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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | | Thursday | Friday |
| 1 | 2 | 3 | | 4 | 5 |
| 9:00 Coffee & Conversation  9:30 – 10:30 Chair Yoga  10:30 Exercise  10:30 – 12:00 Bridge | 9:00 Coffee & Conversation  **9:30 – 10:15 Presentation and**  **Bingo with**  **AmericanRedCross** | 9:00 Coffee & Conversation  9:30 Games with Friends  10:30 Exercise | | 9:00 Coffee & Conversation  9:30 – 10:30 Chair Yoga  **10– 11 Bingo** | 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** |
| 8 | 9 | 10 | | 11 | 12 |
| 9:00 Coffee & Conversation  9:30 – 10:30 Chair Yoga  10:30 Exercise  10:30 – 12:00 Bridge | 9:00 Coffee & Conversation  **9:30 – 10:15 Bingo** | 9:00 Coffee & Conversation  9:30 Games with Friends  10:30 Exercise | | 9:00 Coffee & Conversation  9:30 – 10:30 Chair Yoga  **10– 11 Bingo with Jacob** | 9:00 Coffee & Conversation  **9:00 – 10:15 Bean Bag Baseball**  10:30 Exercise  10:30 – 12:00 Bridge  **12:00 LINE DANCING** |
| 15 | 16 | 17 | | 18 | 19 |
| 9:00 Coffee & Conversation  9:30 – 10:30 Chair Yoga  10:30 Exercise  10:30 – 12:00 Bridge | 9:00 Coffee & Conversation  **MusicMusic10:00 Live Music with**  **Mannie and Mary** | 9:00 Coffee & Conversation  **9:30 Activity with Alexa**  10:30 Exercise | | 9:00 Coffee & Conversation  9:30 – 10:30 Chair Yoga  **10– 11 Bingo** | **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** |
| 22 | 23 | 24 | | 25 | 26 |
| 9:00 Coffee & Conversation  9:30 – 10:30 Chair Yoga  10:30 Exercise  10:30 – 12:00 Bridge | 9:00 Coffee & Conversation  **9:30 – 10:15 Presentation and**  **Bingo with St.**  **Catherine Hospice** | 9:00 Coffee & Conversation  9:30 Games with Friends  10:30 Exercise | | 9:00 Coffee & Conversation  9:30 – 10:30 Chair Yoga  **10– 11 Bingo** | 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** |
| 29 | 30 |  | |  |  |
| 9:00 Coffee & Conversation  9:30 – 10:30 Chair Yoga  10:30 Exercise  10:30 – 12:00 Bridge | 9:00 Coffee & Conversation  **9:30 – 10:15 Bingo** |  | |  |  |
| Activity Center Manager: Activity Site Manager:  Angela Bickham Evelyn Magee  Monday – Friday 8am-4pm  985-892-8530  19404 N. 10th Street | Covington, LA 70433 | | | Lunch Served Daily: 11:30am | | |

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| April 2024  Covington Activity Center |  |

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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](http://www.coastseniors.org)

985-892-0377

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