


September 2023

Covington Activity Center



Monday	Tuesday	Wednesday	Thursday	Friday
				1 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
 4	5 9:00 Coffee & Conversation 9:30 Health Coach w Alexa 9:30 – 10:15 Bingo	6 9:00 Coffee & Conversation 9:30 Games with Friends 10:00 Tech Help with Harriet 10:30 Exercise	7 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo with St. Joseph Hospice	8 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
11 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	12 9:00 Coffee & Conversation Presentation and Bingo with Home Instead and crew	13 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	14 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo with Christwood	15 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
18 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	19 9:00 Coffee & Conversation 9:30 – 10:15 Bingo with NAMI	20 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	21 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga	22 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
25 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	26 9:00 Coffee & Conversation 9:30 – 10:15 Bingo	27 9:00 Coffee & Conversation Presentation with Red Cross 9:30 Games with Friends 10:30 Exercise	28 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo	29 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

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