



# Making You the Best: Body, Mind and Spirit



**2 0 2 3**

Mon	Tue	Wed	Thu	Fri
		1 9:00 Tai Chi Exercise with Angela Polk	2 9:30 Exercise	3 9:30 Exercise 10:00 Celebrating February Birthdays Courtesy of Humana <small>American Heart Association.</small> 
6 9:30 Exercise 10:00 Great Fun with Tom & Lisa from Ocean Springs Health & Rehabilitation	7 9:30 Exercise 10:00 Home of Grace Choir 	8 9:00 Tai Chi Exercise with Angela Polk 10:00 Fun with Jaimie & Linda from Kare in Home	9 9:30 Exercise 10:00 Time with Leslie from Notre Dame Hospice	10 9:30 Exercise 10:00 Good Times with Clark & Kathy from Singing River Health System
13 9:30 Exercise Valentines Activities 	14 Center Closed  Valentine's Day Event at the Civic Center in Pascagoula	15 9:00 Tai Chi Exercise with Angela Polk	16 9:30 Exercise  Mystery Event	17 9:30 Exercise 10:00 Enjoy the Activities with Mr. Gary from Humana
20 9:30 Exercise  King Cake Party & Crowning of the 2023 King and Queen	21 Senior Center Closed for Mardi Gras Holiday 	22 9:00 Tai Chi Exercise with Angela Polk 10:00 Fun with Gina from St. Joseph Hospice	23 9:30 Exercise 10:00 Fun with Sam & Brittany from Gentiva Hospice	24 9:30 Exercise  Game Day
27 9:30 Exercise 10:00 Danielle Guillory from Senior Medicare Patrol Understanding Your MSN/EOB	28 9:30 Exercise 10:00 Detective Time with Erin from Coastal Pharmacy		<i>In a world where you can be anything, <b>BE KIND.</b></i>	