









2023

Pearl River Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> 	<p>5</p> <p>8:30 Coffee & Conversation 10:30 Chair Exercise</p>	<p>6</p> <p>8:30 Coffee & Conversation 9:30 Board Game Day!</p>	<p>7</p> <p>8:30 Coffee & Conversation 9:30 BINGO W/ Tina 10:30 Chair Exercise</p>	<p>8</p> <p>8:30 Coffee & Conversation 9:00 Movie Day</p> 
<p>11</p> <p>8:30 Coffee & Conversation 10:00 Presentation W/ COAST Dietitian</p>	<p>12</p> <p>8:30 Coffee & Conversation 10:30 Chair Exercise</p>	<p>13</p> <p>8:30 Coffee & Conversation 9:30 Board Game Day!</p>	<p>14</p> <p>8:30 Coffee & Conversation 9:30 BINGO W/ Tina 10:30 Chair Exercise</p>	<p>15</p> <p>8:30 Coffee & Conversation 9:00 Movie Day</p> 
<p>18</p> <p>8:30 Coffee & Conversation 9:30 Presentation W/ NAMI</p>	<p>19</p> <p>8:30 Coffee & Conversation 10:30 Chair Exercise</p>	<p>20</p> <p>8:30 Coffee & Conversation 9:30 Bingo W/ Fussell</p>	<p>21</p> <p>8:30 Coffee & Conversation 9:30 BINGO W/ Tina 10:30 Chair Exercise</p>	<p>22</p> <p>8:30 Coffee & Conversation 9:00 Movie Day</p> 
<p>25</p> <p>8:30 Coffee & Conversation 9:30 Presentation & Bingo W/ St. Joseph</p>	<p>26</p> <p>8:30 Coffee & Conversation 10:30 Chair Exercise</p>	<p>27</p> <p>8:30 Coffee & Conversation 9:30 Board Game Day!</p>	<p>28</p> <p>8:30 Coffee & Conversation 9:30 BINGO W/ Tina 10:30 Chair Exercise</p>	 <p>29th @9:30 Tailgating Party</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.
Please see reverse side for other calendar information. →



September Activities

- Tuesday & Thursday – Chair Exercise W/ Michelle 10:30 – 11:15
 - Bingo W/ Tina is played on Thursday @ 9:30
 - Every Friday is movie day.
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9/4 – Center Closed

9/11 – Presentation W/ Judy Roberts – COAST Dietitian

9/18 – Presentation W/ Nami

9/20 – Presentation & Bingo W/ The Fussell Group

9/25 – Presentation & Bingo W/ St. Joseph Hospice

9/29 – Tailgating Party @ 9:30

This is a pot luck, so please bring your favorite dish to share with others.