









January 2024

Life is like a **DISCO BALL...NO MATTER HOW THE MUSIC CHANGES, YOU KEEP DANCING**

Mon	Tue	Wed	Thu	Fri
1 CLOSED For New Year's Day 	2 9:00 Exercise Welcome Back Happy 2024 BINGO!!!!	3 9:00 Tai Chi with Angela Polk 10:00 Chair Volleyball	4 9:00 Exercise Trivia	5 9:00 Exercise Fun with Jaimie & Linda from Vital Caring
8 9:00 Exercise 10:00 Getting to know your SMP with Danielle from Senior Medicare Patrol	 9 9:00 Exercise Celebrating January Birthdays with Gary from Humana	 10 9:00 Tai Chi with Angela Polk 10:00 Healthy You with PT Solutions	11 9:00 Exercise 10:00 Delana with OS Health & Rehabilitation	12 9:00 Exercise Fun with Richard and Melissa From Singing River Health System
15 Closed for Martin Luther King, Jr. Day 	16 9:00 Exercise 10:00 Home of Grace Choir 	17 9:00 Tai Chi with Angela Polk  Grooving Activities	18 9:00 Exercise 10:00 New Year Fun with Jaimie & Linda from Vital Caring	19 9:00 Exercise 10:00 Jennifer from Sage Health Care
22 9:00 Exercise Game Time	23 9:00 Exercise 10:00 Laughing with Tracy from Woodforest National Bank	24 9:00 Tai Chi with Angela Polk 10:00 Happy New Year with Gary from Human	25 9:00 Exercise 10:00 Healthy Tips & Fun with Kristopher from MS Department of Health	26 9:00 Exercise 
29 9:00 Exercise 10:00 Whisper of Hope Refuge	30 9:00 Exercise Mystery Event	31 9:00 Tai Chi with Angela Polk 10:00 Getting to know the Senior Blue Book with Ms. Lee Ann	