

May 2010

Making you the Best: Body, Mind and Spirit



AgeStrong!LiveLong!

MON	TUE	WED	THU	FRI
3 Exercise BINGO	4 Exercise Game Day	5 HEALTH FAIR	6 Exercise 10:15 Bible Study BP Check with Amedisys	7 Slam Scam Gautier Convention Center
10 Exercise 10:30 Identity Theft with Julie McAdory Mothers Day Recognition	11 Exercise Old Book & Magazine Day	12 Exercise Devotion with Ken Hembree Of Gulf Coast Hospice	13 Exercise 10:15 Bible Study 10:45 Wills/Trusts With Dennie Mayhone	14 Friends/Family Potluck
17 Exercise 10:45 Vivian Champagne with Home Instead	18 Exercise Birthday Party	19 Exercise 11:30-12:30 Middle School Jazz Band PLEASE STAY!!	20 Exercise 10:15 Bible Study 10:45 Health Issues	21 TBA
24 Exercise	25 Exercise	26 Exercise Ummm Cookies.....	27 Exercise 10:15 Bible Study Wear Red/White/Blue	28 Our Daily Bread
31 CLOSED FOR MEMORIAL DAY HOLIDAY	<ul style="list-style-type: none"> • Bring in "GOOD" condition shoes all month long in support of the Anti-Smoking project sponsored by the Mayor's Youth Council • Learn valuable safety tips at the Scam Slam on May 7 • Invite friends & family to our potluck on May 14. • PLEASE STAY on May 19 from 11:30 am—12:30 pm as more than 20 teens from OS Middle School play jazz music for us. • Mark your calendar..June 9...as SENIORS SET SAIL at the Jackson County Civic Center in Pascagoula from 10:00 am—2:00 pm 			