

# Gautier Senior Center

City Park – 914 De La Pointe Dr. Gautier, MS

228- 497-5189

July 2014

## NEWSLETTER

Annual 4<sup>th</sup> Of July

Fish Fry

July 16<sup>th</sup>

11:30AM

Please no take out until all there as had the chance to eat,

Volunteer Coordinator Jan McQuillen  
Call 228-497-5189 for more information on ongoing and upcoming activities

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**Watercolor Classes** – Tuesday Mornings  
Call – Wanda McKissack for more information  
228-497-5681  
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**Line Dancing** – Thursday Mornings  
8:30am – 9:30am  
Call Dennis for more info 228-623-8058  
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**BINGO**  
**THURSDAY MORNINGS 10AM**  
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Membership is FREE

Come by the center or on the City Website for application. Applications can be turned in at the senior center Mondays & Thursdays 9am- 1pm

Rental Application can be picked up at the center  
Call Jan for times and more information 627-1275

Committee Meeting Wed. July 9<sup>th</sup> 9:30 am  
Our Senior Center Yard Sale is July 19<sup>th</sup> there are still several spaces available, if you would like a table give Jan a call at 228-627-1275  
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### Fitness Class Information for Gautier Senior Center

**What:** Senior Fitness Classes to include Zumba (Basic & Lite) and Senior Strength (Silver Sneakers) Classes will be 35-45 minutes long.

**Who:** Classes are open to both Healthways – Silver Sneakers Eligible participants and Non-Healthways participants. Insurance will be verified by the member presenting their Healthways Insurance Card.

**Cost:** Non Healthways participants will pay \$15.00 per month. This will be due during the first week of classes of each month. Participants who miss the first week can pay when they do come in, but will not be prorated.

New Participants Intial payment can be prorated down to \$10.00 the first month if the participants signs up after the 15<sup>th</sup> of the current month.

Healthways eligible participants Insurance will be billed for classes attended. Healthways participants must sign the roster sheet for each class attended.

New Participants/Guest first class is free. Guest may attend classes with current participants at a cost of \$3.00 per class.

A Guest is defined as anyone who has attended the first free class and has returned for additional classes but does not want to sign up for the monthly rate.

Monthly Fee allows participant to attend as many/few classes as they wish. Class requirement is at least 10 participants per class(avg) to keep it on the schedule for the following month.

**When:** Senior Strength – Monday & Wednesday 10am  
Tuesday & Thursday 2pm

Senior Zumba – Monday & Wednesday 11am (lite)  
Tuesday & Thursday 1pm (Basic)

**FREE TRIAL OF ALL CLASSES WILL BE HELD ON  
MONDAY JUNE 30<sup>TH</sup> @10AM SHARP**

**Participants should wear proper fitness apparel to include appropriate footwear ( tennis shoes with a closed heel) A small towel to wipe away sweat is also recommended. A bottle of water is also recommended to maintain proper hydration.**  
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# July 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 4 <sup>TH</sup> OF JULY HAVE A SAFE HOLIDAY	5
6	7 Senior Strength 10am Senior Zumba 11am	8 Watercolor Class10-12 Senior Zumba 1pm Senior Strength 2pm	9 Cmte meeting 9:30 Senior Strength 10am Senior Zumba 11am	10 Line Dancing 8:30 Bingo 10am Senior Zumba 1pm Senior Strength 2pm	11	12
13	14 Senior Strength 10am Senior Zumba 11am	15 Watercolor Class10-12 Senior Zumba 1pm Senior Strength 2pm	16 ANNUAL FISH FRY 11:30 AM	17 Line Dancing 8:30 Bingo 10am Senior Zumba 1pm Senior Strength 2pm	18	19
20	21 Senior Strength 10am Senior Zumba 11am	22 Watercolor Class10-12 Senior Zumba 1pm Senior Strength 2pm	23 Senior Strength 10am Senior Zumba 11am	24 Line Dancing 8:30 Bingo 10am Senior Zumba 1pm Senior Strength 2pm	25	26
27	28 Senior Strength 10am Senior Zumba 11am	29 Watercolor Class10-12 Senior Zumba 1pm Senior Strength 2pm	30 Senior Strength 10am Senior Zumba 11am	31 Line Dancing 8:30 Bingo 10am Senior Zumba 1pm Senior Strength 2pm		