

Wellness Programs & Centers

Friends Welcome! Don't want to come alone? Register yourself and a friend for any of these events.

Connect with us.     

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Registration is required.</p> <p>To register, or for more information, please call toll-free:</p> <p>1-800-561-4127 (TTY: 711)</p> <p>Seven days a week, 8 a.m. to 8 p.m.</p> <p>Or register online at www.ph-wellness.com</p>				<p>Medicare Bingo 1</p> <p>St. Landry Council on Aging Opelousas 9 a.m.</p> <p>Music Therapy Milne Rec Center New Orleans 10 a.m.</p> <p>Light N Low Gonzales Senior Center Gonzales 10 a.m.</p>
<p>Zumba Gold 4</p> <p>Ochsner Fitness Center - Kenner Kenner 10 a.m.</p> <p>Senior Strength and Training West St. Tammany YMCA Covington 11 a.m.</p>	<p>Diabetes and Healthy Nutrition 5</p> <p>Thomas C. Laughlin, Jefferson Senior Center Jefferson 9 a.m.</p>	<p>Medicare and Muffins 6</p> <p>Broussard Community Center Broussard 9 a.m.</p>	<p>7</p>	<p>8</p>
<p>Senior Circuit 11</p> <p>West Jeff Fitness Center Terrytown 10:15 a.m.</p> <p>Couponing Secrets and Strategies Roquette Lodge Mandeville 10:30 a.m.</p>	<p>12</p>	<p>Bean Bag Baseball 13</p> <p>Domingue Recreation Center Lafayette 8:30 a.m.</p> <p>Cardio Line Dancing A.C. Lewis YMCA Baton Rouge 10 a.m.</p>	<p>Line Dancing 14</p> <p>Ochsner Fitness Center - Kenner Kenner 10 a.m.</p>	<p>Facebook 101 15</p> <p>St. Anne Catholic Church Youngsville 9 a.m.</p> <p>Diabetes and Healthy Nutrition Wynhoven Apartments Marrero 1 p.m.</p>
<p>Medicare and Muffins 18</p> <p>Gretna Senior and Wellness Center Gretna 11 a.m.</p>	<p>Couponing Secrets and Strategies 19</p> <p>Greenwell Springs Road Regional Branch Library Baton Rouge 10 a.m.</p>	<p>Medicare Bingo 20</p> <p>Chateau Des Amis Apartments Ville Platte 10 a.m.</p>	<p>21</p>	<p>Music Therapy 22</p> <p>Bridge City Senior Center Bridge City 10 a.m.</p>
<p>Walking Bingo 25</p> <p>Thibodaux Senior Center Thibodaux 8:30 a.m.</p>	<p>Yoga 26</p> <p>Big Poppa's Fitness Gym Carencro 8:30 a.m.</p> <p>Facebook 101 Gentilly Senior Center New Orleans 10:30 a.m.</p>	<p>Medicare and Muffins 27</p> <p>Primary Care Plus – O'Neal Baton Rouge 11 a.m.</p>	<p>Music Therapy 28</p> <p>St. John Berchman's Manor New Orleans 1 p.m.</p>	<p>Medicare and Muffins 29</p> <p>Thomas C. Laughlin, Jefferson Senior Center Jefferson 12 p.m.</p> <p>Music Therapy: Drum Circle Williamsburg Senior Living Community Baton Rouge 1:30 p.m.</p>