

# January 2020

Mon	Tue	Wed	Thu	Fri
		1 CLOSED FOR NEW YEAR's Day	2	3
6 9:30 Sit & Be Fit Exercise  WELCOME BACK!	7 9:30 Sit & Be Fit Exercise	8 9:30 Sit & Be Fit Exercise Devotion with Ken Hembree from Kindred Hospice	9 9:00 Bible Study 9:30 Sit & Be Fit Exercise BP Check with Darlene 10:30 Music with David Krebs	10 9:30 Sit & Be Fit Exercise
13 9:30 Sit & Be Fit Exercise	14 9:30 Sit & Be Fit Exercise 10:15 Cigna	15 9:30 Sit & Be Fit Exercise Devotion with Ken Hembree from Kindred Hospice	16 9:00 Bible Study 9:30 Sit & Be Fit Exercise	17 9:30 Sit & Be Fit Exercise 10:30 Leslie from Notre Dame Hospice
20  Center Closed Martin Luther King, Jr. Holiday	21 9:30 Sit & Be Fit Exercise 10:00 Monthly Birthday Party Courtesy of Ocean Springs Health & Rehabilitation	22 9:30 Sit & Be Fit Exercise Devotion with Ken Hembree from Kindred Hospice	23 9:00 Bible Study 9:30 Sit & Be Fit Exercise 10:30 Health Issues	24 9:30 Sit & Be Fit Exercise 10:15 Sam from Southern Care
27 9:30 Sit & Be Fit Exercise	28 9:30 Sit & Be Fit Exercise	29 9:30 Sit & Be Fit Exercise Devotion with Ken Hembree from Kindred Hospice	30 9:00 Bible Study 9:30 Sit & Be Fit Exercise	31 BOOGIE Bingo St. Joseph Hospice