

# September 2022

Slidell Center



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 Beanbag Baseball	8:00 Coffee & Conversation 8:30 Strength & Balance 10:00 <b>BINGOcize</b>
5	6	7	8	9
 <b>Center Closed</b>	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 <b>BINGO W/ Humana</b>	8:00 Coffee & Conversation 8:30 Strength & Balance 9:30 <b>BINGO W/ Comfort Care</b>	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 Beanbag Baseball	8:00 Coffee & Conversation 8:30 Strength & Balance 9:30 <b>Popcorn &amp; Movie</b>
12	13	14	15	16
8:00 Coffee & Conversation 8:30 Strength & Balance 9:30 <b>Added Sugar Is Not So Sweet Presentation W/ People's Health</b>	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 <b>Bingo</b>	8:00 Coffee & Conversation 8:30 Strength & Balance 9:45 <b>BINGO W/ FDL law &amp; Title</b>	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 Beanbag Baseball	8:00 Coffee & Conversation 8:30 Strength & Balance 9:30 <b>Tailgating Party!</b>
19	20	21	22	23
8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 <b>Line dancing W/ Valena</b>	8:00 Coffee & Conversation 9:00 <b>Reference Librarian Visit</b> 9:45 <b>Bingo</b>	8:00 Coffee & Conversation 9:00 Strength & Balance 9:45 <b>Bingo</b>	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 Beanbag Baseball	8:00 Coffee & Conversation 8:30 Strength & Balance 10:00 <b>BINGOcize</b>
25	27	28	29	30
8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 <b>Line dancing W/ Valena</b>	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 <b>Bingo</b>	8:00 Coffee & Conversation 8:30 Strength & Balance 9:00 <b>Nutrition W/ Kristin</b> 10:00 Bingo	8:00 Coffee & Conversation 9:00 <b>SMH Update &amp; Bingo</b>	8:00 Coffee & Conversation 8:30 Strength & Balance 10:00 <b>BINGOcize</b>

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](http://www.coastseniors.org)

Phone: 985-892-0377