish Grace” – Finding grace after a tragedy.
July 16 – “The Apple Dumplin’ Gang” – Yes, Don Knotts, Tim Conway and the rest in this classic comedy.
July 23 – “Like Dandelion Dust”; based on a novel by Karen Kingsberry. **July 30** – “Fly Wheel” – The first in the series from Michael Catt’s Georgia Church, Sherwood Baptist. We serve popcorn and soda and all movies begin at 1:30pm. Thanks, **Ernie** for lining up next month’s movies.

POTTERY – New classes begin July 10, and we are full. Call if you are interested in our NEXT session which will begin late August or early September. Congratulations to our recent grads who are all now in Level II; Sharon, Susan, Penny, Diane and Claudia! Thanks, Debbie Hodges for making this happen!

EVENING POTTERY – We have extended hours for “Open Studio” on Monday until 7:30pm. Come and play in the mud with old friends or meet new ones.

BON VOYAGE, CRUISERS! We wish Sarah Jim and everyone on the Cruise Ship going to Alaska next week a wonderful, safe and blessed trip!

The Center will be CLOSED FRIDAY, JULY 4, in honor of the USA’s Independence Day. God Bless America!

There will fireworks July 4, from Beach Park pier @ 9pm.

PASCAGOULA DAY AT THE WELCOME CENTER – What a blessing! We met, entertained and served folks from everywhere! The blessing? Them telling US what we, from Pascagoula, Mississippi, added to their trip with our “Southern Hospitality”. We’ve received “thank you notes” from all over! We were entertained by our own line dancers as well a group of singing Girl Scouts from Atlanta. Thanks to all who helped MAKE THAT DAY A BLESSING TO US AND ALL THE TRAVELERS WE MET!
Sincerely, Melani Caver and the Senior Center Staff