






2024

Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance</p>	<p>3</p> <p>9:00 Movement 9:30 Bingo W/ Humana 12:30 Painting W/ Ferris</p> 	<p>4</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo</p>	<p>5</p> <p>8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class</p>	<p>6</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Craft W/ Peoples Health</p>
<p>9</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ Senior Medicare Patrol</p>	<p>10</p> <p>8:30 Coffee & Conversation 9:00 Movement 9:30 Holiday Bingo</p>	<p>11</p> <p>8:45 Strength & Balance 9:30</p> 	<p>12</p> <p>8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class 10:00 Craft W/ Eagan Hospice</p>	<p>13</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance</p>
<p>16</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Live Music W/ Manny & Mary</p> 	<p>17</p> <p>8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo W/ Summerfield 12:30 Painting W/ Ferris</p> 	<p>18</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo w/ Tandem</p>	<p>19</p> <p>8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class</p>	<p>20</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance</p>
<p>23</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Line dancing W/ Valena</p>	<p>24</p> <p>Center Closed</p> 	<p>25</p> <p>Center Closed</p> 	<p>26</p> <p>8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class</p>	<p>27</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance</p>
<p>30</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ Affordable Dentures</p>	<p>31</p> <p>8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo W/ CommCare</p>			

Center Manager:
Deborah Hoard

Site Manager:
Lynn Farrar

Monday – Friday
8am – 4pm
985-641-1852

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

Lunch is served daily at 11:00 A.M

Lunch must be pre-registered the day before by 9:00.





Painting with Ferris Hotard

FREE 1HR PAINTING CLASS

PARTICIPANTS ARE REQUIRED TO
BRING THEIR OWN PAINTING SUPPLIES
(BRUSHES & PAINTS) AN 11X14 CANVAS
PER CLASS

1ST & 3RD TUESDAY @12:30

COAST SLIDELL ACTIVITY CENTER

**FOR MORE INFORMATION
CONTACT VALENA AT THE SLIDELL ACTIVITY
CENTER**

