



Covington Activity Center



Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING
4 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	5 9:00 Coffee & Conversation 9:30 – 10:15 Bingo with Enhabit 9:30 – 10:30 Painting with Ferris	6 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	7 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Presentation & Bingo with (SMP) Senior Medicare Patrol	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 9:30 – 10:15 Bingo 10:00 Coffee and Conversations with The Fussell Group	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 Presentation and Bingo with Dentists of Mandeville	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 9:30 – 10:30 Painting with Ferris	20 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	21 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo with St. Joseph Hospice	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 Presentation & Bingo With ACG Hospice	27 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	28 CENTERS CLOSED 	29 CENTERS CLOSED 

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