

September 2024

Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p>	<p>4</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo W/ Humana</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 Beanbag Baseball</p>
<p>9</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Presentation W/ Senior Medicare Patrol</p>	<p>10</p> <p>8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo W/ LHC Group</p>	<p>11</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo</p>	<p>12</p> <p>8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class 9:30 Presentation W/ COAST Dietitian</p>	<p>13</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball</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</p>	<p>18</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo W/ Centerwell</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 10:00 Beanbag Baseball</p>
<p>23</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ St. Tammany Public Library</p>	<p>24</p> <p>8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo</p>	<p>25</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo</p>	<p>26</p> <p>8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class 10:00 Presentation W/ Pelican Credit Union</p>	<p>27</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball</p>
<p>30</p> <p>8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ Southern Legal</p>				

Center Manager: Deborah Hoard
Monday – Friday
8am – 4pm
985-641-1852

Lunch is served daily at 11:00 A.M
Lunch must be pre-registered the day before by 9:00.

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