



December 2021

For it is in giving that we receive.

Francis of Assis

Mon	Tue	Wed	Thu	Fri
<p>MAKING YOU THE BEST: BODY, MIND & SPIRIT</p>		<p>1 9:30 Sit & Be Fit Exercise</p> <p>Ken Hembree from Kindred Hospice</p>	<p>2 9:30 Sit & Be Fit Exercise 10:00 Leslie from Notre Dame Hospice</p>	<p>3 9:30 Sit & Be Fit Exercise</p>
<p>6 9:30 Sit & Be Fit Exercise 10:00 Fun with Jamie and Linda from Kare in Home</p>	<p>7 9:30 Sit & Be Fit Exercise</p> <p>Cookie Exchange (Bring a Package of Cookies to share. Your choice)</p>	<p>8 9:30 Sit & Be Fit Exercise Ken Hembree from Kindred Hospice</p> <p>TACO SOUP</p>	<p>9 9:30 Sit & Be Fit Exercise</p> <p>BINGO BLOWOUT</p>	<p>10 9:30 Sit & Be Fit Exercise 10:00 Jennifer and Marjorie from Walker Senor Benefits</p>
<p>13 9:30 Sit & Be Fit Exercise 10:30 Detective Time with Erin from Coastal Pharmacy</p>	<p>14 9:30 Sit & Be Fit Exercise Monthly Birthday Celebration Courtesy of Amedisys Home Health</p>	<p>15 9:30 Sit & Be Fit Exercise Ken Hembree from Kindred Hospice 9:45 Christmas Fun with Emmanuel Baptist Church</p>	<p>16 9:30 Sit & Be Fit Exercise 9:30 Holiday Fun with Jaimie and Linda from Kare in Home</p>	<p>17 9:30 Sit & Be Fit Exercise 10:00 Fun with Sam from Southern Care</p>
<p>20</p> 	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p> 
<p>Senior Center Closed For Christmas Holidays</p>				
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>
<p>Senior Center Closed For New Year's Day Holidays</p>				