






# 2024

## Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>9:00</b> <b>Movement</b> <b>9:30</b> <b>Bingo W/ Humana</b>  <b>12:30</b> <b>Painting W/ Ferris</b> 	8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>9:30</b> <b>Bingo</b>	<b>Center Closed            for Resource            Fest at the            Castine            Center</b>	8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>10:00</b> <b>Beanbag Baseball</b>
7	8	9	10	11
8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>10:00</b> <b>Presentation W/ Humana</b>	8:30 Coffee & Conversation <b>9:00</b> <b>Movement</b> <b>9:30</b> <b>Bingo W/ LHC Group</b>	8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>9:30</b> <b>Bingo</b>	8:30 Coffee & Conversation <b>9:00</b> <b>Movement</b> <b>10:00</b> <b>Crochet Class</b>	<b>8:45</b> <b>Strength &amp; Balance</b> <b>9:30</b> <b>Flu shots W/ Medicine            Shoppe</b> <b>10:00</b> <b>Beanbag Baseball</b>
14	15	16	17	18
8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>10:00</b> <b>Presentation W/ Senior            Medicare Patrol</b>	8:30 Coffee & Conversation <b>9:00</b> <b>Movement</b> <b>9:30</b> <b>Bingo</b> <b>12:30</b> <b>Painting W/ Ferris</b> 	8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>9:30</b> <b>Bingo</b>	8:30 Coffee & Conversation <b>9:00</b> <b>Movement</b> <b>9:30</b> <b>Presentation W/ Library</b> <b>10:00</b> <b>Crochet Class</b>	8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>10:00</b> <b>Beanbag Baseball</b>
21	22	23	24	25
8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>10:00</b> <b>Live Music W/ Manny &amp;            Mary</b>	8:30 Coffee & Conversation <b>9:00</b> <b>Movement</b> <b>9:30</b> <b>Bingo</b>	8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>9:30</b> <b>Bingo</b>	<b>9:00</b> <b>Movement</b> <b>10:00</b> <b>Crochet Class</b> <b>10:00</b> <b>Presentation W/ Pelican            Credit Union</b>	8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>10:00</b> <b>Beanbag Baseball</b>
28	29	30	31	
8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>10:00</b> <b>Presentation W/ Peoples            Health</b>	8:30 Coffee & Conversation <b>9:00</b> <b>Movement</b> <b>9:30</b> <b>Bingo</b>	8:30 Coffee & Conversation <b>8:45</b> <b>Strength &amp; Balance</b> <b>9:30</b> <b>Bingo</b>	8:30 Coffee & Conversation <b>9:00</b> <b>Movement</b> <b>10:00</b> <b>Crochet Class</b>	 <p><b>COAST</b>  <small>COUNCIL ON AGING ST. TAMMANY</small></p>

**Center Manager:**  
**Deborah Hoard**

**Site Manager:**  
**Lynn Farrar**

**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](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.**



Painting  
with

Ferris Hotard

**FREE 1HR PAINTING CLASS**

PARTICIPANTS ARE REQUIRED TO  
BRING THEIR OWN PAINTING  
SUPPLIES (BRUSHES & ACRYLIC  
PAINTS)

AN 11X14 CANVAS PER CLASS

1ST & 3RD TUESDAY  
@ 9:30 EACH  
MONTH

