



May 2023



Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00 Coffee and Conversations 9:30 Bingocize with Kayla	2 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	3 8:00 Coffee and Conversations 9:30 Presentation and Bingo with Dignity Memorial	4 CENTER CLOSED 	5 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Balloon Volleyball
8 8:00 Coffee and Conversations 9:30 Craft with Kayla	9 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	10 8:00 Coffee and Conversations 9:30 Presentation and Bingo with Aetna	11 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	12 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:30 Presentation with Amy
15 8:00 Coffee and Conversations 9:30 Bingocize with Kayla	16 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	17 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:00 Games with First Baptist	18 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	19 8:00 Coffee and Conversations 8:30 Puzzles and Games
22 8:00 Coffee and Conversations 9:30 Craft with Kayla 10:00 Presentation with Amy	23 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	24 8:00 Coffee and Conversations 8:30 Word Alphabet Game 9:30 Presentation and Bingo with Summerfield	25 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	26 8:00 Coffee and Conversations 8:30 Puzzles and Games 10:15 Games with St. Johns
29 CENTER CLOSED  MEMORIAL DAY	30 8:00 Coffee and Conversations 8:30 Games with Friends 10:15 Chair Exercise	31 8:00 Coffee and Conversations 8:30 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.