

June 2022



Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:15 BINGO	2 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	3 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Rebus Puzzles
6 8:00 Coffee and Conversations 9:00 Cards with Kayla	7 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	8 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:15 BINGO	9 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	10 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Rebus Puzzles
13 8:00 Coffee and Conversations 9:00 Making Bath Salts with Kayla	14 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	15 8:00 Coffee and Conversations 9:30 Presentation with Kristin 10:15 BINGO	16 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	17 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Rebus Puzzles
20 8:00 Coffee and Conversations 9:00 Activity of Choice	21 8:00 Coffee and Conversations 9:30 Presentation with SMP 10:15 Chair Exercise	22 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:15 BINGO	23 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	24 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Rebus Puzzles
27 8:00 Coffee and Conversations 9:00 Making Ice cream with Kayla	28 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	29 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:15 BINGO with Trinity Trace	30 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	

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.