



Pascagoula Senior Center

Mailing Address: P.O. Drawer 908

Location: 1912 Live Oak Ave., Pascagoula, MS 39568

Phone: 228-769-8329

Emails: rchandler@cityofpascagoula.com or schunn@cityofpascagoula.com

September 2023 Newsletter

August 2023 HIGHLIGHTS

- Shout out to our sponsors and speakers for the month of August! Thank you to Freedom Ranch, C Spire, T-Mobile, Cricket, Creative Women Enterprises, SRHS Behavioral Health, Lisa Scott, Mississippi Power, the Bass Family, Jim Treadaway, the Pascagoula Public Library, the Singing River Hospice of Light, Senior Medicare Patrol, Vital Caring, and Rob's BBQ on the Side!

- Last month was amazing. We are on a mission to continue to learn and grow. If you haven't joined us yet...we hope you think about joining us now! In this month of September, we have some awesome recreational, educational and social activities planned for you!

Below are some pictures of highlighted programs we had in August.



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Upcoming Day Trips

September DAY TRIP – Sept 29

Trip includes:

- Tour of the MS Shipbuilding and Maritime Center
- Lunch at Brady's (Cost depends on what you order)
- Tour of the River Art Gallery

More Trip Info:

- 9:45am – Departure from Senior Center
- 2:00pm – Approximate arrival back at the Senior Center



Call or email us at the center for more information.

Friday Movies in September:

Mrs. Harris Goes to Paris (2022)

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.

Murder Mystery (2019)

A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage. A chance encounter leads to them being framed for the murder of an elderly billionaire.

Murder Mystery 2 (2023)

Now private detectives launching their own agency, Nick and Audrey Spitz land at the centre of an international investigation when a friend is abducted.

Dog (2022)

With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Along the way, Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death, and learn to let down their guards to have a fighting chance of finding happiness.

Marry Me (2022)

Pop superstar Kat Valdez is about to get married before an audience of her loyal fans. However, seconds before the ceremony, she learns about her fiance's cheating ways and has a meltdown on stage. In a moment of inspired insanity, Kat locks eyes with a total stranger in the crowd and marries him on the spot. As forces conspire to separate the unlikely newlyweds, they must soon decide if two people from such different worlds can find true love together.

Upcoming Events/Special Programs:

***Note: The member registration fee for people who are Non-Residents joining from July 1-September 30 is \$25.00. We need to have a current (2023) Registration Form on file for all members. Thank you.**

- **September 1, 8, 15, 22, 29** – Art with Sarah Posey \$20pp 9:00am
- **September 5, 19** – Luncheon Programs 11:30am-12:30pm
 Sept 5 – Railroad Safety and Labor Day BBQ with Ben Bowden, Special Agent with CSX Railroad Police Department who will present Operation Lifesaver
 Sept 19 – Healthy Aging Luncheon with Keyonia Carter, Health Connect America presenting a program designed to strengthen our seniors and help them have the tools to not only survive but thrive! (see side panel on pg. 3 for more luncheon information)
- **September 6 and 20** – Free Self-Defense Class with Frank Bates 11:30am-12:30pm
- **September 6, 13, 20, 27** – Bingo Days! 1:00pm
- **September 7, 14, 21, 28** – Pickleball 101 with Ronnie Crocker at 12:00pm except for **September 14** it will be at 12:30pm
- **September 11, 18, 25** – Beginner Tai Chi Class with Don Smith 11:00am-11:30am
- **September 12** – Cake Walk! Entry fee – one cake (homemade preferred but store bought accepted) featuring DJ Sherman of Pascagoula Elks Club! Register in gift shop!
- **September 13** – **FREE** Wreath Design Class by Pascagoula Public Library, seats limited, supplies provided 2:30pm Register in the gift shop.
- **September 14** – Golden Age group invites you to bring a dish and feast, fellowship and to consider joining the club! 11:00-12:00pm
- **September 20** – Home Health and Hospice Fraud Talk with Senior Medicare Patrol 12:30pm
- **September 20** – Tech Day for Seniors with Ashley from the Pascagoula Public Library (30min pp) 9:00am-4:00pm
- **Sept 21** – Cake Decorating Classes **\$50 per person.** Max **10 people per class** 1:00pm-3:00pm for Seniors 55+ and 6:00pm-8:00pm for anyone 12+ (Instructor will be Torrenna Powell of Pink Mixer Baking Co.) Pay upon registration. Register in the gift shop.
- **September 26** – Line Dancing Social Hour 11:30am-12:30pm Featuring DJ Sherman and our Senior Line Dancers! Come have fun, be social and don't forget to dance! Drinks and chips provided, just bring your favorite dip!
- **September 27** – Birthday and Bingo! @12:30pm
- **September 29** – Day Trip! 9:45am-2pm (See the left panel on pg. 1)
- **October 19** – **Save the Date!** Our Senior Center Upbeat Line Dancers will be performing at the Jackson County Fair at 11:30am!

