




Slidell Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:30 Coffee & Conversation 9:00 Movement	8:30 Coffee & Conversation 9:00 Strength & Balance 10:00 Beanbag Baseball
5	6	7	8	9
8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Line dancing W/ Valena	8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo W/ Humana	8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class 10:00 Presentation W/ Library	8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
12	13	14	15	16
8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Presentation W/ SMP	8:30 Coffee & Conversation 9:00 Movement	8:30 Coffee & Conversation 9:30 Bingo	8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class	8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
19	20	21	22	23
8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Live Music W/ Manny & Mary	8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo W/ St. Joseph	8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo W/ Aetna	8:30 Coffee & Conversation 9:00 Movement 10:00 Presentation W/ Pelican State Credit Union	8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
26	27	28	29	30
8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ Red Cross	8:30 Coffee & Conversation 9:00 Movement 9:30 Bingo	8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	8:30 Coffee & Conversation 9:00 Movement 10:00 Crochet Class	8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball

Center Manager: Deborah Hoard
Monday – Friday
8am – 4pm
985-641-1852

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.