



Folsom Center



Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
4 8:00 Coffee and Conversations 9:00 Exercise	5 8:00 Coffee and Conversations 8:30 Games with Friends	6 8:00 Coffee and Conversations 9:00 Exercise 10:00 Activity with The Fussell Group	7 8:00 Coffee and Conversations 8:30 Games with Friends 9:00 Presentation with Judy the Dietician	8 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
11 8:00 Coffee and Conversations 9:00 Exercise 9:30 Games with Kayla	12 8:00 Coffee and Conversations 8:30 Games with Friends	13 8:00 Coffee and Conversations 9:00 Exercise 9:00 Activities with Warrior Fellowship	14 8:00 Coffee and Conversations 8:30 Games with Friends	15 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
18 8:00 Coffee and Conversations 9:00 Exercise 10:00 Presentation and Bingo with Dentists of Mandeville	19 8:00 Coffee and Conversations 8:30 Games with Friends 10:00 Presentation and Bingo with EJ Fielding	20 8:00 Coffee and Conversations 9:00 Exercise 10:00 Activities with First Baptist	21 8:00 Coffee and Conversations 8:30 Games with Friends	22 8:00 Coffee and Conversations 9:00 Exercise 10:15 Activities with St. Johns
25 8:00 Coffee and Conversations 9:00 Exercise	26 8:00 Coffee and Conversations 8:30 Games with Friends	27 8:00 Coffee and Conversations 9:00 Exercise	28 CENTERS CLOSED 	29 CENTERS CLOSED

Activity Center Manager: Ronald
Activity Center Assistant Manager: Cheryl
Monday – Thursday 8am-2pm Friday 8am – 1pm
985-796-9803
13296 LA 40 | Folsom
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.

Website: www.coastseniors.org

Phone: 985-892-0377