

March 2023

Lacombe Center



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Coffee and Conversations 9:30 Games with Friends 10:30 Balance 12:00 Craft with Amy	2 9:00 Coffee and Conversations 9:30 Dominoes 10:15 Bingo	3 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance
6 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance 12:00 Presentation with Amy "Introduction to Mindfulness"	7 9:00 Coffee and Conversations 9:30 Presentation with Kristin	8 9:00 Coffee and Conversations 9:30 Craft with Kayla 10:30 Balance	9 9:00 Coffee and Conversations 9:30 Dominoes 10:15 Bingocize	10 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance
13 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance	14 9:00 Coffee and Conversations 10:00 Games with Friends	15 9:00 Coffee and Conversations 9:30 Games with Friends 10:30 Balance	16 9:00 Coffee and Conversations 9:30 Dominoes 10:15 Bingo	17 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance
20 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance	21 9:00 Coffee and Conversations 9:30 Presentation with Amy "Declutter 101"	22 9:00 Spring Social 10:30 Balance	23 9:00 Coffee and Conversations 9:30 Presentation with Alexa 10:15 Bingocize	24 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance
27 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance	28 9:00 Coffee and Conversations 9:30 Declutter Competition with Amy	29 9:00 Coffee and Conversations 9:30 Presentation with Peoples Health 10:30 Balance	30 9:00 Coffee and Conversations 9:30 Presentation and Bingo with Aetna	31 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance

Activity Center Manager: Schrell Thompson
 Monday: 8am-1pm Tuesday – Friday: 8am-2pm
 Lunch Served Daily: 11:30am
Kayla's here on Wednesday's and Thursday's

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