

# September 2023



Madisonville Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Coffee and Conversations <b>9:30</b> <b>Games with Friends</b> <b>10:00</b> <b>Snowballs with Centerwell</b>
4 	5 9:00 Coffee and Conversations <b>10:00</b> <b>Bingo with St. Joseph Hospice</b> <b>10:30 – 11:15</b> <b>Exercise</b>	6 9:00 Coffee and Conversations <b>10:00</b> <b>Line Dancing with The Y</b> <b>12:30</b> <b>Painting with Ferris Hotard</b>	7 9:00 Coffee and Conversations <b>10:30 – 11:15</b> <b>Exercise</b>	8 9:00 Coffee and Conversations <b>9:30</b> <b>Games with Friends</b>
11 9:00 Coffee and Conversations <b>10:00</b> <b>Presentation and Bingo with Christwood</b>	12 9:00 Coffee and Conversations <b>9:30</b> <b>Presentation with Red Cross</b> <b>10:30 – 11:15</b> <b>Exercise</b>	13 9:00 Coffee and Conversations <b>10:00</b> <b>Line Dancing with The Y</b>	14 9:00 Coffee and Conversations <b>10:30 – 11:15</b> <b>Exercise</b>	15 9:00 Coffee and Conversations <b>9:30</b> <b>Games with Friends</b>
18 9:00 Coffee and Conversations GAMES WITH FRIENDS <b>9:45</b> <b>Presentation and Bingo with Home Instead and crew</b>	19 9:00 Coffee and Conversations <b>9:30</b> <b>Presentation with Bagnell and Son</b> <b>10:30 – 11:15</b> <b>Exercise</b>	20 9:00 Coffee and Conversations <b>10:00</b> <b>Line Dancing with The Y</b> <b>12:30</b> <b>Painting with Ferris Hotard</b>	21 9:00 Coffee and Conversations <b>10:30 – 11:15</b> <b>Exercise</b>	22 9:00 Coffee and Conversations <b>9:30</b> <b>Games with Friends</b>
25 9:00 Coffee and Conversations GAMES WITH FRIENDS <b>10:00</b> <b>Presentation and Bingo with NAMI</b>	26 9:00 Coffee and Conversations <b>10:00</b> <b>Craft with Kayla</b> <b>10:30 – 11:15</b> <b>Exercise</b>	27 9:00 Coffee and Conversations <b>10:00</b> <b>Line Dancing with The Y</b>	28 9:00 Coffee and Conversations <b>10:30 – 11:15</b> <b>Exercise</b> <b>11:00</b> <b>Activity with Alexa</b>	29 9:00 Coffee and Conversations <b>9:30</b> <b>Activity with Amy</b>
Activity Center Manager: Jackie Monday – Thursday 8am-2pm Friday 8am – 1pm 985-323-6055 403 St. Francis St   Madisonville			Lunch Served Daily: 11:30am	



COAST strives to provide St. Tammany Parish seniors with services designed to maintain and enhance their quality of life, wellbeing, independence, and involvement in the community.

Website: [www.coastseniors.org](http://www.coastseniors.org)

Phone: 985-892-0377