September Luncheons:

Free this month! – Please RSVP so we can have an accurate headcount.

September 5 - 11:30am

Rob's BBQ on the Side 😊

“Railroad Safety and Labor Day BBQ”

- BBQ ribs
- Sides
- Dessert
- Drinks
- Presentation – Operation Lifesaver
- Music

September 19 - 11:30am

Health Connect 😊

“Healthy Aging with Health Connect”

- Boxed Lunches
- Drinks
- Door prize
- Presentation – Health Connect
- 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
- *Tai Chi for Beginners* – 11:00am (NEW!)
- *Mah Jong* – (call for interest)
- *Crochet* – 1:00pm

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

- *Chair Yoga by Video* – 9:00am
- *Exercise with Lois* – 10:00am (also on Thursdays)
- *Canasta* – 12:00pm and 12:30pm 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* – 12:30pm

*Friday Byeday! Goodbye weekday! Hello weekend!

- *Pickleball* – 8:00am (also on Wednesdays)
- *Art Class* (with instructor Sarah Posey) – 9:00am (\$20 fee)
- *Movie* – 1:00pm

What's New/Reminders:

- **Attn: Gift Shop Vendors:** The Fall season is approaching fast. Please pick up your Spring/Summer items and bring in some fun Fall-themed ones. Thank you for your dedication to having a steady rotation of seasonal items to sale in our gift shop. Keep up the good work and creative flow!

- Members can get **FREE** greeting cards from our giftshop. (While Supplies Last. Also accepting unused greeting card donations.)

- Our **NEW** program, **Pickleball 101**, is now offered **Thursdays at 12pm**, except for September 14 it will be at 12:30 after Golden Age.

- **Attn: Gardeners:** Remember to keep your garden beds weeded down low so as to prevent snakes and other unwanted guests from creeping through high weeds unseen. Wood has been secured for bed replacement. They will be replaced as time permits.

- Fun instructional Art Classes are **every Friday** now for \$20 a session. Come feed the artist inside you and learn some awesome techniques!

-Day Trips! Seats are 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.

Senior Center Staff:

Mrs. Stacy Chunn
Senior Center Asst.



Mrs. Janet Hurd
Senior Center Worker



Letter from the Author:

Greetings Everyone,

I can feel it starting to cool down outside! (Or is that wishful thinking?)
Somebody tell God that whatever he is barbequing outside is Done! Haha!

Did you know that September is National Senior Center Month. We will be celebrating with different programs this month. Be sure to earmark your favorites and save the dates so you can come out and participate in the fun!

Keep spreading the word about our wonderful facility! We have so many new and awesome active members. Our Pottery Department is really rolling out some beautiful items.

We are constantly working towards providing you the outlets you need to thrive socially and recreationally. We welcome suggestions and ideas for program improvement and enjoyment. Also, if you have a skill you would like to learn or share and instruct people about, whether it be chess, drawing, sewing, etc. let us know and we will see how we can help. Our goal is to keep our 55+ citizens S.A.F.E. (Savvy, Active, Fit, and Engaged) Thanks for all the positive feedback!

Sincerely,

Rachel Chandler
Pascagoula Senior Center Coordinator

