


# February 2024



Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00 Coffee and Conversations 8:30 Games with Friends <b>9:30</b> <b>Activity with Alexa</b>	2 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
5 8:00 Coffee and Conversations 9:00 Exercise <b>9:30</b> <b>Activity with Amy</b>	6 8:00 Coffee and Conversations 8:30 Games with Friends <b>9:30</b> <b>Price is Right with St. Joseph Hospice</b>	7 8:00 Coffee and Conversations 9:00 Exercise <b>10:15</b> <b>Bingo</b>	8 8:00 Coffee and Conversations 8:30 Games with Friends <b>10:15</b> <b>Presentation and Bingo with American Red Cross</b>	9 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
12 8:00 Coffee and Conversations 9:00 Exercise 9:30 Games with Kayla	13 	14 8:00 Coffee and Conversations 9:00 Exercise <b>VALENTINES DAY PARTY</b>	15 8:00 Coffee and Conversations 8:30 Games with Friends	16 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
19 8:00 Coffee and Conversations 9:00 Exercise 9:30 Games with Kayla	20 8:00 Coffee and Conversations 8:30 Games with Friends <b>10:00</b> <b>Presentation and Bingo with Hospice Specialists of LA</b>	21 8:00 Coffee and Conversations 9:00 Exercise <b>10:00</b> <b>Games with First Baptist</b>	22 8:00 Coffee and Conversations 8:30 Games with Friends	23 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise <b>10:00</b> <b>Activity with St. Johns</b>
26 8:00 Coffee and Conversations 9:00 Exercise 9:30 Games with Kayla	27 8:00 Coffee and Conversations 8:30 Games with Friends	28 8:00 Coffee and Conversations 9:00 Exercise <b>10:15</b> <b>Bingo</b>	29 8:00 Coffee and Conversations 8:30 Games with Friends	

Activity Center Manager: Cheryl

Site Manager: Stephanie

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](http://www.coastseniors.org)

Phone: 985-892-0377