



PASCAGOULA SENIOR CENTER
228-769-8329 , 228-762-2290
ahuyett@cityofpascagoula.com
P.O. Drawer 908 1912 Live Oak Ave.
Pascagoula, MS 39568

The City of Pascagoula is quite proud of programs, activities and services offered for our SENIOR POPULATION. We are taking full advantage of being in our spacious, brand new, state-of-the-art, multi-million \$ facility located on the EAST end of LIVE OAK AVENUE. Activities planned at **PASCAGOULA SENIOR CENTER** are available for anyone age 55 and older. **All participants must complete our registration process including non-resident fees.** Our staff looks forward to providing the very best in leisure activities for continued development of your mind, body and spirit. Monthly newsletters are sent out and posted on the City's web page: Follow us at www.cityofpascagoula.com

FITNESS AREA - Thanks to SRHS 's Healthplex, we have 12 stations including treadmills, stationary bikes, Nusteps, ellipticals and more. It is open Monday thru Friday, 7am-5pm. There is no charge for using the area, however everyone must have a current medical authorization and a very minimal training provided by **Singing River Hospital 's Healthplex. The one-time training is the first Wednesday of each month at 11 am.** The area is NOT monitored during workouts.

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

EXERCISE - We offer a 30 minute video tape of a cardio-vascular workout on Monday, Wednesday and Friday mornings from 8:15 - 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. They enjoy a quarterly luncheon.

CROCHET - This is a gathering to share ideas and stitches. The ladies meet on Mondays at 1:30.

AEROBIC EXERCISE CLASS - Meets Tue. and Thur. 10am; Lois Horn instructs.

BRIDGE - We have different groups; 1-4 tables that meet Monday - Thursday. Call to be listed.

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

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 center. 11:00am-1:00pm. Blessing, announcements and lunch 12N.

WEDNESDAY AFTERNOON AT THE MOVIE
 We show all the recently released movies each Wednesday. Showtime is 1:30pm

PICKLE BALL - We meet Wednesday's 9:30am call for more information.

BIBLE STUDY - New folks may join any time. Topics vary but are bible-centered. The group meets Thursdays 10-11am with Judy Caraway or Monday 6:30-7:30pm with James Miller.

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

DOMINOS - Fri., 10:00am. Join any time.

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.

SENIOR ADULT CHOIR - Tuesday, 3:30p m.
 Sandra Yelder, Director; Linda Whirl, pianist.

POTTERY - Classes for new students are offered periodically which include instruction and all supplies. Cost is \$50/5-6 weeks with clay, use of equipment, and firings included.

Pottery

Call about Classes or Studio Time.
 Join us @ "STUDIO 129".
 Learn the lat est in HAND BUILDING.
 We LOVE OUR POTTERS!



Do you have a talent to share teaching a class? Call us for a rewarding experience!

For more information or to express interest in a trip, class or activity not offered, please call **PASCAGOULA SENIOR CENTER, 228-769-8329** or email ahuyett@cityofpascagoula.com



SENIOR CENTER STAFF - Alma Huyett and Debbie Hodges, We love appreciate and depend on our wonderful, VOLUNTEERS!

Do you have a talent to share? Call us!



On stage and in action, the ever popular "Upbeat Line Dancers"



Arts and Crafts are quite popular!



Fitness - a priority around here! Thank you, Singing River Health Systems and Healthplex!

We are always interested in working with groups and companies as sponsors. Call us and let's compare ideas to benefit you and our seniors!



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Call or email us for Information on Programs,
Activities and Services Offered For Senior Adults
Age 55+.



Are you interested in renting our party and/or business spaces? Available weekdays, evenings and weekends.

For more information please give us a call!

