

# August 2022



## Slidell Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 <b>Line dancing W/ Valena</b>	2 8:30 Coffee & Conversation 9:00 Activity of Choice 9:30 <b>BINGO W/ Humana</b>	3 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 <b>BINGO W/ Comfort Care</b>	4 8:30 Coffee & Conversation 9:00 Beanbag Baseball 9:30 Activity of Choice	5 8:30 Coffee & Conversation 9:30 Inspirational coloring
8 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Pokeno	9 8:30 Coffee & Conversation 9:00 Activity of Choice 9:30 Bingo	10 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Bingo	11 8:30 Coffee & Conversation 9:00 Beanbag Baseball 9:30 <b>Line Dancing W/ Fussell</b>	12 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Inspirational coloring & painting
15 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Pokeno	16 8:30 Coffee & Conversation 9:00 <b>Reference Librarian Visit</b> 9:45 Bingo	17 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 <b>Bingo W/ FDL Title</b>	18 8:30 Coffee & Conversation 9:00 Beanbag Baseball 9:30 Activity of Choice	19 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Inspirational coloring
22 8:30 Coffee & Conversation 8:30 – 1:00 pm <b>Active aging Week</b>	23 8:30 Coffee & Conversation 8:30 – 1:00 pm <b>Active aging Week</b>	24 8:30 Coffee & Conversation 8:30 – 1:00 pm <b>Active aging Week</b>	25 8:30 Coffee & Conversation 8:30 – 1:00 pm <b>Active aging Week</b>	26 8:30 Coffee & Conversation 8:30 – 1:00 pm <b>Active aging Week</b>
29 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 <b>Bingo &amp; Activities W/ Trinity Trace</b>	30 8:30 Coffee & Conversation 9:00 Strength & Balance 9:45 <b>Bingo</b>	31 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Bingo 10:30 <b>Monthly Birthday Celebration</b>		

Activity Center Manager:  
Sylvia Day

Monday – Friday 8am – 4pm  
985-641-1852  
610 Cousin Street Slidell, LA 70458

Activity Site Manager:  
Katina Silve

Valena is here every Monday.

**Lunch is served daily at 11:30 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](http://www.coastseniors.org)

Phone: 985-892-0377