

# June 2023

Covington Center



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Coffee and Conversations 9:30 Chair Yoga <b>10:00 – 11:00</b> <b>Bingo with Jacob</b> <b>12:30</b> <b>Beginner Band Program</b>	2 9:00 Coffee and Conversations <b>9:30</b> <b>Bean Bag Baseball</b> 10:30 – 12:20 Bridge <b>12:00</b> <b>LINE DANCING</b>
5 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	6 9:00 Coffee and Conversations <b>9:30</b> <b>Health Coaching with Alexa</b> <b>9:30 – 10:15</b> <b>Bingo</b> 10:30 Balance	7 9:00 Coffee and Conversations 9:30 Games with Friends <b>10:00</b> <b>Craft with Kayla</b>	8 9:00 Coffee and Conversations 9:30 Chair Yoga <b>Presentation and Bingo with START</b> <b>12:30</b> <b>Beginner Band Program</b>	9 9:00 Coffee and Conversations <b>9:30</b> <b>Bean Bag Baseball with Jacob</b> 10:30 – 12:20 Bridge <b>12:00</b> <b>LINE DANCING</b>
12 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	13 9:00 Coffee and Conversations <b>9:30– 10:15</b> <b>Presentation and Bingo with Ochsner</b> 10:30 Balance	14 9:00 Coffee and Conversations 9:30 Games with Friends <b>10:00</b> <b>Games with Kayla</b>	15 9:00 Coffee and Conversations 9:30 Chair Yoga <b>10:00 – 11:00</b> <b>Bingo with Jacob</b> <b>12:30</b> <b>Beginner Band Program</b>	16 9:00 Coffee and Conversations <b>9:30</b> <b>Bean Bag Baseball with Jacob</b> 10:30 – 12:20 Bridge <b>12:00</b> <b>LINE DANCING</b>
19 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	20 9:00 Coffee and Conversations <b>9:30 – 10:15</b> <b>Bingo with Jacob</b> 10:30 Balance	21 9:00 Coffee and Conversations 9:30 Games with Friends <b>10:00</b> <b>Craft with Kayla</b>	22 9:00 Coffee and Conversations 9:30 Chair Yoga <b>10:00 – 11:00</b> <b>Bingo</b> <b>12:30</b> <b>Beginner Band Program</b>	23 9:00 Coffee and Conversations <b>9:30</b> <b>Bean Bag Baseball</b> 10:30 – 12:20 Bridge <b>12:00</b> <b>LINE DANCING</b>
26 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	27 9:00 Coffee and Conversations <b>10:00</b> <b>Presentation and Bingo with SMP</b> 10:30 Balance	28 9:00 Coffee and Conversations 9:30 Games with Friends <b>10:00</b> <b>Live Music with Mannie &amp; Mary</b>	29 9:00 Coffee and Conversations 9:30 Chair Yoga <b>9:30</b> <b>Presentation and Bingo with Spine Care Chiropractic</b> <b>12:30</b> <b>Beginner Band Program</b>	30 9:00 Coffee and Conversations <b>9:30</b> <b>Bean Bag Baseball with Jacob</b> 10:30 – 12:20 Bridge <b>12:00</b> <b>LINE DANCING</b>
Activity Center Manager: Angela Bickham  Monday – Friday 8am-4pm 985-892-8530 19404 N. 10 <sup>th</sup> 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.



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

Phone: 985-892-0377