

August 2024

Covington Activity Center



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo	2 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
5 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	6 9:00 Coffee & Conversation 9:30 – 10:15 Bingo with Enhabit	7 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	8 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo with Jacob	9 9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING
12 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	13 9:00 Coffee & Conversation 9:30 – 10:15 Bingo 10:00 Coffee and Conversations with The Fussell Group	14 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	15 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Presentation and Bingo with American Red Cross	16 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
19 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	20 9:00 Coffee & Conversation 9:30 – 10:15 Live Music with Mannie and Mary	21 9:00 Coffee & Conversation Activity with Judy 10:30 Exercise	22 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Presentation and Bingo with Humana	23 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
26 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	27 9:00 Coffee & Conversation 9:30 – 10:15 Bingo	28 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	29 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Presentation & Bingo with Heart of Hospice	30 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