









March 2023

Pearl River Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30 Coffee & Conversation 9:30 Bingo W/ Fussell Group	2 8:00 Coffee & Conversation 9:30 V.A from Town Hall	3 8:30 Coffee & Conversation 9:30 
6 8:30 Coffee & Conversation 9:30 Beanbag Baseball	7 8:30 Coffee & Conversation 9:30 Marbled paper Craft W/ Amy	8 8:30 Coffee & Conversation 9:30 Added Sugar is Not so Sweet Presentation W/ Peoples Health	9 8:00 Coffee & Conversation 9:30 COAST Nutrition Education	10 8:30 Coffee & Conversation 9:30 Nutrition Bingo W/ Our Lady of the Lake Surgical hospital 
13 8:30 Coffee & Conversation 9:30 Intro to Mindfulness W/ Amy	14 8:30 Coffee & Conversation 10:00 Presentation W/ NAMI	15 8:30 Coffee & Conversation 9:30 Craft W/ Valena	16 8:30 Coffee & Conversation 9:30 	17 8:30 Coffee & Conversation 9:30 Inspirational coloring & painting
20 8:30 Coffee & Conversation 9:30 Declutter presentation W/ Amy	21 8:30 Coffee & Conversation 9:30 Health Coaching Group W/ Alexa	22 8:00 Coffee & Conversation 9:00 Activity of Choice 9:30 Presentation & Bingo W/ Beacon	23 8:00 Coffee & Conversation 9:30  10:00 Preventing Identify Theft W/ Senior Medicare Patrol	24 8:30 Coffee & Conversation 10:00 Presentation W/ Humana
27 8:30 Coffee & Conversation 9:30 Declutter presentation W/ Amy	28 8:30 Coffee & Conversation 9:30 Board Game Day	29 8:30 Coffee & Conversation 9:00 Movie & Popcorn 	30 8:30 Coffee & Conversation 9:30 	31 8:30 Coffee & Conversation 9:30 Presentation & Bingo W/ CommCare 

Activity Site Manager: Tina Adelfio

Monday, Wednesday - Friday 8am – 2pm

Tuesday 8am – 1pm

985-863-2540

39443 Highway 41 Spur Pearl River, LA 70452

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

Valena is here every Wednesday.

Bingo is played on Thursday's & Fridays when no presentations are scheduled

Lunch is served daily at 11:00 A.M.

Lunch must be pre-registered the day before by 9:00.

COAST
COUNCIL ON AGING ST. TAMMANY

March Activities

3/7 – Marbled paper Craft W/ Amy

3/8 – Presentation W/ Peoples Health

3/9 – COAST Nutrition Education

3/10 – Nutrition Bingo W/ Our Lady of the Lake

3/13 – Intro to Mindfulness W/ Amy

3/14 – Presentation W/ NAMI

3/15 – Craft W/ Valena

3/20 – Declutter presentation W/ Amy

3/21 – Health Coaching Group W/ Alexa

3/22 – Presentation & bingo W/ Beacon

3/23 – Preventing identity theft W/ Senior Medicare Patrol

3/24 – Presentation W/ Humana

3/27 - Declutter presentation W/ Amy

3/29 – Movie & popcorn

3/31 – Presentation & bingo W/ CommCare

