



# 2023

## Lacombe Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
4 	5 9:00 Coffee & Conversation 9:30 Beanbag Baseball	6 9:00 Coffee & Conversation <b>9:30</b> <b>Craft W/ Valena</b> <b>10:30</b> <b>Strength &amp; Balance</b>	7 9:00 Coffee & Conversation <b>10:00</b> <b>Activities W/ Amy</b>	8 9:00 Coffee & Conversation 9:30 Games W/ Friends <b>10:30</b> <b>Strength &amp; Balance</b>
11 9:00 Coffee & Conversation 9:30 Games W/ Friends <b>10:30</b> <b>Strength &amp; Balance</b>	12 9:00 Coffee & Conversation 9:30 Beanbag Baseball	13 9:00 Coffee & Conversation <b>9:30</b> <b>Presentation W/ NAMI</b> <b>10:30</b> <b>Strength &amp; Balance</b>	14 9:00 Coffee & Conversation 9:30 Games W/ Friends	15 
18 9:00 Coffee & Conversation 9:30 Games W/ Friends <b>10:30</b> <b>Strength &amp; Balance</b>	19 9:00 Coffee & Conversation 9:30 Beanbag Baseball	20 9:00 Coffee & Conversation <b>9:30</b> <b>Presentation W/ NRH</b> <b>10:30</b> <b>Strength &amp; Balance</b>	21 9:00 Coffee & Conversation 9:30 Games W/ Friends	22 9:00 Coffee & Conversation 9:30 Games W/ Friends <b>10:30</b> <b>Strength &amp; Balance</b>
25 9:00 Coffee & Conversation 9:30 Games W/ Friends <b>10:30</b> <b>Strength &amp; Balance</b>	26 9:00 Coffee & Conversation 9:30 Beanbag Baseball	27 9:00 Coffee & Conversation <b>9:30</b> <b>Presentation W/ SMP</b> <b>10:30</b> <b>Strength &amp; Balance</b>	28 9:00 Coffee & Conversation <b>10:00</b> <b>Activities W/ Alexa</b>	29 9:00 Coffee & Conversation 9:30 Games W/ Friends <b>10:30</b> <b>Strength &amp; Balance</b>
				

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](http://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.**  
**Please see reverse side for other calendar information. →**



## **September Activities**

Every Monday, Wednesday & Friday – Exercise W/ Kristy

**9/4** – Center Closed

**9/6** – Craft W/ Valena

**9/7** - Fun activities W/ Amy the Occupational Therapist

**9/13** – Presentation W/ Nami

**9/15** – Tailgating Party @ 9:00

**9/20** – Stroke presentation presented by Northshore Rehabilitation Hospital

**9/28** – Presentation W/ Senior Medicare Patrol

**9/28** - Fun activities W/ Alexa