

# MARCH 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 Walk it Out Fitness 8:30am <i>*Meditation Class</i> 10:30 am Line Dance Class 1pm <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 8am Chairobics 9:00 am <i>*Lunch and Learn 11:30 am</i> Dominoes 1:00 pm Square Dance 5:30 pm Round Dance 7:00pm	6 Senior Power Fitness 9am <i>*Music Group 10:00am</i> Line Dance 1:00 pm Crochet Club 1:00 pm Mexican Train Dominoes 1:00 pm	7 <i>*Purchase Lunch Tickets</i> 9:00am Bridge 1:00 pm Hand and Foot 1:00 pm	8 Walk it Out Fitness 8:30am Line Dance 1:00 pm	9
10	11 Men's Coffee Group 8:00 am Senior Power Fitness 9:00 am	12 Weekly Bible Study 8am Chairobics 9:00 am Dominoes 1:00 pm <i>*Ceramics 1:00 pm</i> Square Dance 5:30 pm Round Dance 7:00pm	13 Senior Power Fitness 9am Line Dance 1:00 pm Crochet Club 1:00 pm Mexican Train Dominoes 1:00 pm	14 Bridge 1:00 pm Hand and Foot 1:00 pm	15 Walk it Out Fitness 8:30am <i>*Meditation Class</i> 10:30am Line Dance 1:00 pm	16
17	18 Men's Group Coffee 8:00 am Senior Power Fitness 9:00 am	19 Weekly Bible Study 8am Chairobics 9:00 am <i>*Mosaics 10:00 am</i> Dominoes 1:00 pm Square Dance 5:30 pm Round Dance 7:00pm	20 Senior Power Fitness 9am Line Dance 1:00 pm <i>*Music Group 10:00 am</i> Crochet Club 1:00 pm Mexican Train Dominoes 1:00 pm	21 <i>*Monthly Luncheon</i> 11:00 am Bridge 1:00 pm Hand and Foot 1:00 pm	22 Walk it Out Fitness 8:30am Line Dance 1:00 pm	23
24 /	25 <i>*Dance Tickets Available ( Pearl &amp; Richland )</i> Men's Group Coffee 8:00am Senior Power Fitness 9:00 am <i>*Monday Movie &amp; Munchies 1:00 pm</i>	26 Weekly Bible Study 8am Chairobics 9:00 am <i>*Lunch &amp; Learn 11:30 am</i> Dominoes 1:00 pm Square Dance 5:30 pm Round Dance 7:00pm	27 Senior Power Fitness 9am Line Dance 1:00 pm Crochet Club 1:00 pm Mexican Train Dominoes 1:00 pm	28 <i>*Birthday Bingo 1:00 pm</i> Bridge 1:00 pm Hand and Foot 1:00 pm	29 Walk it Out Fitness 8:30am Line Dance 1:00 pm	30
31						

# Senior Services OF PEARL, MS

## March 2019

### Monthly Luncheon

March 21, 2019 - 11:00 am - Cost: \$5.00

### Tea for Three: Lady Bird, Pat and Betty

By Eric Weinberger and Elaine Bromka

Tea for Three is Presented by The Center Players Community Theatre of Madison, MS and produced by special arrangement with THE DRAMATIC PUBLISHING COMPANY, Inc. of Woodstock, Illinois. The characters featured are Kathryn Dawkins as Lady Bird Johnson, Wendie Sheppard as Pat Nixon and Betty Jo Mahaffey as Betty Ford. The play synopsis is as follows: What is it like for a woman when her husband becomes the president of the United States and she is thrust into the spotlight? This witty, sly and deeply moving show explores the hopes and fears of Lady Bird Johnson, Pat Nixon and Betty Ford. In three scenes taking place in the family quarters of the White House, each of the women confides to the audience. Secrets are spilled about their husbands rise to power, their romances with the men and their paths as wives in the White House. Each of the three portraits becomes intimate as the women wrestle with what Pat Nixon called "the hardest unpaid job in the world."

