

# September 2022



## Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	2 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Puzzles
5 <b>CENTER CLOSED</b>	6 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	7 8:00 Coffee and Conversations <b>9:30 PRESENTATION with KRISTIN</b> 10:15 BINGO	8 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	9 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Puzzles
12 8:00 Coffee and Conversations 9:00 Memory Monday	13 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	14 8:00 Coffee and Conversations 8:30 Word Alphabet Game <b>9:30 PRESENTATION and BINGO with STHS</b>	15 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	16 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Puzzles
19 8:00 Coffee and Conversations <b>9:00 CRAFT WITH KAYLA</b>	20 8:00 Coffee and Conversations <b>9:00 Presentation with STPL</b> 10:15 Chair Exercise	21 8:00 Coffee and Conversations 8:30 Word Alphabet Game <b>10:00 GAMES with FBC</b>	22 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	23 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Puzzles <b>10:15 BINGO with ST. JOHN'S</b>
26 8:00 Coffee and Conversations 9:00 Memory Monday	27 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	28 8:00 Coffee and Conversations 8:30 Word Alphabet Game <b>10:15 PRESETATION and BINGO with SMP</b>	29 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	30 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Puzzles

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.