

November 2024

Lacombe Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Coffee & Conversation 10:30 Strength & Balance
4 8:30 Coffee & Conversation 10:30 Strength & Balance	5 8:30 Coffee & Conversation 10:00 Beanbag Baseball W/ Valena	6 8:30 Coffee & Conversation 10:30 Strength & Balance	7 8:30 Coffee & Conversation 10:00 Presentation W/ Humana	8 8:30 Coffee & Conversation 10:30 Strength & Balance
11 8:30 Coffee & Conversation 10:30 Strength & Balance	12 8:30 Coffee & Conversation 10:00 Presentation & Free Retinal screenings W/ Southern Retinal	13 8:30 Coffee & Conversation 10:30 Strength & Balance	14 8:30 Coffee & Conversation 10:00 Presentation & blood pressure checks W/ Lacombe Fire Department	15 10:00  10:30 Strength & Balance
18 8:30 Coffee & Conversation 10:30 Strength & Balance	19 8:30 Coffee & Conversation 10:00 Presentation W/ Caption Call	20 8:30 Coffee & Conversation 10:30 Strength & Balance	21 8:30 Coffee & Conversation 10:00 Presentation W/ Humana	22 8:30 Coffee & Conversation 10:30 Strength & Balance
25 8:30 Coffee & Conversation 10:30 Strength & Balance	26 8:30 Coffee & Conversation 10:00 Presentation W/ Senior Medicare Patrol	27 8:30 Coffee & Conversation 10:30 Strength & Balance	28 Center Closed 	29 Center Closed 

Activity Center Manager: Scherell Thompson

Monday – Friday 9am – 1:45pm

61720 HWY 434 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.



Thankful with Friends



A FRIENDSGIVING POTLUCK

November 15th, 10:00 A.M

61720 HWY 434 Lacombe, LA 70445

**Please bring your favorite dish
or snack to share with friends.**



COAST
COUNCIL ON AGING ST. TAMMANY



Painting with Ferris 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**

