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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 | 2 | 3 | 4 | 5 |
| 9:00 Coffee & Conversation9:30 – 10:30 Chair Yoga10:30 Exercise10:30 – 12:00 Bridge | 9:00 Coffee & Conversation**9:30 – 10:15 Presentation and**  **Bingo with**  **AmericanRedCross** | 9:00 Coffee & Conversation9:30 Games with Friends10:30 Exercise | 9:00 Coffee & Conversation9:30 – 10:30 Chair Yoga**10– 11 Bingo** | 9:00 Coffee & Conversation**9:00 – 10:15 Bean Bag Baseball** **With Jacob**10:30 Exercise10:30 – 12:00 Bridge**12:00 LINE DANCING** |
| 8 | 9 | 10 | 11 | 12 |
| 9:00 Coffee & Conversation9:30 – 10:30 Chair Yoga10:30 Exercise10:30 – 12:00 Bridge | 9:00 Coffee & Conversation**9:30 – 10:15 Bingo** | 9:00 Coffee & Conversation9:30 Games with Friends10:30 Exercise | 9:00 Coffee & Conversation9:30 – 10:30 Chair Yoga**10– 11 Bingo with Jacob** | 9:00 Coffee & Conversation**9:00 – 10:15 Bean Bag Baseball**10:30 Exercise10:30 – 12:00 Bridge**12:00 LINE DANCING** |
| 15 | 16 | 17 | 18 | 19 |
| 9:00 Coffee & Conversation9:30 – 10:30 Chair Yoga10:30 Exercise10:30 – 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 & Conversation9:30 – 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 & Conversation9:30 – 10:30 Chair Yoga10:30 Exercise10:30 – 12:00 Bridge | 9:00 Coffee & Conversation**9:30 – 10:15 Presentation and**  **Bingo with St.**  **Catherine Hospice** | 9:00 Coffee & Conversation9:30 Games with Friends10:30 Exercise | 9:00 Coffee & Conversation9:30 – 10:30 Chair Yoga**10– 11 Bingo** | 9:00 Coffee & Conversation**9:00 – 10:15 Bean Bag Baseball** **With Jacob**10:30 Exercise10:30 – 12:00 Bridge**12:00 LINE DANCING** |
| 29 | 30 |  |  |  |
| 9:00 Coffee & Conversation9:30 – 10:30 Chair Yoga10:30 Exercise10:30 – 12:00 Bridge | 9:00 Coffee & Conversation**9:30 – 10:15 Bingo**  |  |  |  |
| Activity Center Manager: Activity Site Manager:Angela Bickham Evelyn MageeMonday – Friday 8am-4pm985-892-853019404 N. 10th Street | Covington, LA 70433 | Lunch Served Daily: 11:30am |

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| April 2024Covington 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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