

September 2024



Madisonville Center

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CENTERS CLOSED	9:00 Coffee and Conversations 10:30 – 11:15 Exercise 10:00 Coffee and Conversations with The Fussell Group	9:00 Coffee and Conversations 10:00 Line Dancing with The Y 12:30 Painting with Ferris Hotard	9:00 Coffee and Conversations 10:30 – 11:15 Exercise	9:00 Coffee and Conversations 9:30 Games with Friends
9	10	11	12	13
9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Presentation with Southern Legal Clinic	9:00 Coffee and Conversations 10:30 – 11:15 Exercise	9:00 Coffee and Conversations 10:00 Line Dancing with The Y	9:00 Coffee and Conversations 10:30 – 11:15 Exercise	9:00 Coffee and Conversations 9:30 Games with Friends
16	17	18	19	20
9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Bingo	9:00 Coffee and Conversations 10:30 – 11:15 Exercise	9:00 Coffee and Conversations 10:00 Line Dancing with The Y 12:30 Painting with Ferris Hotard	9:00 Coffee and Conversations 10:30 – 11:15 Exercise	9:00 Coffee and Conversations 9:30 Games with Friends
23	24	25	26	27
9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Bingo	9:00 Coffee and Conversations 10:30 – 11:15 Exercise	9:00 Coffee and Conversations 10:00 Line Dancing with The Y 11:00 Presentation and Bingo with Dentists of Mandeville	9:00 Coffee and Conversations 10:30 – 11:15 Exercise 11:00 Presentation with Judy the Dietician	9:00 Coffee and Conversations 9:30 Games with Friends
30				
9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Bingo				

Activity Center Manager: Jackie Monday – Thursday 8am-2pm Friday 8am – 1pm 985-323-6055 403 St. Francis St Madisonville	Lunch Served Daily: 11:30am
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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
 Phone: 985-892-0377

