

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

Connect with us.     

MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 The Advantage of Medicare Advantage Vermilion Council on Aging Abbeville 9 a.m.	3 Walking Bingo Wynhoven Apartments Marrero 1 p.m.
6 Senior Fit and Fun Crossgates Family Fitness Slidell 11:15 a.m.	7	8 Medicare Bingo Acadia Council on Aging Crowley 9:30 a.m.	9 Yoga Anytime Fitness Destrehan 11:40 a.m.	10 Music Therapy Michael J. Kenney Recreation Center Hammond 10:30 a.m.
13 Facebook 101 Michael J. Kenney Recreation Center Hammond 10 a.m. Bean Bag Baseball St. Anne Catholic Church Youngsville 9 a.m.	14 Couponing Secrets and Strategies Baker Senior Center Baton Rouge 10:30 a.m.	15	16 Music Therapy Bridge City Senior Center Bridge City 10 a.m. Overcoming Depression New Sarpy Activity Center New Sarpy 9:30 a.m.	17 Facebook 101 Franco's Athletic Club Mandeville 1 p.m. Walking Bingo New Sarpy Activity Center New Sarpy 12:30 p.m.
20 XYZ East Jefferson YMCA Metairie 11:30 a.m.	21	22 The Advantage of Medicare Advantage Calcasieu Council on Aging Lake Charles 9 a.m. Senior Circuit West Jeff Fitness Center Terrytown 9:30 a.m.	23	24 Medicare and Muffins St. Landry Council on Aging Opelousas 10:15 a.m.
27	28 Chair Volleyball Raceland Senior Center Raceland 9:30 a.m.	29 Stretch and Tone P.A.R.D.S Denham Springs 10:15 a.m.	30 Medicare and Muffins Shady Acres Apartments Houma 9:30 a.m.	31 Music Therapy Kingsley House New Orleans 2 p.m.

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