



# 2025

## Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 10:00 Presentation W/ Senior Medicare Patrol</p>	<p>4</p> 	<p>5</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 9:30 Bingo</p>	<p>6</p> <p>8:30 Coffee &amp; Conversation 10:00 Presentation W/ St. Tammany Public Library 10:00 Crochet Class</p>	<p>7</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 10:00 Beanbag Baseball W/ Valena</p>
<p>10</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 10:00 Line dancing W/ Valena</p>	<p>11</p> <p>8:30 Coffee &amp; Conversation 9:30 Bingo W/ Centerwell</p>	<p>12</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 9:30 Bingo</p>	<p>13</p> <p>8:30 Coffee &amp; Conversation 10:00 Presentation W/ St. Tammany Public Mobile Library 10:00 Crochet Class</p>	<p>14</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 10:00 Beanbag Baseball W/ Valena</p>
<p>17</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 10:00 Live Music W/ Manny &amp; Mary</p> 	<p>18</p> <p>8:30 Coffee &amp; Conversation 9:30 Bingo 12:30 Painting W/ Ferris</p> 	<p>19</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 9:30 Bingo W/ Lakeshore Manor</p>	<p>20</p> <p>8:30 Coffee &amp; Conversation 10:00 Presentation W/ Pelican Credit Union 10:00 Crochet Class</p>	<p>21</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 10:00 Beanbag Baseball W/ Valena</p>
<p>24</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 10:00 Presentation W/ Resource Bank</p>	<p>25</p> <p>8:30 Coffee &amp; Conversation 10:00 Bingo W/ St. Joseph Hospice</p>	<p>26</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 9:30 Bingo</p>	<p>27</p> <p>8:30 Coffee &amp; Conversation 10:00 Crochet Class 10:00 Monthly Birthday Celebrations W/ Home Instead</p>	<p>28</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance 10:00 Beanbag Baseball W/ Valena</p>
<p>31</p> <p>8:30 Coffee &amp; Conversation 8:45 Strength &amp; Balance</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](http://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.**



COUNCIL ON AGING ST. TAMMANY

Invites all older adult caregivers to our

## 2<sup>ND</sup> CAREGIVER EXPO

This Caregiver Expo is catered to the needs of older adult caregivers. Businesses specializing in caregiver services will be here providing guidance, resources and support. The event is free, but registration is **required** by February 28th. Lunch will be provided.

# MARCH 15<sup>TH</sup> 9AM TO 1PM

COAST Lacombe Activity Center  
61720 HWY 434  
Lacombe, LA 70445

RSVP online at  
[www.coastseniors.org/events](http://www.coastseniors.org/events)



# Painting

with

# Feruis 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

