

June 2022



Slidell Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Nutrition W/ Kristen King 10:30 Bingo	2 8:30 Coffee & Conversation 9:00 Beanbag Baseball 9:30 BINGO & PRESENTATION with Fussell Group	3 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Community Garden W/ Home Depot
6 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Pokeno	7 8:30 Coffee & Conversation 9:00 Activity of Choice 9:30 Bingo	8 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Bingo	9 8:30 Coffee & Conversation 9:00 Beanbag Baseball 9:30 Activity of Choice	10 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Activity of Choice
13 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Pokeno	14 8:30 Coffee & Conversation 9:00 Activity of Choice 9:30 Bingo	15 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Bingo	16 8:30 Coffee & Conversation 9:00 Karaoke & Line Dancing W/ Aetna	17 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Activity of Choice
20 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Pokeno	21 8:30 Coffee & Conversation 9:00 Activity of Choice 9:30 Bingo	22 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Bingo 10:00 Entertainment with Jim Chester	23 8:30 Coffee & Conversation 9:00 Beanbag Baseball 9:30 Activity of Choice	24 8:30 Coffee & Conversation 9:00 Strength & Balance 9:30 Movies & Popcorn
27 8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Ochsner Stress Management Activity	28 8:30 Coffee & Conversation 9:00 Activity of Choice 9:30 Bingo	29 8:30 Coffee & Conversation 9:00 Slidell Fire Department 10:00 Bingo	30 8:30 Coffee & Conversation 9:00 Beanbag Baseball 9:30 Activity of Choice	

Valena is here every Monday & the 2nd & 16th.

Lunch is served daily at 11:30 A.M.

Lunch (must be pre-registered the day before by 9:30)

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.