

Wellness Programs & Centers

JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Friends Welcome! Don't want to come alone? Register yourself and a friend for any of these events.</p> <p>Connect with us.</p>	<p>Chair Volleyball Gretna Senior Wellness Center Gretna 11:45 a.m.</p>	<p>Diabetes and Avoiding Complications Lutcher Senior Center Lutcher 10 a.m.</p> <p>Introduction to iPhones & iPads Hammond Senior Center Hammond 11 a.m.</p> <p>XYZ East Jefferson YMCA Metairie 11 a.m.</p>		<p>Music Therapy: Drum Circle Folsom Senior Center Folsom 9:30 a.m.</p> <p>The Advantage of Medicare Advantage St. Landry Council on Aging Opelousas 10:30 a.m.</p>
<p>Walking Bingo St. Anne Catholic Church Youngsville 9 a.m.</p>	<p>Walking Bingo Acadia Council on Aging Crowley 9:30 a.m.</p>		<p>Chair Volleyball Metairie Manor Metairie 9:30 a.m.</p>	<p>Introduction to iPhones & iPads Franco's Athletic Club Mandeville 1 p.m.</p>
<p>Bean Bag Baseball Raceland Senior Center Raceland 9:30 a.m.</p> <p>Couponing Secrets and Strategies Heritage at Columbia Parc Lifestyle Center New Orleans 12 p.m.</p>		<p>The Advantage of Medicare Advantage Nazareth Inn New Orleans 9:30 a.m.</p> <p>Couponing Secrets and Strategies Estelle Senior Center Marrero 10 a.m.</p>	<p>Looking Forward to Healthy Aging Slidell Senior Center Slidell 10 a.m.</p>	<p>Music Therapy: Drum Circle EBR/COA/BREC Antioch Park Senior Center Baton Rouge 10 a.m.</p> <p>Chair Volleyball Lafitte Senior Center Lafitte 10 a.m.</p>
<p>Senior Circuit West Jeff Fitness Center Terrytown 10:15 a.m.</p> <p>A.O.A. (Active Older Adults) Southside YMCA Baton Rouge 11:20 a.m.</p>	<p>Medicare and Muffins Acadian Heritage Apartments Scott 9 a.m.</p>	<p>Couponing Secrets and Strategies Domingue Recreation Center Lafayette 8:30 a.m.</p> <p>Medicare Bingo Plaquemine Senior Center Plaquemine 10 a.m.</p>	<p>Yoga Anytime Fitness Destrehan 11:30 a.m.</p>	

Registration is required. To register, or for more information, please call toll-free:

1-800-561-4127 (TTY: 711)

Monday through Friday, 8 a.m. to 8 p.m. Or register online at www.peopleshealth.com/wellness