Tickets are available Thursday March 7th starting at 9:00 am. Also, the time will change this month for the luncheon. It will start at 11:00 am. Please be sure to notice the time change!

### Upcoming Events

#### Bridge Tournament

The Pearl Senior Center will be hosting their 2nd annual bridge tournament on **June 11th & 18th**. DO NOT let the word "TOURNAMENT" scare you away, it is just for FUN! Please sign up by contacting the Pearl Senior Center at 601-863-3229 or our bridge coordinator Roberta Welch at 601-750-1275.

Cost: \$10.00 (for 2 days) Time: 10:30 am - 3:30 pm

Deadline to sign up: May 31, 2019

#### Motivated to Live a Better Life

##### "Sick and Tired of Being Sick and Tired"

Central Mississippi Planning and Development District will be providing a workshop to help guide those who live with chronic conditions one step at a time. This is a 6 week workshop, classes will be held every Tuesday in April and the first Tuesday in May from 1:00 pm until 3:30 pm.

This class is for everyone! Chronic Health conditions can lead to limitations in work, recreation, home activities and basic self-care. This workshop is designed to help you learn how to deal with the symptoms and how to design your own self-management. **Please sign up by March 22nd, by contacting Ms. Tara Jones-Cooper at 601.321.2183 or Brenda Knott 601.981.1511. You could also contact the Pearl Senior Center.**

#### Swinging into Spring Dance

April 11, 2019 - 6:00 pm - 8:30 pm

Tickets available for purchase **March 25th** at Richland and Pearl Senior Center.

**Location:** Pearl Senior Center

**Entertainment:** XtremeZ Band

**Cost:** \$5.00



#### A Matter of Balance

This past September, Keisha attended a training class to become a 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 ( Spots are FULL ) - 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

#### The Bobby Peoples Gold Coast Blues Festival

March 30, 2019

**Location:** Pearl, MS ( South grounds of Bass Pro Shop )

## Happy birthday to our friends!

- |                       |                      |
|-----------------------|----------------------|
| 1 Sybil Brooks        | 19 Nellie Burnside   |
| 2 John Sandifer       | 19 Rose Lynch        |
| 3 Richard Donald      | 19 Joyce Niskala     |
| 3 Linda Holmes        | 20 Brian Macke       |
| 4 Ella Childress      | 20 Sandra Gilbert    |
| 4 Dorothy Patterson   | 21 Sadie Shirley     |
| 4 JoAnn Johnson       | 21 Jamie Moak        |
| 5 Editha Martin       | 21 Patty Foy         |
| 6 Brenda Odum         | 23 Joyce Page        |
| 6 Carol Wooley        | 23 Virginia McGee    |
| 6 Jan Guyse           | 24 Kathy Young       |
| 7 Lavern White        | 24 Marie Johnson     |
| 7 Cleo Pigg           | 26 Davis Burrows     |
| 8 Pam Cade            | 26 Lindy Chestnut    |
| 9 Pat Easley          | 27 Suzette McInnis   |
| 9 Linda Germany       | 27 Betty Jeffcoats   |
| 10 Betty Cumberland   | 27 Lucy Johnson      |
| 10 Geraldine Reeves   | 28 Jackie Smith      |
| 10 Bettie Martin      | 28 Lou Alfred        |
| 10 Kennie Underwood   | 28 Donna Harvey      |
| 11 Shirley Cumberland | 29 O'Nell H. McCain  |
| 11 Betty Lee          | 29 Sandford Wilson   |
| 11 Jeanette McClain   | 29 Paul Bates        |
| 12 Delois Owen        | 30 Joseph Warrington |
| 12 Betty Luke         | 31 Ella Perry        |
| 13 Annette Creel      |                      |
| 13 Neva Laseter       |                      |
| 14 Barbara Allen      |                      |
| 14 Laura Mann         |                      |
| 15 Brenda Wall        |                      |
| 15 Diana Israel       |                      |
| 16 Patricia Thomasson |                      |
| 16 Johnny Pennington  |                      |
| 16 Linda Goodman      |                      |
| 17 Patricia Whitney   |                      |
| 18 Wylma King         |                      |
| 18 Barbara White      |                      |
| 19 Marie Rush         |                      |
| 19 Sue Nelson         |                      |



