

Metairie

May in-person events

Be sure to call to RSVP at **504-840-0906**.
Class times and dates are subject to change.



747 Veterans Memorial Blvd.
Metairie, LA 70005
504-840-0906 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>10 a.m. - 3 p.m. Community shred day 12:15 - 1 p.m. SilverSneakers® Stability* 1:30 - 3:30 p.m. Canasta</div>	<div>2</div> <div>9 - 10 a.m. Veterans coffee club 12:15 - 1 p.m. SilverSneakers® Classic* 1:30 - 3:30 p.m. Mahjong</div>	<div>3</div> <div>10 - 11 a.m. Coffee & conversation 11 a.m. - 2 p.m. Tabletop games: Scrabble 12 - 1 p.m. Gratitude workshop 1 - 3 p.m. Movie & popcorn: Mulan (2020)</div>
<div>6</div> <div>9:15 - 10 a.m. SilverSneakers® Boom Move* 10:15 - 11 a.m. SilverSneakers® Yoga* 12 - 1 p.m. Fruit & veggie bingo 1:30 - 3:30 p.m. Bridge</div>	<div>7</div> <div>10 - 11 a.m. MIND diet: Foods to fight dementia 11:30 a.m. - 12:15 p.m. Chef Nino cooking demo 1 12:30 - 1:15 p.m. Chef Nino cooking demo 2</div>	<div>8</div> <div>10 - 11:30 a.m. Craft corner: Tile coasters (bring a picture) 12:15 - 1 p.m. SilverSneakers® Stability* 1:30 - 3:30 p.m. Canasta</div>	<div>9</div> <div>10 a.m. - 12 p.m. Free from falls: Week 1 (streamed) 12:15 p.m. - 1 p.m. SilverSneakers® Classic* 1:30 - 3:30 p.m. Mahjong</div>	<div>10</div> <div>10 - 11 a.m. Coffee & conversations 11 a.m. - 2 p.m. Tabletop games: Checkers 1 - 3 p.m. Movie & popcorn: My Blue Heaven (1990)</div>
<div>13</div> <div>9:15 - 10 a.m. SilverSneakers® Boom Move* 10:15 - 11 a.m. SilverSneakers® Yoga* 12 - 1 p.m. Household bingo 1:30 - 3:30 p.m. Bridge</div>	<div>14</div> <div>10 - 10:30 a.m. Real people, real stories 11:30 a.m. - 12:15 p.m. Chef Nino cooking demo 1 12:30 - 1:15 p.m. Chef Nino cooking demo 2</div>	<div>15</div> <div>9:30 - 10 a.m. Meditation moment 12:15 - 1 p.m. SilverSneakers® Stability* 1:30 - 3:30 p.m. Canasta</div>	<div>16</div> <div>10 a.m. - 12 p.m. Free from falls: Week 2 (streamed) 11 a.m. - 1 p.m. World joke day 12:15 - 1 p.m. SilverSneakers® Classic 1:30 - 3:30 p.m. Mahjong</div>	<div>17</div> <div>10 - 11 a.m. Coffee & conversation 10 - 11 a.m. Medicare 101 11 a.m. - 12 p.m. Tabletop games: Chess 1 - 3 p.m. Movie & popcorn: Race to Witch Mountain (2009)</div>
<div>20</div> <div>9:15 - 10 a.m. SilverSneakers® Boom Move* 10:15 - 11 a.m. SilverSneakers® Yoga* 12 - 1 p.m. May birthday social & bingo 1:30 - 3:30 p.m. Bridge</div>	<div>21</div> <div>9:30 - 11 a.m. What you need to know about Alzheimer's disease 11:30 a.m. - 12:15 p.m. Chef Nino cooking demo 1 12:30 - 1:15 p.m. Chef Nino cooking demo 2</div>	<div>22</div> <div>10 - 11:30 a.m. Paint & sip: Mayflowers 11 a.m. - 12 p.m. Cooking for one 12:15 - 1 p.m. SilverSneakers® Stability* 1:30 - 3:30 p.m. Canasta</div>	<div>23</div> <div>10 a.m. - 12 p.m. Free from falls: Week 3 12:15 - 1 p.m. SilverSneakers® Classics 1:30 - 3:30 p.m. Mahjong</div>	<div>24</div> <div>10 - 11 a.m. Coffee & conversation 10 a.m. - 12 p.m. Tabletop games: Dominoes Center closing early at noon in observance of the holiday.</div>
<div>27</div> <div> Happy Memorial Day! We are closed in observance of the holiday.</div>	<div>28</div> <div>10 - 11:30 a.m. Find your feel great weight: Class 5 (RSVP) 1 - 2 p.m. Travel around the world: Ireland with Irish snacks 1:30 - 2:30 p.m. Puzzle day</div>	<div>29</div> <div>9:30 - 10 a.m. Meditation moment 12:15 - 1 p.m. SilverSneakers® Stability* 1:30 - 3:30 p.m. Canasta</div>	<div>30</div> <div>10 a.m. - 12 p.m. Free from falls: Week 4 12:15 - 1 p.m. SilverSneakers® Classic* 1:30 - 3:30 p.m. Mahjong</div>	<div>31</div> <div>10 - 11 a.m. Coffee & conversation 1 - 3 p.m. Movie & popcorn: My Big Fat Greek Wedding 3 (2023)</div>

*For Humana members with this benefit only.
For accommodations of persons with special needs at meetings, call **504-840-0906 (TTY: 711)**.