



Covington Activity Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge</p>	<p>3</p> <p>9:00 Coffee & Conversation 9:30 – 10:15 Bingo with Enhabit 9:30 – 10:30 Painting with Ferris</p>	<p>4</p> <p>9:00 Coffee & Conversation 9:30 Presentation with Senior Insurance Options 10:30 Exercise</p>	<p>5</p> <p>9:00 Coffee & Conversation Presentation with Modern Hospice 9:30 – 10:30 Chair Yoga 10– 11 Bingo</p>	<p>6</p> <p>9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball With Jacob 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING</p>
<p>9</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:00 Presentation with Southern Legal Clinic 10:30 Exercise 10:30 – 12:00 Bridge</p>	<p>10</p> <p>9:00 Coffee & Conversation 9:30 – 10:15 Bingo 10:00 Coffee and Conversations with The Fussell Group</p>	<p>11</p> <p>9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise</p>	<p>12</p> <p>9:00 Coffee & Conversation 9:30 Activity with Kayla 9:30 – 10:30 Chair Yoga</p>	<p>13</p> <p>9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball With Jacob 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING</p>
<p>16</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge</p>	<p>17</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Painting with Ferris 10:00 Live Music with Mannie and Mary</p>	<p>18</p> <p>9:00 Coffee & Conversation 9:30 Games with Friends 10:00 Presentation With Southern Retinal Institute 10:30 Exercise</p>	<p>19</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Activity with St. Joseph Hospice</p>	<p>20</p> <p>9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball With Jacob 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING</p>
<p>23</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge</p>	<p>24</p> <p>CENTERS CLOSED HAPPY HOLIDAYS</p>		<p>25</p> <p>CENTERS CLOSED HAPPY HOLIDAYS</p>	<p>26</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo</p>
<p>30</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge</p>	<p>31</p> <p>9:00 Coffee & Conversation Presentation & Bingo With CaptionCall</p>			

Activity Center Manager:
Angela Bickham

Monday – Friday 8am-4pm
985-892-8530

19404 N. 10th Street | Covington, LA 70433

Activity Site Manager:
Evelyn Magee

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.

www.coastseniors.org

985-892-0377