Celebrate the
Senior Nutrition Program
2023 · COOKING UP COMMUNITY

March 2023

May your troubles be less,
And your blessing be more.
And nothing but happiness,
Come through your door.
Irish Blessing

Mon	Tue	Wed	Thu	Fri
		1 9:00 Tai Chi Exercise with Angela Polk National Peanut Butter Lovers Day	2 9:00 Exercise	3 9:00 Exercise Music Fun
6 9:00 Exercise 	7 9:00 Exercise 10:00 We Make Medicare Easy With Jack Weeks Visit the Farmer's Market (space limited)	8 9:00 Tai Chi Exercise with Angela Polk 11:00 Lunch at Sicily's' Pizza (limited space on bus) COST: To Be Announced	9 9:00 Exercise 10:00 History of Goodwill with Betsy McClendon	10 9:00 Exercise 10:00 Good Times with Clark Finley from Singing River Health Systems
13 9:00 Exercise 10:00 Preventing Identity Theft With Danielle from Senior Medicare Patrol	14 9:00 Exercise Celebrating March Birthdays courtesy of Humana	15 9:00 Tai Chi Exercise with Angela Polk	16 9:00 Exercise Feeding the Gulf Coast & Healthy Living 	17 9:00 Exercise St. Patrick's Day fun with Jaimie from Kare n Home Wear Green
20 9:00 Exercise	21 9:00 Exercise 10:00 How to get Fit & Stay Fit With PT Solutions	22 9:00 Tai Chi Exercise with Angela Polk 10:00 Fun with Gina from St. Joseph Hospice	23 9:00 Exercise 10:00 Fun with Sam from Gentiva Hospice	24 9:00 Exercise Fun with Gary from Humana
27 9:00 Exercise 10:00 Great Fun with Tom & Lisa from Ocean Springs Health & Rehabilitation	28 9:00 Exercise 10:00 Detective Time with Erin from Coastal Pharmacy	29 9:00 Tai Chi Exercise with Angela Polk	30 9:00 Exercise 10:00 Wellness Test for Stress with Melanie from MS Mental Health	31 9:00 Exercise