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May Day Trip

When: May 19th
Van Loading: 8:45AM
Van Departure: 9:00AM
Start Return to PSC – 1:45PM
Arrive at PSC – 2:15PM
Where: *Audubon Center (MP)*
Price: \$15.00 for Guided Bird
Walking tour and Native
Plant presentation.
(Fee Due by May 12)
Next, we'll have lunch at
Burnham's in Moss Point
Price: \$10.00 will have you
covered

*If you have trouble with
tight spaces or have a need to
bring a walker, scooter or
wheelchair, feel free to
follow us in your own vehicle!
The more the merrier! 😊



Pascagoula Senior Center

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Phone: 228-769-8329 Email: rhandler@cityofpascagoula.com

May 2023 Newsletter

* APRIL 2023 HIGHLIGHTS*

-Check out our Sponsor appreciation posts for the month of April on the "City of Pascagoula - Parks and Recreation" Facebook page! You'll find us thanking First Baptist of Pascagoula, Raising Canes, McAlister's Deli, Cigna and SMPDD. You will also see pictures of the Matter of Balance Class graduates as well as winners of the Egg-cellent Scavenger Hunt we held each week in April!

-We had an amazing fellowship together at our Easter Luncheon sponsored by First Baptist. The man of many talents, Don Smith, was tinkling the ivories (playing the piano) and letting smooth jazz flow over everyone in attendance.

-Our new Chair Yoga by Video Class has been promoting tranquility and flexibility. Come try it out!

-The Publisher of the Senior Bluebook guide came to talk about how to navigate the pages and find helpful community resources! She brought ice cream and toppings to share! What a sweet treat.

-We showed "The Man Called Otto" starring Tom Hanks in the Live Oak Room and served popcorn from our popcorn machine donated by East Central Soccer Club. The movie got 5-star reviews from those in attendance!

-Amongst other things, April was National Poetry Month and our Poetry and Tea Program was awesome, complete with poetry readings from Melany Carrasco, 2nd runner up in the Read-Out-Loud competition this year and Patty Butkovich of the southern branch of the MS Poetry Society. Others also had the opportunity to read their favorite poem or an original.

-Our "Succulent Art Project" was awesome. Seniors got to plant succulents and paint flower pots for themselves and Kare-In-Home patients.



-Henry Davis from Healthplex Spa came to give information about their services and how they can help with stress management.

(Highlights continued on next page)

Friday Movies in May:

Fatima (2020)

A trial of faith unfolds at the apex of World War I, when secrets are revealed to three courageous Portuguese children through a series of apparitions, while their doubting family and aggressive government officials try to silence them.

Elvis (2022)

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla.

Where the Crawdads Sing (2022)

Abandoned as a girl, Kya raised herself in the dangerous marshlands of North Carolina. For years, rumors of the marsh girl haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, she opens herself to a new and startling world. However, when one of them is found dead, Kya immediately becomes the main suspect. As the case unfolds, the verdict as to what happened becomes increasingly unclear, threatening to reveal many secrets.

I Wanna Dance With Somebody (2022)

Discovered by record executive Clive Davis, Whitney Houston rises from obscurity to international fame in the 1980s to become one of the greatest singers of her generation.

(Highlights continued)

-Seniors in our crochet class were invited to participate in making some items for our local cancer patients being treated at Singing River. Here are some of the creative creations. What a wonderful way to show care. Great job!



Upcoming Events/Special Programs:

***Note: Registration Fees are \$37.50 for new members who are Non-Residents from April 1-June 30. We also need ALL participants to call or stop by and make sure we have your 2023 Registration Form. Thank you in advance and a big thank you to those who have already completed this task!**

- We will be **closed** on **Monday, May 29th** for Memorial Day.
- **May 2** – Cinco de Mayo and Hurricane Preparedness Party 10:00am-1:00pm
- **May 2, 9, 16, 23, 30** - Chair Yoga
- **May 3, 10, 17, 24, 30** – Bingo Days! 1:00pm
- **May 4** – National Day of Prayer Open Mic 9-10am
- **May 16** – Mother's Day and Women's Health Luau at 11:30am (tentative)
- **May 17** – Art for Beginner's with Sarah Posey (\$20.00pp) (R.S.V.P. and pay fee by May 15)
- **May 19** – May Day Trip! (See the left side panel on page 1)
- **May 22** - Birthday Party for May Babies! @2:00pm



- **May 24** - Tech Day for Seniors (by appointment only) 30-minute sessions from 9:00am-4:30pm



- **May 30** – Free Art Project at 3:00pm after Bingo. Sponsored by Kare-In-Home



- **May 30** – Mental Health Program 2:15pm
- **May 31** – Memorial Day Cookout! 11:30am Sponsored by St. Joseph Hospice

May Luncheons:

Free for members this month! – Please RSVP so we can have a headcount.

