





November 2024

Pearl River Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
4 8:30 Coffee & Conversation 10:00 Presentation W/ Senior Medicare Patrol	5 8:30 Coffee & Conversation 10:00 Chair Exercise	6 8:30 Coffee & Conversation 9:30 Beanbag Baseball W/ Valena	7 8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	8 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
11 8:30 Coffee & Conversation 10:00 Presentation W/ Caption Call	12 8:30 Coffee & Conversation 10:00 Chair Exercise	13 8:30 Coffee & Conversation 10:00 Presentation W/ Humana	14 8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	15 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
18 8:30 Coffee & Conversation 9:30 Presentation & Free Retinal screenings W/ Southern Retinal	19 8:30 Coffee & Conversation 10:00 Chair Exercise	20 10:00 	21 8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	22 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
25 8:30 Coffee & Conversation 10:00 Presentation W/ St. Tammany Public Library	26 8:30 Coffee & Conversation 10:00 Chair Exercise	27 8:30 Coffee & Conversation 10:00 Presentation W/ Humana	28 Center Closed 	29 Center Closed 

Activity Site Manager: Tina Adelfio

Monday- Thursday - 8am – 2pm

Friday - 8am – 1pm

985-863-2540

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.

Thankful with Friends



A FRIENDSGIVING POTLUCK

November 20th, 10:00 A.M

39443 Highway 41 Spur Pearl River, LA
70452

**Please bring your favorite dish
or snack to share with friends.**



Painting with Ferris Hotard

FREE 1HR PAINTING CLASS

**PARTICIPANTS ARE REQUIRED TO
BRING THEIR OWN PAINTING SUPPLIES
(BRUSHES & PAINTS) AN 11X14 CANVAS
PER CLASS**

1ST & 3RD TUESDAY @12:30

COAST SLIDELL ACTIVITY CENTER

**FOR MORE INFORMATION
CONTACT VALENA AT THE SLIDELL ACTIVITY
CENTER**

