



February 2019



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 Walk it out Fitness 8:30 am Meditation Class 10:30 am Line Dance 1:00pm <i>*BUNCO 1:30 pm</i>	2
3	4 Men's Coffee Group 8:00 am Senior Power Fitness 9:00 am <i>*Pokeno 1:00 pm</i>	5 Weekly Bible Study 8:00 am Chairiobics 9:00 am Dominoes 1:00 pm Round Dance 5:30 pm Square Dance 7:00 pm	6 Senior Power Fitness 9:00 am Music Group 10:00 am Line Dance 1:00 pm Crochet Club 1:00 pm Mexican Train Dominoes 1:00 pm	7 <i>*Purchase Lunch Tickets 9:00am</i> Hand and Foot 1:00 pm Bridge 1:00 pm <i>*1st Thursday (Brandon) 11: 00 am</i>	8 Walk it out Fitness 8:30 am Meditation Class 10:30 am Line Dance 1:00pm	9
10	11 Men's Coffee Group 8:00 am Senior Power Fitness 9:00 am	12 Weekly Bible Study 8:00 am Chairiobics 9:00 am <i>*Ceramics 10:00 am</i> Dominoes 1:00 pm Round Dance 5:30 pm Square Dance 7:00 pm	13 Senior Power Fitness 9:00 am <i>* Arts and Crafts 10:00 am</i> Music Group 10:00 am Line Dance 1:00 pm Crochet Club 1:00 pm Mexican Train Dominoes 1:00 pm	14 Hand and Foot 1:00 pm Bridge 1:00 pm <i>*Sweetheart Dance Social 1:00 pm</i>	15 Walk it out Fitness 8:30 am Meditation Class 10:30 am Line Dance 1:00pm	16
17	18 Senior Center Closed in Observance of Presidents Day!	19 Weekly Bible Study 8:00 am Chairiobics 9:00 am <i>*Mosaics 10:00 am</i> <i>*Gun Safety Class Part 2 1:30 pm</i> Dominoes 1:00 pm Round Dance 5:30 pm Square Dance 7:00 pm	20 Senior Power Fitness 9:00 am Music Group 10:00 am Line Dance 1:00 pm Crochet Club 1:00 pm Mexican Train Dominoes 1:00 pm	21 <i>*Monthly Luncheon 11:30am</i> Hand and Foot 1:00 pm Bridge 1:00 pm	22 Walk it out Fitness 8:30 am Meditation Class 10:30 am Line Dance 1:00pm	23
24	25 Men's Coffee Group 8:00 am Senior Power Fitness 9:00 am <i>*Monday Movie & Munchies 1:00 pm</i>	26 Weekly Bible Study 8:00 am Chairiobics 9:00 am <i>*Lunch and Learn 11:30am</i> Dominoes 1:00 pm Round Dance 5:30 pm Square Dance 7:00 pm	27 Senior Power Fitness 9:00 am Music Group 10:00 am Line Dance 1:00 pm Crochet Club 1:00 pm Mexican Train Dominoes 1:00 pm	28 <i>*Birthday Bingo 1:00 pm</i> Hand and Foot 1:00 pm Bridge 1:00 pm		

Senior Services OF PEARL, MS

“ Be active, be involved and remember 55 is just the beginning ”

February 2019

Monthly Luncheon

February 21, 2019 - 11:30 am

Tickets: \$5.00

“He is not just a Meteorologist!”

This month our guest speaker will be Dave Roberts. He came to Mississippi 25 years ago and was one of the youngest Chief Meteorologists in Jackson in the history of television. With just a few more gray hairs these days, he's happy to call Mississippi home. "I've always had a passion for Mississippi weather," said Dave. "This is a place of extremes and it's always interesting." Dave not only loves the weather here, but he enjoys the friendly people; and the fact that you can't find a bad meal in Mississippi. He always loves trying new places, so be sure to tell him about the ones you come across. Dave has both AMS & NWA Seals of Approval. His favorite season in Mississippi is winter, but nowhere else would he say that. "Sometimes you need a jacket, sometimes you need shorts," Dave added. He's an outdoors type person, loves animals and used to be a farmer. Dave is the Chief Meteorologist for WLBT and Fox 40. You can see his forecasts weeknights on both stations.

Tickets will be available for purchase February 7th at 9:00 am.

Pearl Senior Center will be CLOSED

February 18th in observance of
Presidents Day!

Lunch and Learn

February 26, 2019 - 11:30 am

Healthy Living

HealthPlus Pharmacy will be here on February 26th to talk with you about healthy living, exercise and nutrition. If you have any questions or concerns about your prescriptions, you may bring them you.

Lunch will be provided by
Tropical Smoothie Café and Pizza Inn.

Please sign-up by February 22nd at noon.

Arts and Crafts

February 13, 2019 at 10:00 am

Charming One -of -a -Kind Necklace

Cost: \$10.00

Come join Angela to make a charmed necklace for Valentine's Day. **Please sign - up to attend.**
Class is limited to 12 people.

Gun Safety Class (Part 2)

February 19, 2019 - 1:30 - until

Jim Brown with the Pearl Police Department will provide a hands on training with basic knowledge of firearm safety. This class will be a open discussion with class interaction encouraged. The goal by the end of the class is to give you more confidence in using your firearms safely and properly.

DO NOT bring your personal firearms to the class.

PLEASE SIGN -UP to ATTEND this CLASS!



