

Wellness Programs & Centers

JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Introduction to iPhones & iPads 7 Mandeville Senior Center Mandeville 12 p.m. XYZ East Jefferson YMCA Metairie 10:30 a.m.	Bean Bag Baseball 8 Acadian Heritage Apartments Scott 10 a.m.	Baby Boomers 9 Bayouland YMCA Houma 10:15 a.m. Bean Bag Baseball Acadia Council on Aging Crowley 10 a.m.	10	Music Therapy: Drum Circle 11 Zachary Senior Center Zachary 10:30 a.m.
Medicare Bingo 14 St. Martin Manor New Orleans 1:30 p.m. Bean Bag Baseball St. Anne Catholic Church Youngsville 9 a.m.	Bean Bag Baseball 15 Lockport Senior Center Lockport 9:30 a.m.	Medicare and Muffins 16 Ochsner Fitness Center Harahan 10 a.m. Medicare Bingo Chateau Des Amis Apartments Ville Platte 10 a.m. Senior Circuit West Jeff Fitness Center Terrytown 9:30 a.m. Yoga Stretch East Jefferson YMCA Metairie 1 p.m.	17	Couponing Secrets and Strategies 18 Ochsner Medical Center Baton Rouge 9 a.m.
21	Walking Bingo 22 Raceland Senior Center Raceland 9:30 a.m.	Medicare and Muffins 23 Ochsner Fitness Center Heritage Plaza Metairie 9 a.m. Walking Bingo Domingue Recreation Center Lafayette 8:45 a.m.	24	Music Therapy: Drum Circle 25 Slidell Senior Center Slidell 10 a.m. Medicare Bingo Villa St. Maurice New Orleans 2 p.m.
Planning for Future Care 28 Schriever Senior Center Schriever 10 a.m. Couponing Secrets and Strategies Thomas C. Laughlin Senior Center Jefferson 12 p.m. Enhanced Fitness A.C. Lewis YMCA Baton Rouge 9 a.m.	Medicare Bingo 29 East Jefferson YMCA Metairie 10 a.m. Light N Low Paula G. Manship YMCA Baton Rouge 8:30 a.m.	Medicare Bingo 30 Calcasieu Council on Aging Lake Charles 10 a.m.	Don't want to come alone? Register yourself and a friend for any of these events. Registration is required. To register, or for more information, please call toll-free: 1-800-561-4127 (TTY: 711) Seven days a week, 8 a.m. to 8 p.m. Or register online at www.peopleshealth.com/wellness	