




2024

Lacombe Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
	 1	2	3	4
		8:30 Coffee & Conversation 10:30 Strength & Balance	Center Closed for Resource Fest at the Castine Center	8:30 Coffee & Conversation 10:30 Strength & Balance
7	8	9	10	11
8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:00 Beanbag Baseball W/ Valena	8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:00 Presentation W/ COAST Dietitian	8:30 Coffee & Conversation 10:30 Strength & Balance
14	15	16	17	18
8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:00 Craft W/ Valena	8:30 Coffee & Conversation 10:30 Strength & Balance 10:00 Presentation W/ Pelican Credit Union	8:30 Coffee & Conversation 10:00 Presentation W/ Humana	8:30 Coffee & Conversation 10:30 Strength & Balance
21	22	23	24	25
8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:00 Bingo W/ LHC Group	8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:00 Presentation W/ Humana	8:30 Coffee & Conversation 10:30 Strength & Balance
28	29	30	31	
8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:00 Beanbag Baseball W/ Valena	8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:00 Presentation W/ Senior Medicare Patrol Birthday Celebration	

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.