Sweetheart Dance Social

February 14, 2019 - 1:00 pm - 4:00 pm



Bring your sweetheart or just a friend to dance, and have fun this Valentine's Day. We will have a DJ to play some of your favorite dancing tunes.

Allwell from Magnolia Health will provide some sweet treats, and we will provide drinks. If you would like to bring a snack to share please let us know.

Please sign - up to attend!

Happy Valentine's Day!

Happy Birthday to Our Friends

2 Annette Lott	14 Mack Presley
2 Dorothy Bruff	14 Gloria Kenny
2 Beverly Holmes	16 Bobbie Long
3 Elsa Baughman	16 Sherry Essington
4 Judy Chatham	16 Phyl Icomb
4 Glenn Couch	17 Wanda Palombo
6 Jolie Walkenhorst	17 Ellen Upton
7 Shelby Donald	17 Barbara Sherman
7 Kathy Slade	18 Rachel Matthews
7 Susan Newton	19 Betty Fairchild
8 Sharon Hoffman	19 Mary Cannon
9 Geneva French	20 Susan Eckels
9 Audean Page	20 Betsy Miller
11 Joyce Palmer	21 Hilda Nichols
11 Joan Oliver	21 Frances Atkinson
11 J.W. Lloyd	21 Bobbie Roe
11 Edith Lovitt	22 Linda Powe
11 Ilava Rouse	22 Esther Shotts
12 Sue Watts	23 Ethel Pickens
12 Jeanette Calcote	23 Luther Steverson
12 Sandra Norris	25 Vern Price
13 Helen Rhodes	25 Jeffery Spears
13 Archie McKay	25 Sue Michael
13 Betty Lloyd	26 Merle Kendrick
14 Joyce Arender	27 Janice White

27 Carolyn Rehm
28 Helen Ezell
28 Winnie Collum



Birthday Bingo

Bash

February 28, 2019
1:00 pm

Sponsor:

Lakeland Nursing and
Rehab

Please sign-up to attend
this event. We would not
want to run out of
refreshments!

Happy Birthday to Our Friends!

Monday Movie & Munchies

February 25, 2019 - 1:00 pm

Featuring: "Dumplin"

To prove a point about
measuring up and fitting in Texas teen
Willowdean Dickson enters a local
pageant ran by her ex beauty queen
mother. **Please sign up to attend!**



Hot Topic Thursday

Location: Brandon Senior Center

Date: February 7, 2019

Time: 11:00 am

Speaker: "What's Important to
Me..." A fun and lighthearted
discussion on living the way we
want and making the decision we
need.

Reservations required!

Contact: Pearl, Brandon, or
Richland Senior Center

Activities and Information Box

February 1st:

BUNCO at 1:30 pm
Please sign-up to attend!

February 4th:

Pokeno at 1:00 pm
(Sponsored by The WaterFord)

February 12th:

Ceramics at 10:00 am

This will be Ms. Linda's last month to be
here. She will be moving away! We would
like to show our gratitude and appreciation
by having some refreshments during class
this month. We ask that you bring a small
snack to help us with this gathering.
Thanks!

Please sign - up to attend.

February 19th :

Mosaics at 10:00 am

We will be celebrating two holidays this
month so Ms. Wanda will bring hearts and
Mardi Gras mask that will be priced at
\$10.00 a piece. She will also bring other
items to create for \$5 - \$15.

Please sign-up to attend.

Line Dance Class:

Wednesdays and Fridays at 1:00 pm
Dance taught this month "Donjam"

Spring Craft Fair:

May 2019

Keep Pearl Beautiful:

We are still collecting gently worn shoes.
NO Flip Flops please!

Can Goods:

Please continue to bring in your can goods
to help stock our local food pantries.

City of Pearl Senior Adult Program
110 Valentour Road
P.O. Box 5948
Pearl, MS 39288-5948
601-863-3229

Office Hours:

Monday-Friday 7:30am - 4:30pm

Phone: 601-863-3229



Pearl Senior Adult Programs

Weekly Bible Study

Tuesday's 8:00am

Come join **Pastor John Day** and his wife **Karen Day** as they continue to enjoy leading Bible Study for us. We have had many of seniors to compliment how comprehensive and awesome they present the word. Come join us on Tuesday morning for a devotion. Coffee and a light breakfast snack will be served.

Ranch House Opry

February 16, 2019 - 6:30 pm

Cost: \$5.00

Location: Pearl Community Room

Please DO NOT sign up for activities until February 1st at 8:00am

SIGN UP

A Matter of Balance

This past September, Keisha attended a class to become a training coach for **A Matter of Balance...Managing Concerns about Falls**. She is required to teach at least 2 Matter of Balance classes each year. This year she will be coaching a class in April and June. She must have at least 8 -12 participants in each class. Participants who sign up must commit to at least 5 of the 8 sessions, for 2 hours per day. It is expected that medical appointments and other unexpected situations will occur. These classes are 8 week group training classes that emphasizes practical ways to reduce fear of falling and increase activity levels. The program is designed for senior adults who: Are concerned about falls, have sustained falls in the past, restricted to activities because of concerns about falling, and are interested in improving flexibility, balance and strength.

April

Mondays: 8th,15th, 22nd, 29th

Wednesdays: 10th,17th, 24th, **May 1st**

June

Mondays: 3rd,10th,17th,24th

Wednesdays: 5th,12th,19th, 26th

Time: 1:00 pm - 3:00 pm