







March 2023

Bush Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards	2 8:30 Coffee & Conversation 9:30 Pokeno	3 8:30 Coffee & Conversation 9:30 Inspirational coloring & painting
6 8:30 Coffee & Conversation 9:30 Marbled paper craft W/ Amy	7 9:00  10:00 Preventing Identify Theft W/ Senior Medicare Patrol	8 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards	9 8:30 Coffee & Conversation 9:30 Pokeno	10 8:30 Coffee & Conversation 9:30 Into to mindfulness W/ Amy
13 8:30 Coffee & Conversation 9:30 Beanbag Baseball	14 9:00  10:00 Added Sugar is Not So Sweet Presentation W/ Peoples Health	15 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards	16 8:30 Coffee & Conversation 9:30 Pokeno	17 8:30 Coffee & Conversation 9:30 Inspirational coloring & painting
20 8:30 Coffee & Conversation 9:30 Beanbag Baseball	21 8:30 Coffee & Conversation 9:00  10:00 Humana presentation Q&A	22 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards	23 8:30 Coffee & Conversation 9:30 Pokeno	24 8:30 Coffee & Conversation 9:30 Declutter presentation W/ Amy
27 8:30 Coffee & Conversation 9:30 Beanbag Baseball	28 8:30 Coffee & Conversation 9:00  10:00 NAMI Presentation	29 8:30 Coffee & Conversation 9:30 Movie & Popcorn 	30 8:30 Coffee & Conversation 9:30 Pokeno	31 8:30 Coffee & Conversation 9:30 Declutter presentation W/ Amy

Activity Site Manager: Tia Alexander

Tuesday, Wednesday - Friday 8am – 2pm
Monday 8am – 1pm
985-886-8971
81605 Highway 41 Bush, La 704310458

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 Tuesday.

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

3/6 – Marbled paper Craft W/ Amy

3/7 – Presentation W/ Senior Medicare Patrol

3/10 – Intro to mindfulness W/ Amy

3/14 – Presentation W/ People's Health

3/21 – Presentation W/ Humana

3/24 – Declutter presentation W/ Amy

3/28 – Presentation W/ NAMI

3/29 – Movie & Popcorn

3/31 – Declutter presentation W/ Amy