

APRIL

2024

Lacombe Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Coffee & Conversation 10:30 Strength & Balance	2 9:00 Coffee & Conversation 9:30 Games W/ Friends	3 9:00 Coffee & Conversation 10:30 Strength & Balance	4 9:00 Coffee & Conversation 10:00 Line dancing W/ Valena	5 9:00 Coffee & Conversation 10:30 Strength & Balance
8 9:00 Coffee & Conversation 10:30 Strength & Balance	9 9:00 Coffee & Conversation 9:30 Games W/ Friends 10:00 Presentation W/ Senior Medicare Patrol	10 9:00 Coffee & Conversation 10:30 Strength & Balance	11 9:00 Coffee & Conversation 10:00 Presentation W/ COAST Dietitian	12 9:00 Coffee & Conversation 10:30 Strength & Balance
15 9:00 Coffee & Conversation 10:30 Strength & Balance	16 9:00 Coffee & Conversation 9:30 Games W/ Friends	17 9:00 Coffee & Conversation 10:30 Strength & Balance	18 9:00 Coffee & Conversation 10:00 Activities W/ Alexa	19 9:00 Coffee & Conversation 10:30 Strength & Balance
22 9:00 Coffee & Conversation 10:30 Strength & Balance	23 9:00 Coffee & Conversation 9:30 Games W/ Friends	24 9:00 Coffee & Conversation 10:30 Strength & Balance	25 9:00 Coffee & Conversation 10:00 Presentation W E.J Fielding Funeral Home Birthday Celebration	26 9:00 Coffee & Conversation 10:30 Strength & Balance
29 9:00 Coffee & Conversation 10:30 Strength & Balance	30 9:00 Coffee & Conversation 9:30 Games W/ Friends			

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.