


October



Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00 Coffee and Conversations 8:30 Games with Friends	2 8:00 Coffee and Conversations 9:00 Exercise 10:00 Activity with The Fussell Group	3 	4 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
7 8:00 Coffee and Conversations 9:00 Exercise	8 8:00 Coffee and Conversations 8:30 Games with Friends	9 8:00 Coffee and Conversations 9:00 Exercise 9:00 Activities with Warrior Fellowship	10 8:00 Coffee and Conversations 8:30 Games with Friends	11 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
14 8:00 Coffee and Conversations 9:00 Exercise 9:30 Games with Kayla	15 8:00 Coffee and Conversations 8:30 Games with Friends	16 8:00 Coffee and Conversations 9:00 Exercise	17 8:00 Coffee and Conversations 8:30 Games with Friends	18 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
21 8:00 Coffee and Conversations 9:00 Exercise	22 8:00 Coffee and Conversations 8:30 Games with Friends	23 8:00 Coffee and Conversations 9:00 Exercise 10:00 Presentation and Bingo with Summerfield	24 8:00 Coffee and Conversations 8:30 Games with Friends	25 8:00 Coffee and Conversations 9:00 Exercise 10:15 Activities with St. Johns
28 8:00 Coffee and Conversations 9:00 Exercise	29 8:00 Coffee and Conversations 8:30 Games with Friends	30 8:00 Coffee and Conversations 9:00 Exercise 10:00 Presentation and Bingo with Heart of Hospice	31 8:00 Coffee and Conversations 8:30 Games with Friends	

Activity Center 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