

FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Facebook 101 4 The Windsor Senior Living Community Mandeville 2 p.m. Medicare Bingo St. Anne Catholic Church Youngsville 9 a.m.	Introduction to iPads and iPhones 5 Gentilly Senior Center New Orleans 10 a.m.	Cardio Line Dancing 6 Manhattan Athletic Club Harvey 11:30 a.m.	7	Music Therapy 8 Lakeview Shepherd Senior Center New Orleans 10 a.m. Bean Bag Baseball Acadian Heritage Apartments Scott 10 a.m.
Medicare 101 11 St. Landry Council on Aging Opelousas 9 a.m.	Introduction to iPhones and iPads 12 Michael J. Kenney Recreation Center Hammond 10 a.m.	Medicare and Muffin 13 Rosehouse Senior Center Lafayette 12:30 p.m. Overcoming Depression Carrollton Hollygrove Senior Center New Orleans 10:30 a.m. Line Dancing A.C. Lewis YMCA Baton Rouge 10 a.m.	Planning for Future Care (Advance Care Planning) 14 New Orleans East Senior Center New Orleans 10:30 a.m. Bean Bag Baseball St. Anne Catholic Church Youngsville 9 a.m.	Senior Circuit 15 West Jeff Fitness Center Terrytown 9:30 a.m. Cardio Circuit Anytime Fitness Destrehan 10:45 a.m.
Senior Fit and Fun 18 The Workout Company Houma 10:15 a.m.	Bean Bag Baseball 19 Lockport Senior Center Lockport 9:30 a.m. Zumba Gold East Jefferson YMCA Metairie 10:30 a.m.	A.O.A. (Active Older Adults) 20 Paula G. Manship YMCA Baton Rouge 8:30 a.m. Light N Low The Fontana Center Lafayette 1 p.m.	Overcoming Depression 21 Ponchatoula Senior Center Ponchatoula 10 a.m.	22
25	Walking Bingo 26 Bridge City Senior Center Bridge City 10 a.m.	Light N Low 27 C.B. Pennington Jr. YMCA Baton Rouge 9:40 a.m.	Overcoming Depression 28 St. Martin Council on Aging Breaux Bridge 12:30 p.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

Connect with us.

