

August Folsom Center

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00 Coffee and Conversations 9:00 Exercise 11:00 Mrs. Judy
4 8:00 Coffee and Conversations 9:00 Exercise	5 8:00 Coffee and Conversations 8:30 Games with Friends 10:00 Pelican State Credit	6 8:00 Coffee and Conversations 9:00 Exercise 10:00 VOA Vet Retiring	7 8:00 Coffee and Conversations 8:30 Games with Friends	8 8:00 Coffee and Conversations 9:00 Exercise 10:00 Bingo the Trace
1 8:00 Coffee and Conversations 9:00 Exercise	12 8:00 Coffee and Conversations 8:30 Games with Friends	13 8:00 Coffee and Conversations 9:00 Exercise 10:00 Warrior Fellowship	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 10:00 Bingo Humana
18 8:00 Coffee and Conversations 9:00 Exercise 10:00 Library	19 8:00 Coffee and Conversations 8:30 Games with Friends	20 8:00 Coffee and Conversations 9:00 Exercise 10:00 First Baptist Church	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 10:00 St John Baptist

25 8:00 Coffee and Conversations 9:00 Exercise	26 8:00 Coffee and Conversations 8:30 Games with Friends	27 8:00 Coffee and Conversations 9:00 Exercise 10:00 Assessor Fitzmorris	28 8:00 Coffee and Conversations Games with Friends 10:00 ACG Hospice	29 8:00 Coffee and Conversations 9:00 Exercise 10:00 Pro Bobo Project
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Activity Center Manager: Ronald
 Activity Center Assistant 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.



COAST
COUNCIL ON AGING ST. TAMMANY