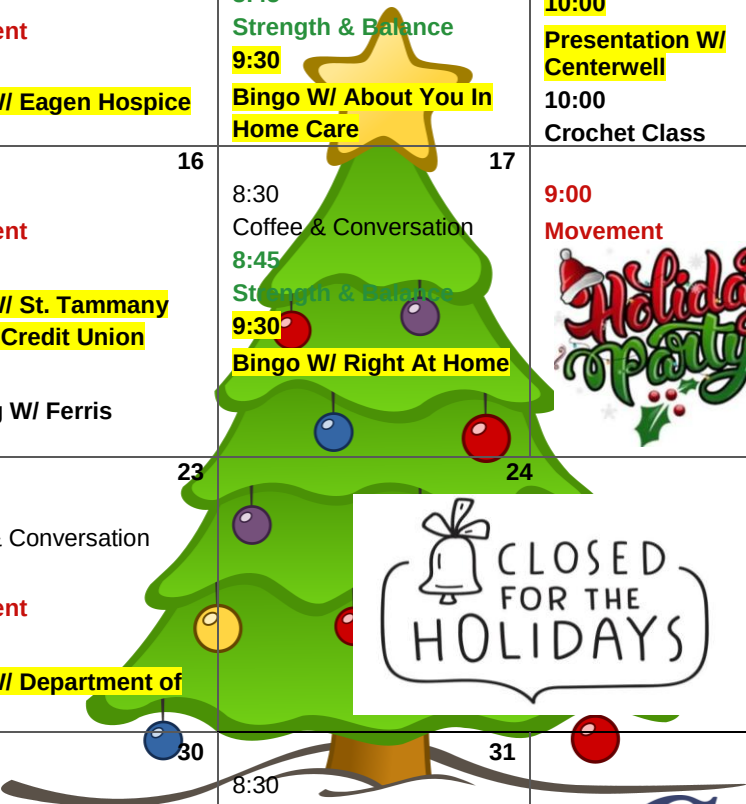


Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Coffee & Conversation 8:45 Strength & Balance	2 9:00 Movement 9:30 Bingo W/ Sky Hearing 1:00 Painting W/ Ferris	3 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo & presentation W/ Department of Health	4 9:00 Movement 10:00 Presentation W/ Senior Insurance Broker 10:00 Crochet Class	5 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
8 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 St. Tammany Public Mobile Library	9 8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo W/ Eagen Hospice	10 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo W/ About You In Home Care	11 9:00 Movement 10:00 Presentation W/ Centerwell 10:00 Crochet Class	12 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
15 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Live Music W/ Manny & Mary	16 9:00 Movement 9:30 Bingo W/ St. Tammany Federal Credit Union 1:00 Painting W/ Ferris	17 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo W/ Right At Home	18 9:00 Movement 	19 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
22 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ Senior Medicare Patrol	23 8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo W/ Department of Health	24 	25 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	26 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo
29 8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ Reskin Medical	30 8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo W/ St. Joseph Hospice	31 8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo		

Activity Center Manager: Deborah Hoard
Activity Center Assistant Manager: Lynn Farrar
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

Turn over for Holiday party invitation



You're Invited to the

Slidell Activity Center Holiday Party

December 18th • 9:30 - 11:00 AM

Join us for a fun and festive morning!

- 
- ★ Wear your favorite holiday pajamas
 - ★ Enjoy our hot cocoa bar
 - ★ Bring a dish to share for potluck
 - 🍭 Enjoy a special visit from the
St. Tammany Parish Sheriff's Office



*We can't wait to celebrate the holiday
season with you!*

