



# November 2022

Lacombe Center



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Coffee and Conversations 9:30 Cornhole	2 9:00 Coffee and Conversations 9:30 Games with Kayla 10:30 Balance	3 9:00 Coffee and Conversations 9:30 Line Dancing with Kayla 10:15 Bingo	4 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance
7 9:00 Coffee and Conversations 9:30 Presentation with Fire Dept 10:30 Balance	8 9:00 Coffee and Conversations 9:30 Cornhole	9 9:00 Coffee and Conversations 9:30 Craft with Kayla 10:30 Balance	10 9:00 Coffee and Conversations 10:00 Presentation and Bingo with SMP	11 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance
14 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance	15 9:00 Coffee and Conversations 9:30 Cornhole	16 9:00 Presentation and Bingo with Christwood 10:30 Balance	17 9:00 Coffee and Conversations 9:30 Presentation with The Good Feet Store 10:15 Bingo	18 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance
21 9:00 Coffee and Conversations 9:30 Presentation with STPL 10:30 Balance	22 9:00 Coffee and Conversations 9:30 Cornhole	23 9:00 Coffee and Conversations 9:30 Line Dancing with Kayla 10:30 Balance	24  <b>CENTER CLOSED</b>	25  <b>CENTER CLOSED</b>
28 9:00 Coffee and Conversations 9:30 Scrabble Day 10:30 Balance	29 9:00 Coffee and Conversations 9:30 Cornhole	30 9:00 Coffee and Conversations 9:30 Presentation with Kristin 10:30 Balance		

Activity Center Manager: Schrell Thompson  
 Monday: 8am-1pm Tuesday – Friday: 8am-2pm  
 Lunch Served Daily: 11:30am  
**Kayla's here on Wednesday's and Thursday's**

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.