







Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:30 Coffee & Conversation 9:00 Bingo W/ Joseph Hospice	2 8:30 Coffee & Conversation 9:00 Movie Day 
5 8:30 Coffee & Conversation 9:00 Live Music W/ Dr. Peterson	6 8:30 Coffee & Conversation 10:00 Chair Exercise	7 8:30 Coffee & Conversation 9:30 Beanbag Baseball W/ Valena	8 8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	9 8:30 Coffee & Conversation 9:00 Movie Day 
12 8:30 Coffee & Conversation 9:30 Card Game Day!	13 8:30 Coffee & Conversation 10:00 Chair Exercise	14 8:30 Coffee & Conversation 10:00 Presentation W/ Pelican State Credit Union	15 8:30 Coffee & Conversation 9:00 Bingo W/ Aetna 10:00 Chair Exercise	16 8:30 Coffee & Conversation 9:00 Movie Day 
19 8:30 Coffee & Conversation 9:30 Card Game Day!	20 8:30 Coffee & Conversation 10:00 Chair Exercise	21 8:30 Coffee & Conversation 10:15 Presentation W/ Senior Medicare Patrol	22 8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	23 8:30 Coffee & Conversation 9:00 Movie Day 
26 8:30 Coffee & Conversation 10:00 Presentation W/ Anvoi	27 8:30 Coffee & Conversation 10:00 Chair Exercise	28 8:30 Coffee & Conversation 9:30 Craft W/ Valena	29 8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	30 8:30 Coffee & Conversation 9:00 Movie Day 

Activity Site Manager: Tina Adelfio

Monday- Thursday - 8am – 2pm

Friday - 8am – 1pm

985-863-2540

Lunch is served daily at 11:00 A.M

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

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