







AGING UNBOUND: MAY 2023



Mon	Tue	Wed	Thu	Fri
<p>1 8:00 Bible Study 8:30 Exercise 9:00 BYOB Paint Class</p>	<p>2 9:00 Exercise 10:00 Fellowship & Music with the Home of Grace Choir</p> 	<p>3 9:00 Tai Chi Exercise with Angela Polk 10:00 Crystal from Ocean Springs Health & Rehabilitation</p>	<p>4 9:00 Exercise Wear Bright Colors Alguien dijo Cinco de Mayo?</p>	<p>5 9:00 Exercise Mother's Day Recognition</p> 
<p>8 9:00 Bible Study 9:00 Exercise 9:30 Ambulance Services & fraud with Danielle from Senior Medicare Fraud</p>	<p>9 9:00 Exercise Celebrating May Birthdays Courtesy of Gary from Humana</p>	<p>10 9:00 Tai Chi Exercise with Angela Polk 11:00 ABC Parade with Preschoolers from 1st Baptist Preschool</p>	<p>11 9:00 Exercise "small oven" event</p>	<p>12 9:00 Exercise 10:00 Trivia time with Richard Ramsumair from Singing River Hospice of Light</p>
<p>15 9:00 Bible Study 9:00 Exercise 10:00 Dennis Stamps Celebration of Light Service WEAR BRIGHT COLORS</p> 	<p>16 Center Closed Community Field Day Pascagoula</p>	<p>17 9:00 Tai Chi Exercise with Angela Polk</p>	<p>18 9:00 Exercise Word Game Event With Prizes</p>	<p>19 9:00 Exercise Joke Day</p>
<p>22 Bible Study 9:00 Exercise "My Bird" Art Exhibit Opening Reception</p>	<p>23 9:00 Exercise 10:00 Detective Time with Erin from Coastal Pharmacy</p>	<p>24 9:00 Tai Chi Exercise with Angela Polk 10:00 Fun with Gina from St. Joseph Hospice</p>	<p>25 9:00 Exercise 10:00 Fun with Sam & Brittany from</p>	<p>26 9:00 Exercise Game Day Memorial Day Activities</p>
<p>29 CLOSED For Memorial Day</p>	<p>30 9:00 Exercise 10:00 Fun with Jaimie & Linda from Vital Caring</p>	<p>31 9:00 Tai Chi Exercise with Angela Polk</p>		<p>Check the bulletin board for calendar changes.</p>