### Birthday Bingo Bash

March 28, 2019 at 1:00 pm

Sponsor: **PAX Hospice**

Please sign up to attend this event. We wouldn't like to

run out of refreshments and/or seats. Please wear

**GREEN** to celebrate St. Patrick's Day.

## Informative Tuesdays

### Lunch and Learn

March 5, 2019 at 11:30 am

#### " Fat Tuesday Food for Thought "

Join Wright & Ferguson for a lunch and seminar about advanced planning. Pre-planning allows you to take control and ensures your wishes will be acted upon when the time comes. This is a seminar for those that currently have no plans in place and want information about taking the steps to having a peace of mind. We will also be celebrating "Fat Tuesday."

Lunch and king cake will be provided, but you must have reservations to attend. **CALL TO SIGN -UP NOW!** Space is limited.



### Lunch and Learn

March 26, 2019 at 11:30 am

#### Topic: " The Value of Wellness and Staying Fit "

We will have Gus McCoy the Market Manager for MS (Medicare) with Allwell insurance and Timothy Quinn a local doctor in Jackson to speak to us about The Value of Wellness and Stay Fit. This will be a very interactive and informative presentation.

#### About Dr. Quinn:

Dr. Timothy Quinn, M.D., practices family medicine and is the Medical Director and Owner of Quinn Healthcare, LLC located in the Metro Jackson community of Ridgeland, Mississippi. With over 10 years in private practice, Dr. Quinn is a community leader and public figure whose primary focus and emphasis is on educating his patients and the public to create healthy life long habits. His vision and leadership is helping Mississippians learn how to begin healthy living by maintaining a healthy diet, developing a regular physical fitness routine resulting in overall mind, body and soul wellness. **CALL TO SIGN-UP NOW!** Space is limited.

The deadline to sign-up is Friday, March 1st.

### Monday Movie and Munchies

March 25, 2019 - 1:00 pm

Featuring: **Green Book**

Rated: **PG-13**

Bouncer Tony Lip is hired by African-American musician Don Shirley to chauffeur him around the Jim Crow South in 1962 for an eight-week concert tour. The mismatched men form a friendship as Tony learns first-hand the racism Don must endure to perform.

Please sign up to attend!



*" Be active, be involved and remember*

*55 is just the beginning "*

City of Pearl Senior Adult Programs  
110 Valentour Road  
P.O. Box 5948  
Pearl, MS 39288-5948

**Office Hours:**

Monday— Friday  
7:30am - 4:30pm

**Phone:**

601-863-3229



**Pearl Senior Adult Programs**

**Weekly Bible Study**

Tuesday's at 8:00 am

Come join Pastor John Day and his wife Karen Day as they continue to lead a great devotion for our seniors. Coffee and a light breakfast snack will be served .

**Ranch House Opry**

March 16, 2019 - 6:30 pm

Cost: \$5.00

Location: Pearl Community Room

Please sign up for activities starting

**March 1st**

**SIGN UP**

**Senior News!!!!**

**Pokeno:** March 4th at 1:00 pm - Sponsored by, First Name Basis

**Ceramics :** March 12th at 1:00 pm - Please help us welcome our new Ceramics teacher this month. We are changing the time to 1:00 pm. Please sign up to attend!

**Mosaics:** March 19, 2019 at 10: 00 am - Please sign up to attend!

**Line Dance Class:** Wednesday & Friday at 1:00 pm

Dance taught this month: **Driftwood**

**Meditation Class:** 1st and 3rd Friday at 10:30 am

This exercise is often described as giving the human body renewed energy, clarity of the mind, and overall health with consistent practice. The exercises and meditation can be done by persons of any age, fitness level, or background. Come give it a try !

**Music Group:** 1st and 3rd Wednesday at 10:00 am