





2023

**We are collecting
unwrapped toys for
TOYS for TOTS**



Mon	Tue	Wed	Thu	Fri
		1 9:00 Exercise Trivia Fun	2 9:00 Exercise Card Making Day for Preschoolers	3 9:00 Exercise Peanut Butter Fun 11:30 OS Art Association Art Show
6 9:00 Exercise Detective Time with Erin from Coastal Pharmacy	7 ELECTION DAY 8:30 Meet at Citizens' Bank Ms. Penny from Medicare Made Easy will be our Guest	8 9:00 Tai Chi with Angela Polk 10:00 Tracy from Woodforest National Bank 11:00 First Baptist Preschoolers	9 9:00 Exercise 10:00 Ocean Springs Health & Rehabilitation	10 9:00 Exercise 10:00 Singing River Health Systems Surprise Event!!!
13 9:00 Exercise 10:00 Telehealth Fraud & Scams with Danielle Guillory From Senior Medicare Patrol	14 9:00 Exercise 10:00 Celebrating November Birthdays with Gary from Humana	15 9:00 Tai Chi with Angela Polk	16 9:00 Exercise GAME DAY!	17 9:00 Exercise Fun with Jaimie & Linda From Vital Caring
20 9:00 Exercise Thanksgiving Fun!!	21 9:00 Exercise 10:00 Home of Grace Choir 	22 9:00 Tai Chi with Angela Polk 10:00 Gary From Humana	23 Closed for Thanksgiving	24 Closed for Thanksgiving 
27 9:00 Exercise	28 ELECTION DAY RUN OFF 8:30 Meet at Citizen's Bank Fun with Jennifer from Sage Health Care	29 9:00 Tai Chi with Angela Polk	30 9:00 Exercise	