










APRIL 2024

Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Coffee & Conversation 9:00 Strength & Balance	2 8:30 Coffee & Conversation 9:00 Movement 9:30 	3 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Presentation & Bingo W/ Boston Scientific	4 8:30 Coffee & Conversation 9:00 Movement 9:30 Alzheimer's & Dementia Presentation W/ People's Health	5 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Live Music W/ Mannie & Mary
8 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Presentation W/ Senior Medicare Patrol	9 8:30 Coffee & Conversation 9:00 Movement 9:30 	10 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 	11 8:30 Coffee & Conversation 9:00 Movement 10:00 Presentation W/ E.J Fielding Funeral Home	12 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball
15 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Line dancing W/ Valena	16 8:30 Coffee & Conversation 9:00 Movement 9:30 	17 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 	18 8:30 Coffee & Conversation 9:00 Movement 10:00 Presentation & Bingo W/ Notre Dame Home Health	19 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball
22 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Craft W/ Valena	23 8:30 Coffee & Conversation 9:00 Movement 9:30 	24 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 	25 8:30 Coffee & Conversation 9:00 Movement 10:00 Activities W/ Alexa	26 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball
29 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Karaoke W/ Valena	30 8:30 Coffee & Conversation 9:00 Movement 			

Center Manager: Deborah Hoard
 Site Manager: Umeka Facianne
 Monday – Friday
 8am – 4pm
 985-641-1852

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.