

September 2023



Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
4 	5 8:00 Coffee and Conversations 8:30 Games with Friends	6 8:00 Coffee and Conversations 9:00 Exercise 10:15 Bingo	7 8:00 Coffee and Conversations 8:30 Games with Friends 9:00 Health Coaching with Alexa	8 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
11 8:00 Coffee and Conversations 9:00 Exercise 9:30 Activity with Amy 10:15 Snowballs with Centerwell	12 8:00 Coffee and Conversations 8:30 Games with Friends	13 8:00 Coffee and Conversations 9:00 Exercise 10:15 Bingo	14 8:00 Coffee and Conversations 8:30 Games with Friends	15 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
18 8:00 Coffee and Conversations 9:00 Exercise 9:30 Presentation with Judy the Dietician	19 8:00 Coffee and Conversations 8:30 Games with Friends 9:30 Presentation with Red Cross	20 8:00 Coffee and Conversations 8:30 Word Alphabet Game 9:00 Exercise 10:00 Games with First Baptist	21 8:00 Coffee and Conversations 8:30 Games with Friends	22 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise 9:45 Presentation and Bingo with Home Instead
25 8:00 Coffee and Conversations 9:00 Exercise 9:30 Craft with Kayla	26 8:00 Coffee and Conversations 8:30 Games with Friends	27 8:00 Coffee and Conversations 8:30 Word Alphabet Game 9:00 Exercise 10:00 Presentation and Bingo with NAMI	28 8:00 Coffee and Conversations 8:30 Games with Friends	29 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise 10:15 Games with St. Johns

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.



Website: www.coastseniors.org

Phone: 985-892-0377