

September 2024

Lacombe Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>8:30 Coffee & Conversation 9:30 Games W/ Friends</p>	<p>4</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>	<p>5</p> <p>8:30 Coffee & Conversation 10:00 Beanbag Baseball W/ Valena</p>	<p>6</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>
<p>9</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>	<p>10</p> <p>8:30 Coffee & Conversation 10:00 Bingo W/ Centerwell</p>	<p>11</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>	<p>12</p> <p>8:30 Coffee & Conversation 10:00 Presentation W/ Humana</p>	<p>13</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>
<p>16</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>	<p>17</p> <p>8:30 Coffee & Conversation 9:30 Games W/ Friends 10:00 Presentation W/ Pelican Credit Union</p>	<p>18</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>	<p>19</p> <p>8:30 Coffee & Conversation 9:30 Games W/ Friends 10:00 Craft W/ Valena</p>	<p>20</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>
<p>23</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>	<p>24</p> <p>8:30 Coffee & Conversation 9:30 Games W/ Friends 10:00 Bingo W/ LHC Group</p>	<p>25</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>	<p>26</p> <p>8:30 Coffee & Conversation 10:00 Presentation W/ Senior Medicare Patrol</p>	<p>27</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>
<p>30</p> <p>8:30 Coffee & Conversation 10:30 Strength & Balance</p>				

Activity Center Manager: Schrell Thompson

Monday: 8am-1pm Tuesday – Friday: 8am-2pm

985-218-9340

27397 Highway 190 Lacombe, LA 70445

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.