



September Madisonville Center

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>9:00 Tai Chi 10:00 Line Dancing 12:30 Pain:ng with Ferris</p>	<p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>9:00 Coffee and Conversations 9:30 Games with Friends</p>
<p>8</p> <p>9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Presenta:on & Bingo with Right at Home West</p>	<p>9</p> <p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>10</p> <p>9:00 Tai Chi 10:00 Line Dancing</p>	<p>11</p> <p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>12</p> <p>9:00 Coffee and Conversations 9:30 Games with Friends</p>
<p>15</p> <p>9:00 Coffee and Conversations 9:30 GameswithFriends 10:00 Bingo with Senior Medicaid Patrol</p>	<p>16</p> <p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>17</p> <p>9:00 Tai Chi 9:30 Mobile Library 10:00 Line Dancing 12:30 Pain:ng with Ferris</p>	<p>18</p> <p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>19</p> <p>9:00 Coffee and Conversations 9:30 Games with Friends</p>
<p>22</p> <p>9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Bingo</p>	<p>23</p> <p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>24</p> <p>9:00 Tai Chi 10:00 Line Dancing</p>	<p>25</p> <p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>26</p> <p>9:00 Coffee and Conversations 9:30 Games with Friends</p>
<p>29</p> <p>9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Bingo</p>	<p>30</p> <p>9:00 Coffee and Conversations 10:30 – 11:15 Exercise</p>	<p>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.</p> <p>www.coastseniors.org 985-892-0377</p> 		
<p>Ac<vity Center Manager: Jackie Monday–Thursday8am–2pm Friday8am– 1pm 985-323-6055 403 St. Francis St Madisonville</p>		<p>Lunch Served Daily: 11:30am <i>Celebrating Healthy Aging</i> <i>Month</i></p>		