May 2nd - 10:00am-1:00pm

Provided by TRIAD & Humana

“Cinco de Mayo and Hurricane Preparedness Party”

- Tacos
- Virgin Margaritas
- Door Prizes
- Games
- Pinata
- Music

May 16th - 11:30am

Sponsored by Cigna

“Mother’s Day and Woman’s Health Luau”

- Hawaiian Themed Food Items
- Drink
- Music

May 31st - 11:30am

Sponsored by St. Joseph Hospice

“Memorial Day Cookout”

- Hot dog/Hamburger
- Chips
- Cookie
- Drink
- Music

Weekly Programs:

***Monday Funday! Have Fun with one or more of these programs!**

- *Line Dancing* – Beginner - 9:00am/Intermediate - 10:00am.
- *Jewelry Making* – 10:00am
- *Mah Jong* – 1:00pm
- *Crochet* – 1:00pm

***Tuesday Chooseday! Choose one or more programs to join in on!**

- *Chair Yoga by Video* – 9:00am
- *Croquet* – 9:00am (*paused, will resume in warmer months*)
- *Exercise with Lois* – 10:00am (also on Thursdays)
- *Canasta* – 12:00pm and 1:00pm games

***Wednesday Friendsday! Grab a friend and hop right in!**

- *Pickleball* – 8:00am (also on Fridays)
- *Bingo* – 1:00pm
- *Bridge* – 1:00pm (*paused, call if interested*)

***Thursday Splurgeday! Splurge on fun with these activities today!**

- *Line Dancing* – 9:00am, Intermediate (also on Mondays)
- *Exercise with Lois* – 10:00am (also on Tuesdays)
- *Bible study* – 10:00am Thursday mornings (Accepting prayer requests)
- *Dominoes* – 1:00pm

***Friday Byeday! Goodbye weekday! Hello weekend!**

- *Pickleball* – 8:00am (also on Wednesdays)
- *Movie* – 1:00pm

What’s New/Reminders:

- **Attn: Gift Shop Vendors:** New items are needed in the gift shop! Thank you in advance.

- Members can get **FREE** greeting cards, masks and 2023 Calendars from our giftshop. (While Supplies Last)

- Croquet games on the lawn are still on pause.

- We are trying out a **NEW** program! Chair Yoga by Video, Tuesdays at 9am.

- **Attn: Gardeners:** Be sure to welcome our new Community Garden Member, Mr. Jerry Sims! He has plot #25.

- **Attn: Potential Gardeners:** We still have a few plots available for a limited time.

-Day Trips! Seats will be reserved for the first 12 to sign up, and those on the waiting list will be contacted to be given first choice for the next outing.

Spotlight on Staff:

To know her is to love her. Mrs. Stacy Chunn, our full-time Senior Center Assistant, works so hard to ensure you have your coffee and a smile. You have her to thank for the “Eggcellent Scavenger Hunt” last month! 😊



You see her at the center as she is dusting, mopping, sweeping, guiding, greeting, etc. Whenever she is near, she is there to lend a helping hand. Thank you Mrs. Janet Hurd! 😊



Letter from the Author:

Hello Everyone,

The month of May stopped in to say “It’s my turn!” Do you see the beautiful flowers popping out everywhere?

Did you know May is known for being Mental Health Awareness Month? Often, because of misconceptions about mental health and mental fitness, people suffer in silence and their conditions go untreated. If you are dealing with a lot mentally to where it is overwhelming sometimes, I want to encourage you to speak out. Take a load off. I don’t mean for you to go blaring your every thought and feeling to strangers, but communicate your feelings to someone who actually cares about you, like a friend or a loved one, even a pastor or a guidance counselor.

May is also the month that has a day set aside to honor our mothers or mother-like figures in our lives. All of our mothers are not still with us, but we have memories and pictures and stories we can share to honor those who have gone. Those that have mothers that are living will undoubtedly shower them with love and affection and appreciation. At least, that’s the idea. That’s the hope! We have many graduations to look forward to as well! Let’s support our children as they are the future.

Please don’t forget to sign up for the Smart Driver Course if you are desirous of a discount on your auto insurance! We are working hard to offer you great social outlets, recreational and educational programming. Things are picking up due to our outreach efforts and YOU! So we need you to continue to keep encouraging others in program participation! Let’s have a great month together as we attempt to keep our 55+ citizens S.A.F.E. (Savvy, Active, Fit, and Engaged)

Sincerely,

Rachel Chandler
Pascagoula Senior Center Coordinator

