




# MARCH 2024

A WARM  
*smile*  
IS THE UNIVERSAL  
LANGUAGE OF  
*kindness*



Mon	Tue	Wed	Thu	Fri
				1 9:00 Exercise
4 9:00 Exercise	5 9:00 Exercise 10:00 Home Care Hospice	6 9:00 Tai Chi with Angela Polk	7 9:00 Exercise 10:00 Jaimie from Vital Caring <b>FRAUD</b> SCAM SLAM DAY with Danielle	8 9:00 Exercise 10:00 Melissa and Richard from Hospice of Light
11 9:00 Exercise 10:00 Preventing Identity Theft With Danielle from Senior Medicare Patrol	<b>12 ELECTION DAY</b> 9:00 Meet at the Library  Monthly Birthday Party with Gary from Humana	13 8:00 Monthly Tech Day with Ashley from the Library 9:00 Tai Chi with Angela Polk	14 9:00 Exercise 10:00 fun with Delana from OS Health & Rehab	15  <b>SENIOR CENTER CLOSED</b>
18 9:00 Exercise 	19 <b>CENTER CLOSED</b> Spring Fling at the Civic Center In Pascagoula ( <b>Must be INDEPENDENT</b> ) Senior Companions will not be available to assist. <b>Lots of Walking</b>	20 9:00 Tai Chi with Angela Polk 11:00 Easter Bonnet Parade 	21 9:00 Exercise 10:00 Penny Auction with Gary from Humana	22 9:00 Exercise 10:00 Tracy from Woodforest Bank
25 9:00 Exercise 10:00 Fun with Jennifer from Sage Health Care	26 9:00 Exercise 	27 9:00 Tai Chi with Angela Polk	28 9:00 Exercise 10:00 Kristopher from MS Department of Health	29  <b>CLOSED FOR GOOD FRIDAY HOLIDAY</b>