

August 2022



Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00 Coffee and Conversations 9:00 Activity of Choice	2 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	3 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:15 BINGO	4 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	5 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Rebus Puzzles
8 8:00 Coffee and Conversations 9:00 CRAFT WITH KAYLA	9 8:00 Coffee and Conversations 9:00 PRESENTATION with NAMI 10:15 Chair Exercise	10 8:00 Coffee and Conversations 9:30 PRESENTATION and BINGO with STHS 10:15 BINGO	11 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	12 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Rebus Puzzles
15 8:00 Coffee and Conversations 9:00 PRESENTATION with TRINITY TRACE	16 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	17 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:00 GAMES with FIRST BAPTIST	18 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	19 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Rebus Puzzles 10:15 BINGO
22 8:00 Coffee and Conversations 9:00 Activity of Choice	23 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	24 8:00 Coffee and Conversations 9:00 PRESENTATION with LIBRARY 10:15 BINGO	25 8:00 Coffee and Conversations 8:30 Activity of Choice 10:15 Chair Exercise	26 8:00 Coffee and Conversations 8:30 Word Alphabet Game and Rebus Puzzles 10:00 Games with St. John's
29 8:00 Coffee and Conversations 9:00 ICECREAM WITH KAYLA	30 8:00 Coffee and Conversations 8:30 Trivia Tuesday's 10:15 Chair Exercise	31 8:00 Coffee and Conversations 8:30 Word Alphabet Game 10:15 BINGO		

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.