



March 2020

Irish Blessing
 May the road rise to meet you.
 May the wind always be at your back.
 May the sun shine warm upon your face.
 And rains fall soft upon your fields.
 And until we meet again,
 May God hold you in the palm of his hand.



Mon	Tue	Wed	Thu	Fri
2 9:30 Sit & Be Fit Exercise	3 9:30 Sit & Be Fit Exercise	4 9:30 Sit & Be Fit Exercise Memorial Service for Jeanie Loper	5 9:00 Bible Study 9:30 Sit & Be Fit Exercise BP Check with Darlene From Amedisys 10:30 Music with David Krebs	6 9:30 Sit & Be Fit Exercise
9 9:30 Sit & Be Fit Exercise 10:15 Liz with Solace Hospice	10 9:30 Sit & Be Fit Exercise 10:30 Detective Time with Erin from Coastal Pharmacy	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 10:15 Linda & Connie from Encompass	13 9:30 Sit & Be Fit Exercise 10:30 Leslie fro Notre Dame Hospice
16 9:30 Sit & Be Fit Exercise 	17 9:30 Sit & Be Fit Exercise 10:00 Monthly Birthday Party Courtesy of Ocean Springs Health & Rehabilitation HAPPY ST. PATRICKS DAY!!	18 9:30 Sit & Be Fit Exercise Devotion with Ken Hembree from Kindred Hospice	19 9:00 Bible Study 9:30 Sit & Be Fit Exercise 10:15 Gary with Humana	20 9:30 Sit & Be Fit Exercise 10:15 Oxford /Health At Home Cookie Time
23 9:30 Sit & Be Fit Exercise	24 9:30 Sit & Be Fit Exercise 10:15 Cassie from Hospice of Light	25 9:30 Sit & Be Fit Exercise Devotion with Ken Hembree from Kindred Hospice	26 9:00 Bible Study 9:30 Sit & Be Fit Exercise	27 9:30 Sit & Be Fit Exercise 10:15 Sam from Southern Care
30 9:30 Sit & Be Fit Exercise	31 9:30 Sit & Be Fit Exercise	 <p style="font-size: 24px; font-weight: bold;">Making You the Best: Body, Mind and Spirit</p>		