




Lacombe Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:30 Coffee & Conversation 9:30 Games W/ Friends 11:30 Beanbag Baseball	8:30 Coffee & Conversation 10:30 Strength & Balance
5	6	7	8	9
8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 9:30 Games W/ Friends	8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 9:30 Games W/ Friends 11:30 Beanbag Baseball	8:30 Coffee & Conversation 10:30 Strength & Balance
12	13	14	15	16
8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 9:30 Games W/ Friends	8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:00 Presentation W/ Pelican State Credit Union	8:30 Coffee & Conversation 10:30 Strength & Balance
19	20	21	22	23
8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 9:30 Games W/ Friends	8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:00 Bingo W/ Aetna	8:30 Coffee & Conversation 10:30 Strength & Balance
26	27	28	29	30
8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 9:30 Games W/ Friends	8:30 Coffee & Conversation 10:30 Strength & Balance	8:30 Coffee & Conversation 10:15 Presentation W/ Senior Medicare Patrol	8:30 Coffee & Conversation 10:30 Strength & Balance

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.