

March 2023

Folsom Center



Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:00 Coffee and Conversations 9:00 Craft with Amy 10:15 Bingo	2 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise 12:00 "Introduction to Mindfulness" with Amy	3 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Balloon Volleyball with Amy
6 8:00 Coffee and Conversations 9:30 Bingocize with Kayla	7 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	8 8:00 Coffee and Conversations 9:30 Presentation and Bingo with Aetna	9 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	10 8:00 Coffee and Conversations 8:30 Puzzles and Games
13 ACTIVE AGING WEEK	14 ACTIVE AGING WEEK	15 ACTIVE AGING WEEK	16 ACTIVE AGING WEEK	17 ACTIVE AGING WEEK
20 8:00 Coffee and Conversations 9:30 Bingocize with Kayla	21 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise 12:30 Declutter 101 with Amy	22 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:15 Bingo	23 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	24 8:00 Coffee and Conversations 8:30 Puzzles and Games 10:15 Games with St. Johns
27 8:00 Coffee and Conversations 9:00 Spring Social	28 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise 12:30 Declutter Followup with Amy	29 8:00 Coffee and Conversations 8:30 Word Alphabet Game 9:30 Presentation and Bingo with Dignity Memorial	30 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	31 8:00 Coffee and Conversations 8:30 Puzzles and Games

Kayla's here on Monday's
Lunch Served DAILY: 11:30am

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.