

May Slidell Activity Center



Monday	Tuesday	Wednesday	Thursday	Friday
			Center Closed for Senior Picnic	
			1	2
				8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
5	6	7	8	9
8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Presentation W/ Senior Medicare Patrol	8:30 Coffee & Conversation 9:00 Wellness 9:30 Bingo W/ Humana 1:00 Painting W/ Ferris	8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	8:30 Coffee & Conversation 9:00 Wellness 10:00 Crochet Class	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 10:00 Line dancing W/ Valena	8:30 Coffee & Conversation 9:00 Wellness 9:30 Bingo W/ Egan Hospice	8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	8:30 Coffee & Conversation 9:00 Wellness 10:00 Crochet Class 10:00 Summertime Trivia W	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 Wellness 9:30 Bingo W/ Spinecare 1:00 Painting W/ Ferris	8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo	8:30 Coffee & Conversation 9:00 Wellness 10:00 Crochet Class 10:00 Presentation W/ Pelican Credit Union	8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball
26	27	28	29	30
Center Closed	8:30 Coffee & Conversation 9:00 Wellness 9:30 Bingo	8:30 Coffee & Conversation 8:45 Strength & Balance 9:30 Bingo 10:30 Monthly Birthday Celebrations W/ Home Instead	8:30 Coffee & Conversation 9:00 Wellness 10:00 Crochet Class 10:00 Mobile Library	8:30 Coffee & Conversation 8:45 Strength & Balance 10:00 Beanbag Baseball

**Center Manager:
Deborah Hoard**

**Site Manager:
Lynn Farrar**

**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.

www.coastseniors.org



Lunch is served daily at 11:00 A.M.
Lunch must be pre-registered the day before by 9:00.