

2024

Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00	8:30	Center Closed	8:30
	Movement	Coffee & Conversation		Coffee & Conversation
	9:30	8:45 Strength & Balance	for Resource	8:45
	Bingo W/ Humana	9:30	Fest at the	Strength & Balance 10:00
	12:30	Bingo	Castine	Beanbag Baseball
	Painting W/ Ferris			
			Center	
7	8	9	10	11
8:30	8:30	8:30	8:30	8:45
Coffee & Conversation	Coffee & Conversation	Coffee & Conversation	Coffee & Conversation	Strength & Balance
8:45 Strength & Balance	9:00	8:45 Strength & Balance	9:00	9:30 Flu shots W/ Medicine
10:00	Movement	9:30	Movement	Shoppe
Presentation W/ Humana	9:30	Bingo	10:00 Crochet Class	10:00
	Bingo W/ LHC Group	Billigo	Crochet Class	Beanbag Baseball
14	15	16	17	18
8:30	8:30	8:30	8:30	8:30
Coffee & Conversation	Coffee & Conversation	Coffee & Conversation	Coffee & Conversation	Coffee & Conversation
8:45	9:00	8:45	9:00	8:45
Strength & Balance	Movement	Strength & Balance	Movement	Strength & Balance 10:00
10:00	9:30	9:30	9:30	Beanbag Baseball
Presentation W/ Senior Medicare Patrol	Bingo	Bingo	Presentation W/ Library	Bealibay Basebali
medical C T diror	12:30		10:00	
	Painting W/ Ferris		Crochet Class	
21	22	23	24	25
8:30	8:30	8:30	9:00	8:30
Coffee & Conversation	Coffee & Conversation	Coffee & Conversation	Movement	Coffee & Conversation
8:45	9:00	8:45	10:00	8:45
Strength & Balance 10:00	Movement	Strength & Balance 9:30	Crochet Class	Strength & Balance 10:00
Live Music W/ Manny &	9:30	Bingo	10:00	Beanbag Baseball
Mary Mary	Bingo	Бііідо	Presentation W/ Pelican Credit Union	3
28	29	30	31	
8:30 Coffee & Conversation	8:30 Coffee & Conversation	8:30	8:30	
8:45	9:00	Coffee & Conversation	Coffee & Conversation	
Strength & Balance	Movement	8:45 Strength & Balance	9:00	COAST
10:00	9:30	9:30	Movement	COUNCIL ON AGING ST. TAMMANY
Presentation W/ Peoples	Bingo	Bingo	10:00 Crochet Class	
Health	Billyo		Crochet Class	

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.



FREE 1HR PAINTING CLASS

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

1ST & 3RD TUESDAY @9:30 EACH MONTH