



2023

**June Craft
of the
Month
Wind
Chime**






**Making You
the Best:
Body, Mind,
and Spirit**



Calendar Subject to Change. Check Bulletin Board Often.

Tour of Goodwill Industries will include: Learning about their Career Connection Resource Center, seeing what happens behind the scenes in the production area, scavenger hunt, and much much more.

Mon	Tue	Wed	Thu	Fri
	<p><u>Seniors Helping Veterans and the Homeless Project</u> Please see Martha if you are interested in Phase 1 of making sleeping mats made from plastic shopping bags. Our goal is to cut the bags into strips. We can show you how. It's easy. Please help us help others!!!!</p>		<p>1 9:00 Exercise</p> <p>Farmer's Market</p>	<p>2 9:00 Exercise</p> <p>Mystery Activity Game Day</p>
<p>5 9:00 Bible Study 9:00 Exercise 10:00 Danielle Guillory from Senior Medicare Patrol</p>	<p>6 9:00 Exercise 10:00 Fellowship & Music with the Home of Grace Choir</p>	<p>7 9:00 Tai Chi Exercise with Angela Polk 10:00 Jamie & Linda from Vital Caring</p>	<p>8 9:00 Exercise 10:00 Fun with Delina from Ocean Springs Health & Rehab</p>	<p>9 9:00 Exercise 10:00 Fun with Melissa from Singing River Hospice of Light</p>
National Medicare Fraud Prevention Week				
<p>12 9:00 Bible Study 9:00 Exercise Appreciation Day Don't Miss this Mystery Event!!!!!!!!!!!!!!</p> 	<p>13 9:00 Tai Chi Exercise with Angela Polk 9:30 Chair Volley Ball Celebrate June Birthdays with Gary Sullivan from Humana</p>	<p>14 FLAG DAY 9:15 Goodwill Activities Meet at Goodwill at 2957 Bienville 11:00 Lunch at El Saltillo</p>	<p>15 9:00 Exercise Farmer's Market</p> 	<p>16 9:00 Exercise 10:00 Learn & Fun with Jennifer from Sage Health Father's Day Recognition</p>
<p>19 Closed For Juneteenth Holiday</p>	<p>20 9:00 Exercise 10:00 Ms. Penny from Medicare Made Easy</p>	<p>21 9:00 Tai Chi Exercise with Angela Polk 10:00 Have Fun with Gary from Humana</p>	<p>22 9:00 Exercise Farmer's Market Nutrition Education Moment</p>	<p>23 9:00 Exercise 10:00 Jaimie & Linda from Vital Caring</p>
<p>26 9:00 Bible Study 9:00 Exercise Appreciation Day</p>	<p>27 9:00 Exercise 10:00 Detective time with Erin from Coastal Pharmacy</p>	<p>28 9:00 Tai Chi Exercise with Angela Polk 10:00 Fun with Gina from St. Joseph Hospice</p>	<p>29 9:00 Exercise Farmer's Market</p>	<p>30 9:00 Exercise</p> 