



November 2022

Folsom Center



Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00 Coffee and Conversations 8:30 Try-it Tuesday 10:15 Chair Exercise	2 8:00 Coffee and Conversations 8:30 Word Alphabet Game 9:30 Presentation with Kristin	3 8:00 Coffee and Conversations 9:00 Presentation with The Good Feet Store 10:15 Chair Exercise	4 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Puzzles
7 8:00 Coffee and Conversations 9:30 Craft with Kayla	8 8:00 Coffee and Conversations 8:30 Tricky Tuesday 10:15 Chair Exercise	9 8:00 Coffee and Conversations 9:30 Word Alphabet Game 10:15 BINGO	10 8:00 Coffee and Conversations 8:30 Try-it Thursday 10:15 Chair Exercise	11 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Puzzles
14 8:00 Coffee and Conversations 9:30 Line Dancing with Kayla	15 8:00 Coffee and Conversations 9:00 Presentation with Fire Dept. 10:15 Chair Exercise	16 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:00 Games with First Baptist	17 8:00 Coffee and Conversations 8:30 Tricky Thursday 10:15 Chair Exercise	18 8:00 Coffee and Conversations 9:30 Bingo and Games with St. Johns
21 8:00 Coffee and Conversations 10:00 Bingo with Attorney General's Office	22 8:00 Coffee and Conversations 8:30 Tricky Tuesday 10:15 Chair Exercise	23 8:00 Coffee and Conversations 10:00 Bingo and Presentation with SMP	24  CENTER CLOSED	25  CENTER CLOSED
28 8:00 Coffee and Conversations 9:30 Line Dancing with Kayla 10:15 Bingo	29 8:00 Coffee and Conversations 8:30 Tricky Tuesday 10:15 Chair Exercise	30 8:00 Coffee and Conversations 9:30 Word Alphabet Game 10:15 BINGO		

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.