










March 2023

Slidell Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:00 Strength & Balance 9:30 COAST Nutrition Education 10:00 	8:00 Coffee & Conversation 9:00 Karaoke W/ Valena	8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball 10:00 Crochet Club
6	7	8	9	10
8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball W/ Fussell Group	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 Bingo W/ Humana 	8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	8:00 Coffee & Conversation 10:00 Health Coaching Group W/ Alexa	8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball 10:00 Crochet Club
13	14	15	16	17
8:00 Coffee & Conversation 9:00 Strength & Balance 12:00 Marbled paper craft W/ Amy	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 Presentation & Bingo W/ Beacon	8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	8:00 Coffee & Conversation 9:00 Intro to Mindfulness W/ Amy	8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball 10:00 Crochet Club
20	21	22	23	24
8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Preventing Identify Theft W/ SMP	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 	8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	8:00 Coffee & Conversation 9:00 Line dancing W/ Valena 12:00 Declutter Presentation W/ Amy	8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball 10:00 Crochet Club
27	28	29	30	31
8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 NAMI Presentation	8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 	8:00 Coffee & Conversation 9:00 Strength & Balance 9:30 	8:00 Coffee & Conversation 9:00 Activity of Choice 10:00 Bingo W/ CommCare 12:00 Declutter Presentation W/ Amy	8:00 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball 10:00 Crochet Club

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

Valena is here every Thursday.

Lunch is served daily at 11:00 A.M.

Lunch must be pre-registered the day before by 9:00 to Katina.

COAST
 COUNCIL ON AGING ST. TAMMANY

March Activities

Every Monday, Wednesday & Friday – Exercise W/ Kristy

3/1 – COAST Nutrition Education

3/2 – Karaoke W/ Valena

3/6 – Beanbag Baseball W/ Fussell Group

3/7 – Bingo W/ Humana

3/9 – Health Coaching W/ Alexa

3/13 – Marbled paper Craft W/ Amy

3/14 – Presentation & Bingo W/ Beacon

3/16 – Into to mindfulness W/ Amy

3/20 – Preventing identify theft W/ SMP

3/23 - Line dancing W/ Valena 9:00

Declutter presentation W/ Amy 12:00

3/30 - Declutter presentation W/ Amy