



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>9:00 Coffee & Conversation 9:30 – 10:15 Bingo with Enhabit 9:30 – 10:30 Painting with Ferris</p>	<p>2</p> <p>9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise</p>	<p>3</p>	<p>4</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>7</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge</p>	<p>8</p> <p>9:00 Coffee & Conversation 9:30 – 10:15 Bingo 10:00 Coffee and Conversations with The Fussell Group</p>	<p>9</p> <p>9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise</p>	<p>10</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo with Remed</p>	<p>11</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>14</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge</p>	<p>15</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Painting with Ferris 10:00 🎵 Live Music with Mannie and Mary 🎵</p>	<p>16</p> <p>9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise</p>	<p>17</p> <p>9:00 Coffee & Conversation Presentation with Judy the Dietician 9:30 – 10:30 Chair Yoga 10– 11 Bingo With Jacob</p>	<p>18</p> <p>9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING</p>
<p>21</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge</p>	<p>22</p> <p>9:00 Coffee & Conversation 9:30 – 10:15 Bingo</p>	<p>23</p> <p>9:00 Coffee & Conversation Presentation with Peoples Health 9:30 Games with Friends 10:30 Exercise</p>	<p>24</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo</p>	<p>25</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>28</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge</p>	<p>29</p> <p>9:00 Coffee & Conversation 9:30 – 10:15 Bingo with BCBS LA</p>	<p>30</p> <p>9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise</p>	<p>31</p> <p>9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo with Jacob</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