



2024

Pearl River Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8:30 Coffee & Conversation 10:00 Chair Exercise	8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards	Center Closed for Resource Fest at the Castine Center	8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
7	8	9	10	11
8:30 Coffee & Conversation 9:00 Live Music W/ Dr. Peterson	8:30 Coffee & Conversation 10:00 Chair Exercise	8:30 Coffee & Conversation 9:30 Craft W/ Valena	8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
14	15	16	17	18
8:30 Coffee & Conversation 10:00 Presentation W/ COAST Dietitian	8:30 Coffee & Conversation 10:00 Chair Exercise	8:30 Coffee & Conversation 10:00 Presentation & Bingo W/ Senior Medicare Patrol	8:30 Coffee & Conversation 9:00 Bingo W/ LHC Group 10:00 Chair Exercise	8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
21	22	23	24	25
8:30 Coffee & Conversation 10:00 Presentation W/ Pelican Credit Union	8:30 Coffee & Conversation 10:00 Chair Exercise	8:30 Coffee & Conversation 10:00 Presentation W/ Humana	8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
28	29	30	31	
8:30 Coffee & Conversation 10:00 Presentation W/ St. Tammany Public Library	8:30 Coffee & Conversation 10:00 Chair Exercise	8:30 Coffee & Conversation 10:00 Presentation W/ Humana	8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	

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.