


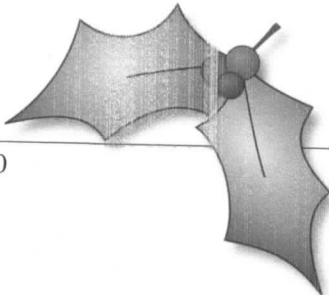

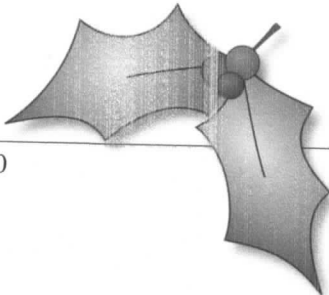


December 2019

Making You
the Best:
Body, Mind
and Sprit

MERRY CHRISTMAS

Mon	Tue	Wed	Thu	Fri
2 9:30 Sit & Be Fit Exercise	3 9:30 Sit & Be Fit Exercise 10:15 Cookie Time with Oxford BP Check with Darlene from Amedisys	4 9:30 Sit & Be Fit Exercise Devotion with Ken Hembree from Kindred Hospice	5 9:00 Bible Study  9:30 Sit & Be Fit Exercise 10:30 Music with David Krebs	6 9:30 Sit & Be Fit Exercise 10:30 Leslie from Notre Dame Hospice
9 9:30 Sit & Be Fit Exercise BINGO BLOW OUT 	10 Senior Awareness Event Fairgrounds in Pascagoula <u>CENTER CLOSED</u>	11 9:30 Sit & Be Fit Exercise Devotion with Ken Hembree from Kindred Hospice	12 9:00 Bible Study 9:30 Sit & Be Fit Exercise 10:00 Detective Time with Erin from Coastal Pharmacy 11:00 Preschoolers	13 9:30 Sit & Be Fit Exercise 10:15 Sam from Southern Care
16 9:30 Sit & Be Fit Exercise Cookie Exchange  Bring Cookies to Share Does not need to be Homemade	17 9:30 Sit & Be Fit Exercise Egg Nog & Monthly Birthday Party Courtesy of Ocean Springs Health & Rehabilitation	18 9:30 Sit & Be Fit Exercise Devotion with Ken Hembree from Kindred Hospice	19 Staff Training <u>CENTER CLOSED</u>	20 9:30 Sit & Be Fit Exercise Holiday Pot Luck Come Early
23 	24 25 26 Senior Center Closed Until January 6			27 
30 	31 Senior Center Closed Until January 6			