

**FITNESS AREA** – We have 12 stations including treadmills, stationary bikes, nusteps, ellipticals, and more. It is open Monday through Friday, 7am-5pm. There is no charge for using the area; however, everyone must have a current medical authorization. Minimal training is provided by SRH's Healthplex. This one-time, 15 minute training is done on Tuesdays from 8-10am at the Senior Center. The area is not monitored during workouts.

**EXERCISE** – We offer a 30 minute video tape of a cardio-vascular workout on Monday, Wednesday, and Friday mornings from 8:30-9am.

**LINE DANCING** – Beginners class meets on Monday from 9-10am. New students may begin at any time. Intermediate or performing class meets Monday 10-11am and Thursday 9-10am. Intermediates are often invited to perform at special events and the area Nursing Centers.

**POTTERY** – Classes for new students are offered periodically which include instruction and all supplies. Cost is \$35/5 weeks with use of equipment and firings included. We have day and evening classes.

**ARTS AND CRAFTS** – Wreath making, floral arranging, bow making, wood working and more. Call for current list of a variety of arts and crafts classes.

**CROCHET** - This is a gathering to share ideas and stitches. The ladies meet on Mondays at 1pm.

**DOMINOS** – Various times throughout the week.

**CANASTA** – The group plays on Tuesdays beginning at 1:15pm.

**BRIDGE** – Groups may call to check on availability.

**BIBLE STUDY** – We have a group that has been meeting together for years, and new folks may join any time. Topics vary but are bible-centered. The group meets Thursdays 10-11am.

**YOGA** – Class meets Thursday 2:00-3:00pm; there is a fee.

**TUESDAY COVERED DISH LUNCHEONS** – This is such good fellowship and each Tuesday we have a guest speaker or entertainer. It's a chance to prepare and bring your favorite dish and come and enjoy a great outing at our new center. 11:00am-1:00pm. Blessing, announcements and lunch is at noon.

**GOLDEN AGE CLUB** – This group has met since as far back as we can all remember on the 2<sup>nd</sup> Thursday of each month. It is a once-a-month covered dish luncheon that begins at 11am. They enjoy BINGO and fellowship!

**LUNCH BUNCH DAY TRIP** – Once a month we take off to various destinations that are enjoyable for groups and have lunch at a popular restaurant. This fills quickly! Register as soon as you get the monthly newsletter.

**SENIOR GROUP TRAVEL** – Trips are planned for 35-50 people to destinations throughout the continental US, Canada and the Caribbean. Motor coach or Cruise ship, we strive for the best for your travel dollar. Trips are planned for the Spring, Fall, and Christmas and fill quickly. Call us about upcoming trips.

**SENIOR JOB REGISTRY** – Offers senior adults registered with us the opportunity to go back into the work force. The registry also helps others find the help they need.

For more information or to express interest in a class or activity not offered, please call PASCAGOULA SENIOR CENTER – 228-769-8329 or 228-762-2290.