

October



Madisonville Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Coffee and Conversations 10:30 – 11:15 Exercise 10:00 Coffee and Conversations with The Fussell Group	2 9:00 Coffee and Conversations 10:00 Line Dancing with The Y 12:30 Painting with Ferris Hotard	3 	4 9:00 Coffee and Conversations 9:30 Games with Friends
7 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Bingo	8 9:00 Coffee and Conversations 10:30 – 11:15 Exercise	9 9:00 Coffee and Conversations 10:00 Line Dancing with The Y	10 9:00 Coffee and Conversations 10:30 – 11:15 Exercise	11 9:00 Coffee and Conversations 9:30 Games with Friends
14 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Presentation and Bingo with Summerfield	15 9:00 Coffee and Conversations 10:30 – 11:15 Exercise	16 9:00 Coffee and Conversations 10:00 Line Dancing with The Y 12:30 Painting with Ferris Hotard	17 9:00 Coffee and Conversations 10:30 – 11:15 Exercise	18 9:00 Coffee and Conversations 9:30 Games with Friends
21 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Presentation and Bingo with Heart of Hospice	22 9:00 Coffee and Conversations 10:30 – 11:15 Exercise	23 9:00 Coffee and Conversations 10:00 Line Dancing with The Y	24 9:00 Coffee and Conversations 10:30 – 11:15 Exercise	25 9:00 Coffee and Conversations 9:30 Games with Friends
28 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Bingo	29 9:00 Coffee and Conversations 10:30 – 11:15 Exercise	30 9:00 Coffee and Conversations 10:00 Line Dancing with The Y 11:00 Presentation and Bingo with Dentists of Mandeville	31 9:00 Coffee and Conversations 10:30 – 11:15 Exercise	
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

Phone: 985-892-0377