





APRIL

2024

Pearl River Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:30 Coffee & Conversation 9:00 Live Music W/ Dr. Peterson</p>	<p>2</p> <p>8:30 Coffee & Conversation 10:00 Chair Exercise</p>	<p>3</p> <p>8:30 Coffee & Conversation 9:30 Beanbag Baseball W/ Valena</p>	<p>4</p> <p>8:30 Coffee & Conversation 9:00 Bingo W/ Tina 10:00 Chair Exercise</p>	<p>5</p> <p>8:30 Coffee & Conversation 9:00 Movie Day </p>
<p>8</p> <p>8:30 Coffee & Conversation 9:30 Card Game Day!</p>	<p>9</p> <p>8:30 Coffee & Conversation 10:00 Chair Exercise</p>	<p>10</p> <p>8:30 Coffee & Conversation 10:00 Presentation W/ E.J. Funeral Home</p>	<p>11</p> <p>8:30 Coffee & Conversation 9:00 Bingo W/ Tina 10:00 Chair Exercise</p>	<p>12</p> <p>8:30 Coffee & Conversation 9:00 Movie Day </p>
<p>15</p> <p>8:30 Coffee & Conversation 9:30 Card Game Day!</p>	<p>16</p> <p>8:30 Coffee & Conversation 10:00 Chair Exercise</p>	<p>17</p> <p>8:30 Coffee & Conversation 10:15 Presentation & Bingo W/ Senior Medicare Patrol</p>	<p>18</p> <p>8:30 Coffee & Conversation 9:00 Bingo W/ Tina 10:00 Chair Exercise</p>	<p>19</p> <p>8:30 Coffee & Conversation 9:00 Movie Day </p>
<p>22</p> <p>8:30 Coffee & Conversation 9:30 Card Game Day!</p>	<p>23</p> <p>8:30 Coffee & Conversation 10:00 Chair Exercise</p>	<p>24</p> <p>8:30 Coffee & Conversation 9:30 Craft W/ Valena</p>	<p>25</p> <p>8:30 Coffee & Conversation 9:30 Bingo W/ Centerwell 10:00 Chair Exercise</p>	<p>26</p> <p>8:30 Coffee & Conversation 9:00 Movie Day </p>
<p>29</p> <p>8:30 Coffee & Conversation 9:30 Card Game Day!</p>	<p>30</p> <p>8:30 Coffee & Conversation 10:00 Chair Exercise</p>			

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.