



Folsom Center



Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00 Coffee and Conversations 9:00 Exercise 10:00 Presentation with Senior Insurance Options	3 8:00 Coffee and Conversations 8:30 Games with Friends 9:30 Presentation and Bingo with Humana	4 8:00 Coffee and Conversations 9:00 Exercise	5 8:00 Coffee and Conversations 8:30 Games with Friends	6 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise HOLIDAY DINNER BY PARK
9 8:00 Coffee and Conversations 9:00 Exercise 10:00 Presentation with Southern Retinal Institute	10 8:00 Coffee and Conversations 8:30 Games with Friends	11 8:00 Coffee and Conversations 9:00 Exercise 9:00 Activities with Warrior Fellowship	12 8:00 Coffee and Conversations 8:30 Games with Friends	13 8:00 Coffee and Conversations 9:00 Exercise 10:15 Activities with St. Johns
16 8:00 Coffee and Conversations 9:00 Exercise 9:30 Activity with Kayla	17 8:00 Coffee and Conversations 8:30 Games with Friends	18 8:00 Coffee and Conversations 9:00 Exercise 10:00 Activities with First Baptist	19 8:00 Coffee and Conversations 8:30 Games with Friends 10:00 Presentation & Bingo with CaptionCall	20 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
23 8:00 Coffee and Conversations 9:00 Exercise	24 CENTERS CLOSED HAPPY HOLIDAYS	25 CENTERS CLOSED HAPPY HOLIDAYS	26 8:00 Coffee and Conversations 8:30 Games with Friends	27 8:00 Coffee and Conversations 8:30 Puzzles and Games 9:00 Exercise
30 8:00 Coffee and Conversations 9:00 Exercise	31 8:00 Coffee and Conversations 8:30 Games with Friends			

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.

Website: www.coastseniors.org

Phone: 985-892-0377