



Happy Valentine's Day & Happy Mardi Gras

February 2022

Mon	Tue	Wed	Thu	Fri
	1 9:30 Sit & Be Fit Exercise Penny Auction 	2 9:30 Sit & Be Fit Exercise Brittany Gibbs From Kindred Hospice	3 9:30 Sit & Be Fit Exercise Farmer's Market in Biloxi Space Limited/Sign Up Today Must be able to walk without assistance	4 9:30 Sit & Be Fit Exercise 10:00 Danielle from Senior Medicare Patrol
7 9:30 Sit & Be Fit Exercise 9:00 Paparazzi Party 	8 9:30 Sit & Be Fit Exercise Monthly Birthday Party Courtesy of Gary from Humana 	9 9:30 Sit & Be Fit Exercise Brittany Gibbs From Kindred Hospice	10 9:30 Sit & Be Fit Exercise 10:00 Leslie from Notre Dame Hospice	11 9:30 Sit & Be Fit Exercise VALENTINES DAY PARTY Courtesy of Southern Care Hospice & Kindred Hospice
14 9:30 Sit & Be Fit Exercise Valentine's Day Fun Courtesy of Jennifer from Walker Senior Benefits	15 9:30 Sit & Be Fit Exercise 10:00 Bingo with Kathy from St. Joseph Hospice	16 9:30 Sit & Be Fit Exercise Brittany Gibbs From Kindred Hospice	17 9:30 Sit & Be Fit Exercise Ms. Penny Aetna/Medicare Choices Lots of Activities	18 9:30 Sit & Be Fit Exercise Jennifer from Walker Senior Benefits' Birthday Celebration Activities Galore
21 9:30 Sit & Be Fit Exercise Fun Times with Jamie & Linda from Kare n Home	22 9:30 Sit & Be Fit Exercise 10:00 Detective Time with Erin from Coastal Pharmacy	23 9:30 Sit & Be Fit Exercise Brittany Gibbs From Kindred Hospice	24 9:30 Sit & Be Fit Exercise 10:00 Fun with Sam from Southern Care	25 9:30 Sit & Be Fit Exercise Let the Good Times Roll with Jamie & Linda from Kare n Home
28 9:30 Sit & Be Fit Exercise KING CAKE PARTY & Crowning of 2022 King & Queen Courtesy of Solace Hospice	1  CLOSED For Mardi Gras			Making You the Best: Body, Mind and Spirit