



“Kindness is spreading sunshine
into other people’s lives regardless of
the weather.”

June 2021

RAKtivist

Mon	Tue	Wed	Thu	Fri
	1 9:30 Sit & Be Fit Exercise	2 9:30 Sit & Be Fit Exercise	3 9:00 Bible Study 9:30 Sit & Be Fit Exercise 10:30 Physical Therapy Center of Ocean Springs	4
7 9:30 Sit & Be Fit Exercise	8 9:30 Sit & Be Fit Exercise 10:00 Penny Bingo with Gary from Humana	9 9:30 Sit & Be Fit Exercise SMILE!! Picture Day	10 9:00 Bible Study 9:30 Sit & Be Fit Exercise 10:30 Leslie from Notre Dame Hospice	11
14 9:30 Sit & Be Fit Exercise 10:30 Penny from Senior Insurance	15 9:30 Sit & Be Fit Exercise 10:30 Ocean Springs Health & Rehabilitation	16 9:30 Sit & Be Fit Exercise SMILE!! Picture Day	17 9:00 Bible Study 9:30 Sit & Be Fit Exercise	18
21 9:30 Sit & Be Fit Exercise Show & Tell (bring in something to share)	22 9:30 Sit & Be Fit Exercise 10:00 Birthday Celebration Courtesy of Amedisys 10:30 Detective Time with Erin from Coastal Pharmacy	23 9:30 Sit & Be Fit Exercise 	24 9:00 Bible Study 9:30 Sit & Be Fit Exercise 10:15 Sam from Southern Care Hospice	25
28 9:30 Sit & Be Fit Exercise 10:30 Danielle from Senior Medicare Patrol	29 9:30 Sit & Be Fit Exercise 10:30 Ronda and Kathy from St. Joseph Hospice	30 9:30 Sit & Be Fit Exercise	<h2>Making You the Best: Body, Mind and Spirit</h2>	