

# August 2024



## Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00 Coffee and Conversations 8:30 Games with Friends	2 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
5 8:00 Coffee and Conversations 9:00 Exercise 9:30 Games with Kayla	6 8:00 Coffee and Conversations 8:30 Games with Friends	7 8:00 Coffee and Conversations 9:00 Exercise <b>10:00 Activity with The Fussell Group</b>	8 8:00 Coffee and Conversations 8:30 Games with Friends	9 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
12 8:00 Coffee and Conversations 9:00 Exercise <b>10:00 Presentation and Bingo with Humana</b>	13 8:00 Coffee and Conversations 8:30 Games with Friends	14 8:00 Coffee and Conversations 9:00 Exercise <b>9:00 Activities with Warrior Fellowship</b>	15 8:00 Coffee and Conversations 8:30 Games with Friends <b>10:00 Activity with St. Joseph Hospice</b>	16 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
19 8:00 Coffee and Conversations 9:00 Exercise	20 8:00 Coffee and Conversations 8:30 Games with Friends	21 8:00 Coffee and Conversations 9:00 Exercise <b>10:00 Activities with FBC</b>	22 8:00 Coffee and Conversations 8:30 Games with Friends	23 8:00 Coffee and Conversations 9:00 Exercise <b>10:15 Activities with St. Johns</b>
26 8:00 Coffee and Conversations 9:00 Exercise	27 8:00 Coffee and Conversations 8:30 Games with Friends <b>9:00 Activity with Judy</b>	28 8:00 Coffee and Conversations 9:00 Exercise	29 8:00 Coffee and Conversations 8:30 Games with Friends <b>10:00 Presentation and Bingo with American Red Cross</b>	30 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise

Activity Center Manager: Cheryl

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