














2023

Slidell Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball W/ Fussell Group	2 8:00 Coffee & Conversation 9:30 Bingo W/ Humana 	3 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	4 Center Closed for Client picnic	5 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Crochet Club
8 8:00 Coffee & Conversation 9:00 Strength & Balance 1:00 Brain Health Webinar W/ COAST/Ochsner	9 8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 	10 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	11 8:00 Coffee & Conversation 9:30 Bingo W/ CommCare 10:30 Karaoke W/ Valena 11:45 Canasta Club	12 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Crochet Club
15 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Ambulance Services & Fraud presentation W/ SMP	16 8:00 Coffee & Conversation 9:00 Presentation & Bingo W/ Visiting Angels	17 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	18 8:00 Coffee & Conversation 9:00 Line dancing W/ Valena 10:00 Activities W/ Amy 11:45 Canasta Club	19 8:00 Coffee & Conversation 9:00 Strength & Balance 12:00 – 2:30 
22 8:00 Coffee & Conversation 9:00 Strength & Balance 12:30 Forget Me Not W/ Patrice	23 8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 	24 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	25 8:00 Coffee & Conversation 9:00 Spring craft W/ Valena 10:00 Activities W/ Amy 11:45 Canasta Club	26 8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Crochet Club
29 Center Closed	30 8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 	31 8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 		

Activity Center Manager:
 Sylvia Day

Activity Site Manager:
 Katina Silve

Monday – Friday 8am – 4pm
 985-641-1852
 610 Cousin Street Slidell, LA 70458

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 Katina.

May Activities

Every Monday, Wednesday & Friday – Exercise W/ Kristy

Every Thursday Canasta club plays and all are welcomed

Every Friday Crochet club meets and all are welcomed

5/1 – Beanbag baseball W/ Fussell Group

5/2 – Bingo W/ Humana

5/4 – Client picnic @ John Slidell Park

5/8 – Brain Health Webinar W/ COAST/Ochsner

5/11 – Bingo W/ CommCare – 9:30

Karaoke W/ Valena – 10:30

5/15 – Presentation W/ Senior Medicare Patrol

5/18 – Line dancing W/ Valena – 9:00

Activities W/ Amy – 10:00

5/19 – Senior Prom

5/22 – Forget Me Not W/ Patrice

5/25 – Spring craft W/ Valena – 9:00

Activities W/ Amy – 10:00