

September 2024

Pearl River Activity Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 8:30 Coffee & Conversation 10:00 Chair Exercise	4 8:30 Coffee & Conversation 9:30 Beanbag Baseball W/ Valena	5 8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	6 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
9 8:30 Coffee & Conversation 9:00 Live Music W/ Dr. Peterson	10 8:30 Coffee & Conversation 10:00 Chair Exercise	11 8:30 Coffee & Conversation 10:00 Presentation W/ Humana	12 8:30 Coffee & Conversation 9:00 Bingo W/ LHC Group 10:00 Chair Exercise	13 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
16 8:30 Coffee & Conversation 10:00 Presentation W/ St. Tammany Public Library	17 8:30 Coffee & Conversation 10:00 Chair Exercise	18 8:30 Coffee & Conversation 10:00 Presentation W/ Senior Medicare Patrol	19 8:30 Coffee & Conversation 9:00 Bingo W/ Centerwell 10:00 Chair Exercise	20 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
23 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards 10:00 Presentation W/ Pelican Credit Union	24 8:30 Coffee & Conversation 10:00 Chair Exercise	25 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards 9:30 Craft W/ Valena	26 8:30 Coffee & Conversation 9:00 Bingo 10:00 Chair Exercise	27 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards
30 8:30 Coffee & Conversation 9:30 Word search, crosswords, art, cards				

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.