

September 2022



Covington Center

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 BINGO	2 9:00 Coffee and Conversations 9:30 Beanbag Baseball 10:30 – 12:20 Bridge 12:30 LINE DANCING
5 CENTER CLOSED	6 9:00 Coffee and Conversations 9:30 CRAFT WITH KAYLA 10:30 Balance	7 9:00 Coffee and Conversations 9:30 BINGO with JACOB 10:30 Cards and Games	8 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 BINGO with Mrs. Lisa	9 9:00 Coffee and Conversations 9:30 PRESENTATION with BAGNELL SON FUNERAL HOME 10:30 – 12:20 Bridge 12:30 LINE DANCING
12 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 Activity of Choice 10:30 – 12:20 Bridge	13 9:00 Coffee and Conversations 9:30 PRESENTATION with ST. TAMMANY PARISH LIBRARY 10:30 Balance	14 9:00 Coffee and Conversations 9:30 BINGO and PRESENTATION with GULF SOUTH MEDICAL GROUP	15 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 BINGO	16 9:00 Coffee and Conversations 9:30 TAILGATE PARTY 12:30 LINE DANCING
19 9:00 Coffee and Conversations 9:30 Chair Yoga PRESENTATION with TRINITY TRACE 10:30 – 12:20 Bridge	20 9:00 Coffee and Conversations 9:30 Beanbag Baseball 10:30 Balance	21 9:00 Coffee and Conversations 9:30 BINGO and PRESENTATION with SMP	22 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 BINGO with Mrs. Lisa	23 9:00 Coffee and Conversations 9:30 Beanbag Baseball 10:30 – 12:20 Bridge 12:30 LINE DANCING
26 ACTIVE AGING WEEK	27 ACTIVE AGING WEEK	28 ACTIVE AGING WEEK	29 ACTIVE AGING WEEK	30 ACTIVE AGING WEEK
Activity Center Manager: Angela Bickham Monday – Friday 8am-4pm 985-892-8530 19404 N. 10 th Street Covington, LA 70433		Activity Site Manager: Fabianne Faciane		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.