

September 2024



Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
CENTERS CLOSED	8:00 Coffee and Conversations 8:30 Games with Friends	8:00 Coffee and Conversations 9:00 Exercise 10:00 Activity with The Fussell Group	8:00 Coffee and Conversations 8:30 Games with Friends	8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
9	10	11	12	13
8:00 Coffee and Conversations 9:00 Exercise 9:30 Games with Kayla	8:00 Coffee and Conversations 8:30 Games with Friends	8:00 Coffee and Conversations 9:00 Exercise 9:00 Activities with Warrior Fellowship	8:00 Coffee and Conversations 8:30 Games with Friends	8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
16	17	18	19	20
8:00 Coffee and Conversations 9:00 Exercise 10:00 Presentation with Bagnell and Son	8:00 Coffee and Conversations 8:30 Games with Friends	8:00 Coffee and Conversations 9:00 Exercise 10:00 Activities with FBC	8:00 Coffee and Conversations 8:30 Games with Friends	8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
23	24	25	26	27
8:00 Coffee and Conversations 9:00 Exercise	8:00 Coffee and Conversations 8:30 Games with Friends	8:00 Coffee and Conversations 9:00 Exercise 10:00 Presentation and Bingo with Heart of Hospice	8:00 Coffee and Conversations 8:30 Games with Friends 9:00 Presentation with STPL	8:00 Coffee and Conversations 9:00 Exercise 10:15 Activities with St. Johns
30				
8:00 Coffee and Conversations 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

Phone: 985-892-0377