

# May 2021

Covington Center



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Coffee and Conversations 9:00 – 11:15 Bridge 9:30 Chair Yoga 10:00 Activity of Choice	3 9:00 Coffee and Conversations <b>9:15</b> <b>Presentation with Ochsner</b> 10:30 Balance	4 9:00 Coffee and Conversations <b>9:30</b> <b>BINGO and</b> <b>PRESENTATION with</b> <b>Fussell Group</b>	5 9:00 Coffee and Conversations 9:30 Chair Yoga <b>9:30</b> <b>BINGO with Mrs. Lisa</b> 10:00 Trivia	6 9:00 Coffee and Conversations 9:30 Activity of Choice 9:00 – 11:15 Bridge <b>12:30</b> <b>LINE DANCING</b>
9 9:00 Coffee and Conversations 9:00 – 11:15 Bridge 9:30 Chair Yoga 10:00 Activity of Choice	10 9:00 Coffee and Conversations <b>9:30</b> Learning Rummikub 10:30 Balance	11 9:00 Coffee and Conversations 9:30 BINGO 10:30 Cards and Games	12 9:00 Coffee and Conversations 9:15 Caregiver Discussion 9:30 Chair Yoga 9:30 BINGO	13 9:00 Coffee and Conversations 9:30 Activity of Choice 9:00 – 11:15 Bridge <b>12:30</b> <b>LINE DANCING</b>
16 9:00 Coffee and Conversations 9:00 – 11:15 Bridge 9:30 Chair Yoga 10:00 Activity of Choice	17 9:00 Coffee and Conversations <b>9:30</b> Learning Rummikub 10:30 Balance	18 9:00 Coffee and Conversations 9:30 BINGO 10:30 Cards and Games	19 9:00 Coffee and Conversations 9:30 Chair Yoga <b>9:30</b> <b>BINGO with Mrs. Lisa</b> <b>10:00</b> <b>Happy Birthday!</b>	20 9:00 Coffee and Conversations 9:30 Activity of Choice 9:00 – 11:15 Bridge <b>12:30</b> <b>LINE DANCING</b>
23 9:00 Coffee and Conversations 9:00 – 11:15 Bridge 9:30 Chair Yoga 10:00 Activity of Choice	24 9:00 Coffee and Conversations <b>9:30</b> <b>Craft with Kayla</b> 10:30 Balance	25 9:00 Coffee and Conversations <b>9:30</b> <b>BINGO with HoH</b>	26 9:00 Coffee and Conversations 9:30 Chair Yoga 9:30 BINGO 10:00 Trivia	27 9:00 Coffee and Conversations 9:30 Activity of Choice 9:00 – 11:15 Bridge <b>12:30</b> <b>LINE DANCING</b>
30 <b>CENTER</b> <b>CLOSED</b>	31 9:00 Coffee and Conversations <b>9:30</b> Rummikub 10:30 Balance	<b>Activity Center Manager:</b> Angela Bickham  <b>Activity Site Manager:</b> Fabianne Facianne  Monday's – Friday's 8am – 4pm (985) 892-8530 19404 N. 10 <sup>th</sup> Street   Covington, LA 70433		



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](http://www.coastseniors.org)

Phone: 985-892-0377