



2023

Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
	8:30 Coffee & Conversation 9:00 Movement 9:30 	8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	8:30 Coffee & Conversation 9:00 Movement 9:30 Presentation W/ Nami	8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball
11	12	13	14	15
8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Presentation W/ Northshore Rehabilitation Hospital	8:00 Coffee & Conversation 9:00 Movement 9:30 	9:00 Strength & Balance 9:00 Presentation W/ Parish Clerk of Court 10:00 	8:30 Coffee & Conversation 9:00 Movement 9:30 Presentation W/ SMP	8:00 Coffee & Conversation 9:00 Strength & Balance
18	19	20	21	22

Active Aging Week

25	26	27	28	29
10:00 AARP Safe Driving		8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	8:30 Coffee & Conversation 9:00 Movement 9:30 Presentation & Bingo W/ St. Joseph	8:00 Coffee & Conversation 9:00 Strength & Balance
30	31			

Activity Center Manager:
Deborah Hoard
Monday – Friday 8am – 4pm
985-641-1852
610 Cousin Street Slidell, LA 70458

Activity Site Manager:
Melba Hunter

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 to Melba.
Please see reverse side for other calendar information. →



September 18th – 22nd 9AM -12PM

We are having Active Aging week, which is a 5-day wellness event at the Slidell Activity Center. Please join us for nutritional and self-care education, exercise classes, games and much more. You will not want to miss the fun!

- Monday, Wednesday, Friday – Exercise W/ Kristy
 - Tuesday & Thursday – Exercise W/ Michelle
 - Every Thursday Crochet Club meets at 9:30 & all are welcomed
 - If you would like to sign up for the AARP Safe Driving course, please visit the AARP website.
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9/4 – Center Closed

9/5 – Bingo W/ Humana

9/7 – Presentation W/ Nami

9/11 – Stroke presentation presented by Northshore Rehabilitation Hospital

9/13 – Property Fraud Alerts Presentation W/
St. Tammany Parish Clerk of Court – Melissa Henry

9/14 – Presentation W/ Senior Medicare Patrol

9/18 – AARP Safe Driving Course – Please register through AARP's
Website.

9/25 - Beanbag Baseball W/ The Fussell Group

9/26 – Tailgating Party @ 9:30
This is a pot luck, so please bring your favorite dish to share with others.

9/28 – Presentation & Bingo W/ St. Joseph Hospice