

September Slidell Center



Monday	Tuesday	Wednesday	Thursday	Friday
1 11 vertical red bars	2 8:00 Coffee and Conversations 9:00 Wellness 9:30 Bingo W/ Humana 1:00 Painting W/ Ferris	3 8:45 Strength & Balance 9:00 Pneumonia Vaccine W/ Walgreens 9:30 Bingo	4 9:00 Wellness 10:00 Crochet Class 10:00 Wills & Estate Planning Presentation	5 8:00 Coffee and Conversations 8:45 Strength & Balance 10:00 Karaoke
8 8:00 Coffee and Conversations 8:45 Strength & Balance 10:00 St. Tammany Public Mobile Library	9 8:00 Coffee and Conversations 9:00 Wellness 9:30 Bingo W/ Eagen Hospice	10 8:00 Coffee and Conversations 8:45 Strength & Balance 9:30 Bingo W/ CommCare	11 9:00 Wellness 10:00 Crochet Class 10:00 Presentation & Bingo W/ AT&T	12 8:00 Coffee and Conversations 8:45 Strength & Balance 10:00 Beanbag Baseball
15 8:00 Coffee and Conversations 8:45 Strength & Balance 10:00 Live Music W/ Manny & Mary	16 8:00 Coffee and Conversations 9:00 Wellness Bingo 1:00 Painting W/ Ferris	17 8:00 Coffee and Conversations 8:45 Strength & Balance 9:30 Bingo	18 8:00 Coffee and Conversations 9:00 Wellness 10:00 Crochet Class 10:00 Presentation W/ Senior Medicare Patrol	19 8:00 Coffee and Conversations 8:45 Strength & Balance
22 8:00 Coffee and Conversations 8:45 Strength & Balance 10:00 Stretch Your Grocery Dollars Presentation W/ Humana	23 8:00 Coffee and Conversations 9:00 Wellness 9:00 Flu Vaccine W/ Medicine Shoppe 9:30 Bingo W/ St. Joseph Hospice	24 8:00 Coffee and Conversations 8:45 Strength & Balance 9:30 Bingo 10:30 Monthly Birthday Celebrations W/ Home Instead	25 8:00 Coffee and Conversations 9:00 Wellness 10:00 Crochet Class	26 8:00 Coffee and Conversations 8:45 Strength & Balance 10:00 Karaoke
29 8:00 Coffee and Conversations 8:45 Strength & Balance 10:00 Craft W/ Ochsner	30 8:00 Coffee and Conversations 9:00 Wellness 9:30 Bingo W/ Aetna			

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.

www.coastseniors.org

985-892-0377