


JULY 2026

Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30 Coffee & Conversation 8:45 Strength & Balance	2 8:30 Coffee & Conversation 9:30 Crochet Class	3 
6 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Line dancing	7 8:30 Coffee & Conversation 9:30 Bingo W/ Humana 12:30 Painting W/ Ferris	8 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	9 8:30 Coffee & Conversation 9:30 Crochet Class 10:00 Conversational Spanish Class	10 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
13 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 St. Tammany Public Mobile Library	14 8:30 Coffee & Conversation 9:30 Bingo W/ CommCare	15 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	16 8:30 Coffee & Conversation 9:30 Crochet Class 10:00 Crafts w/ Peoples Health	17 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
20 8:30 Coffee & Conversation 8:45 Strength & Balance 9:00 – 3:30pm AARP Smart Driver Course 10:00 Live Music w/ Manny & Mary	21 8:30 Coffee & Conversation 9:30 Bingo W/ Humana 12:30 Painting W/ Ferris	22 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo w/ White Wave Strategies 10:00 Birthday Celebrations	23 8:30 Coffee & Conversation 9:30 Crochet Class 10:00 Conversational Spanish Class	24 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
27 8:30 Coffee & Conversation 8:45 Strength & Balance	28 8:30 Coffee & Conversation 9:30 Bingo	29 8:30 Coffee & Conversation 8:45 Strength & Balance	30 8:30 Coffee & Conversation 9:30 Crochet Class 10:00 SMP Presentation	31 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball

Activity Center Manager: Deborah Hoard
 Activity Center Assistant Managers: Lynn and Karen
 Monday – Friday 8am-4pm
 985-641-1852 | 610 Cousin Street | Slidell
 Lunch Served Daily: 11:00am
 Lunch must be pre-registered the day before by 9:00

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