

November 2024

Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Outside gardening W/ Valena
4 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ Humana	5 9:00 Movement 9:30 Bingo W/ Humana	6 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	7 8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class	8 8:45 Strength & Balance 9:45 Outside gardening W/ Valena 10:00 Beanbag Baseball
11 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ Senior Medicare Patrol	12 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	13 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	14 8:30 Coffee & Conversation 9:00 Movement 9:30 Presentation W/ Library 10:00 Crochet Class	15 8:30 Coffee & Conversation 8:45 Strength & Balance 9:45 Outside gardening W/ Valena 10:00 Beanbag Baseball
18 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Live Music W/ Manny & Mary	19 8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo 12:30 Painting W/ Ferris 	20 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	21 9:00 Movement 9:45 Presentation W/ Caption Call 10:00 Crochet Class	22 8:30 Coffee & Conversation 8:45 Strength & Balance 9:45 Outside gardening W/ Valena 10:00 Beanbag Baseball
25 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation & Free Retinal screenings W/ Southern Retinal	26 9:00  10:00 – Bingo	27 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	28 Center Closed 	29 Center Closed 

Center Manager:
Deborah Hoard

Monday – Friday
8am – 4pm
985-641-1852

Site Manager:
Lynn Farrar

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.

Thankful with Friends



A FRIENDSGIVING POTLUCK

November 26, 9:00 A.M.
610 Cousin St, Slidell, LA 70458

**Please bring your favorite dish
or snack to share with friends.**

Bingo will start at 10:00A.M

COAST
COUNCIL ON AGING ST. TAMMANY



Painting with Ferris Hotard

FREE 1HR PAINTING CLASS

**PARTICIPANTS ARE REQUIRED TO
BRING THEIR OWN PAINTING
SUPPLIES (BRUSHES & ACRYLIC
PAINTS)**

AN 11X14 CANVAS PER CLASS

**1ST & 3RD TUESDAY
@ 12:30
EACH MONTH**

