



November 2022

Covington Center



Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Coffee and Conversations 9:30 Rummikub 10:30 Balance	2 9:00 Coffee and Conversations 9:30 BINGO 10:30 Cards and Games	3 9:00 Coffee and Conversations 9:30 Chair Yoga 10:15 BINGO with Mrs. Lisa	4 9:00 Coffee and Conversations 9:30 Bean Bag Baseball 10:30 – 12:20 Bridge 12:00 LINE DANCING
7 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	8 9:00 Coffee and Conversations ALEXA 12 WEEK PROGRAM 9:30 CRAFT with Kayla 10:30 Balance	9 9:00 Coffee and Conversations 9:30 PRESENTATION with Kristin 10:15 Bingo	10 9:00 Coffee and Conversations 9:30 Chair Yoga 10:15 PRESENTATION with The Good Feet Store	11 9:00 Coffee and Conversations 9:00 – 11:00 LSU Survey Registration 10:30 – 12:20 Bridge 12:00 LINE DANCING
14 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	15 9:00 Coffee and Conversations ALEXA 12 WEEK PROGRAM 9:30 PRESENTATION with Comprehensive Physical Therapy 10:30 Balance	16 9:00 Coffee and Conversations 9:00 – 11:00 Presentation with St. Tammany Parish Library and TECH HELP	17 9:00 Coffee and Conversations 9:30 Chair Yoga 10:15 BINGO with Mrs. Lisa	18 9:00 Coffee and Conversations 9:00 – 11:00 LSU Survey Samples 9:30 Bean Bag Baseball 10:30 – 12:20 Bridge 12:00 LINE DANCING
21 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	22 9:00 Coffee and Conversations ALEXA 12 WEEK PROGRAM 9:30 GAMES with Kayla 10:30 Balance	23 9:00 Coffee and Conversations 9:30 BINGO 10:30 Cards and Games	24  CENTER CLOSED	25  CENTER CLOSED
28 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	29 9:00 Coffee and Conversations ALEXA 12 WEEK PROGRAM 9:30 Rummikub 10:30 Balance	30 9:00 Coffee and Conversations 10:00 PRESENTATION and BINGO with SMP		
Activity Center Manager: Angela Bickham Monday – Friday 8am-4pm 985-892-8530 19404 N. 10 th Street Covington, LA 70433		Activity Site Manager: Sheryl Jones	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.