

March 2023

Covington Center



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Coffee and Conversations 9:30 Presentation with People's Health "Rethink your Drink"	2 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 – 11:00 Bingo	3 9:00 Coffee and Conversations 9:30 Bean Bag Baseball 10:30 – 12:20 Bridge 12:00 LINE DANCING
6 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	7 9:00 Coffee and Conversations ALEXA 12 WEEK PROGRAM 9:30 CRAFT with Kayla 10:30 Balance	8 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Craft with Amy	9 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 – 11:00 Bingo	10 9:00 Coffee and Conversations All of Us Sample Request 9:30 Bean Bag Baseball with Jacob 10:30 – 12:20 Bridge 12:00
13 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	14 9:00 Coffee and Conversations 9:30 – 10:15 Bingo with Jacob 10:30 Balance	15 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Presentation with Amy "Introduction to Mindfulness"	16 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 – 11:00 Bingo with Aetna	17 9:00 Coffee and Conversations 9:30 Bean Bag Baseball with Jacob 10:30 – 12:20 Bridge 12:00 LINE DANCING
20 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	21 9:00 Coffee and Conversations 9:30 – 10:15 Bingo with Jacob 10:30 Balance	22 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Presentation with Amy "Declutter 101"	23 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 – 11:00 Bingo	24 9:00 Coffee and Conversations 9:30 Bingocize with Kayla 10:30 – 12:20 Bridge 12:00 LINE DANCING
27 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	28 9:00 Coffee and Conversations 9:30 – 10:15 Bingo 10:30 Balance	29 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Declutter Competition with Amy	30 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 – 11:00 Bingo	31 9:00 Coffee and Conversations 9:30 Bean Bag Baseball with Jacob 10:30 – 12:20 Bridge 12:00 LINE DANCING
Activity Center Manager: Angela Bickham Monday – Friday 8am-4pm 985-892-8530 19404 N. 10 th Street Covington, LA 70433		Activity Site Manager: Sheryl Jones		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