

December 2022



Slidell Senior Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | | | 1 8:00 Coffee & Conversation 9:00 Beanbag Baseball 10:00 Pokeno | 2 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Crochet Club |
| 5 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 Movies & Popcorn | 6 8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 | 7 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 | 8 8:00 Coffee & Conversation 9:00 Beanbag Baseball 10:00 Pokeno | 9 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Crochet Club |
| 12 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Bingocize W/ Valena | 13 8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 | 14 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 Nutrition W/ Kristen 10:00 | 15 8:00 Coffee & Conversation 9:00 | 16 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 Bingo W/ Centerwell |
| 19 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Line Dancing W/ Valena | 20 8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 Bingo W/ Beacon | 21 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 | 22 8:00 Coffee & Conversation 9:00 Beanbag Baseball 10:00 Pokeno | 23 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Crochet Club |
| 26 Closed For The Holiday | 27 Closed For The Holiday | 28 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 | 29 8:00 Coffee & Conversation 9:00 Beanbag Baseball 10:00 Pokeno | 30 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Crochet Club |

Activity Center Manager:
Sylvia Day

Activity Site Manager:
Katina Silve

Monday – Friday 8am – 4pm
985-641-1852
610 Cousin Street Slidell, LA 70458

. Valena is here every Monday & Friday.

Lunch is served daily at 11:30 A.M.
Lunch (must be pre-registered the day before by 9:00)

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