

# August 2022

## Covington Center



| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| 1<br>9:00<br>Coffee and Conversations<br>9:30<br>Chair Yoga<br><b>10:15</b><br><b>DON'T FALL Y'ALL</b><br>10:30 – 12:20<br>Bridge                   | 2<br>9:00<br>Coffee and Conversations<br>9:30<br>Rummikub<br>10:30<br>Balance  | 3<br>9:00<br>Coffee and Conversations<br>9:30<br>BINGO<br>10:30<br>Cards and Games  | 4<br>9:00<br>Coffee and Conversations<br>9:30<br>Chair Yoga<br>10:15<br>BINGO                               | 5<br>9:00<br>Coffee and Conversations<br>9:30<br>Activity of Choice<br>10:30 – 12:20<br>Bridge<br><b>12:30</b><br><b>LINE DANCING</b>               |
| 8<br>9:00<br>Coffee and Conversations<br>9:30<br>Chair Yoga<br><b>10:15</b><br><b>DON'T FALL Y'ALL</b><br>10:30 – 12:20<br>Bridge                   | 9<br>9:00<br>Coffee and Conversations<br><b>9:30</b><br><b>CRAFT WITH KAYLA</b><br>10:30<br>Balance                              | 10<br>9:00<br>Coffee and Conversations<br><b>9:30</b><br><b>BINGO with MRS. LISA</b><br><b>10:15</b><br><b>LIVE MUSIC WITH JIM</b>                | 11<br>9:00<br>Coffee and Conversations<br>9:30<br>Chair Yoga<br>10:15<br>BINGO                              | 12<br>9:00<br>Coffee and Conversations<br><b>9:30</b><br><b>MOVIE and POPCORN</b><br>10:30 – 12:20<br>Bridge<br><b>12:30</b><br><b>LINE DANCING</b> |
| 15<br>9:00<br>Coffee and Conversations<br>9:30<br>Chair Yoga<br><b>10:15</b><br><b>DON'T FALL Y'ALL</b><br>10:30 – 12:20<br>Bridge                  | 16<br>9:00<br>Coffee and Conversations<br><b>9:30</b><br><b>PRESENTATION WITH NAMI</b><br>10:30<br>Balance                       | 17<br>9:00<br>Coffee and Conversations<br><b>9:30</b><br><b>PRESENTATION and BINGO with GULF SOUTH MEDICAL GROUP</b><br>10:30<br>Cards and Games  | 18<br>9:00<br>Coffee and Conversations<br>9:30<br>Chair Yoga<br>10:15<br>BINGO                              | 19<br>9:00<br>Coffee and Conversations<br>9:30<br>Activity of Choice<br>10:30 – 12:20<br>Bridge<br><b>12:30</b><br><b>LINE DANCING</b>              |
| 22<br>9:00<br>Coffee and Conversations<br>9:30<br>Chair Yoga<br><b>10:15</b><br><b>DON'T FALL Y'ALL</b><br>10:30 – 12:20<br>Bridge                  | 23<br>9:00<br>Coffee and Conversations<br>9:30<br>Beanbag Baseball<br>10:30<br>Balance   | 24<br>9:00<br>Coffee and Conversations<br><b>9:30</b><br><b>PRESENTATION and BINGO with ST. TAMMANY HEALTH SYSTEM</b><br>10:30<br>Cards and Games | 25<br>9:00<br>Coffee and Conversations<br>9:30<br>Chair Yoga<br><b>10:15</b><br><b>BINGO with MRS. LISA</b> | 26<br>9:00<br>Coffee and Conversations<br>9:30<br>Activity of Choice<br>10:30 – 12:20<br>Bridge<br><b>12:30</b><br><b>LINE DANCING</b>              |
| 29<br>9:00<br>Coffee and Conversations<br>9:30<br>Chair Yoga<br>10:00<br>Activity of Choice<br>10:30 – 12:20<br>Bridge                              | 30<br>9:00<br>Coffee and Conversations<br><b>9:30</b><br><b>PRESENTATION with ST. TAMMANY PARISH LIBRARY</b><br>10:30<br>Balance | 31<br>9:00<br>Coffee and Conversations<br>9:30<br>BINGO<br>10:30<br>Cards and Games   |   |   |
| Activity Center Manager:<br>Angela Bickham<br><br>Monday – Friday 8am-4pm<br>985-892-8530<br>19404 N. 10 <sup>th</sup> Street   Covington, LA 70433 |  | Activity Site Manager:<br>Fabianne Faciane  | 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.