



GROOVY

January 2022

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|--|---|
| 3 Center Re-Opens 9:30 Sit & Be Fit Exercise | 4 9:30 Sit & Be Fit Exercise  | 5 9:30 Sit & Be Fit Exercise Ken Hembree From Kindred Hospice | 6 9:00 Bible Study 9:30 Sit & Be Fit Exercise | 7 9:30 Sit & Be Fit Exercise 10:00 Jennifer and Marjorie from Walker Senior Benefits |
| 10 9:30 Sit & Be Fit Exercise  | 11 9:30 Sit & Be Fit Exercise Monthly Birthday Party Courtesy of Amedisys Home Health | 12 9:30 Sit & Be Fit Exercise Ken Hembree From Kindred Hospice | 13 9:00 Bible Study 9:30 Sit & Be Fit Exercise 10:00 Leslie from Notre Dame Hospice | 14 70's Party Courtesy of Kare n Home |
| 17 Closed for Martin Luther King, Jr. Day | 18 9:30 Sit & Be Fit Exercise 10:00 Jennifer from Oceans Behavioral Health | 19 9:30 Sit & Be Fit Exercise Ken Hembree From Kindred Hospice | 20 9:00 Bible Study 9:30 Sit & Be Fit Exercise | 21 9:30 Sit & Be Fit Exercise 9:45 Mental Health Association of South MS |
| 24 9:30 Sit & Be Fit Exercise 10:00 Jamie and Linda from Kare n Home | 25 9:30 Sit & Be Fit Exercise 10:00 Detective Time with Erin from Coastal Pharmacy | 26 9:30 Sit & Be Fit Exercise Ken Hembree From Kindred Hospice | 27 9:00 Bible Study 9:30 Sit & Be Fit Exercise 10:00 Fun with Sam from Southern Care | 28 9:30 Sit & Be Fit Exercise 10:00 Penny Auction with Gary from Humana |
| 31 9:30 Sit & Be Fit Exercise 10:00 Jennifer and Marjorie from Walker Senior Benefits |  | Making You the Best: Body, Mind and Spirit |  |  |