



May 2023

Covington Center



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	2 9:00 Coffee and Conversations 9:30 – 10:15 Bingo 10:30 Balance	3 9:00 Coffee and Conversations 9:30 Games with Friends	4 CENTER CLOSED 	5 9:00 Coffee and Conversations 9:30 Bean Bag Baseball 10:30 – 12:20 Bridge 12:00 LINE DANCING
8 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge 1:00 Brain Health Webinar	9 9:00 Coffee and Conversations 9:30 Health Coaching with Alexa 9:30 – 10:15 Bingo 10:00 Live Music - Mannie and Mary 10:30 Balance	10 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Craft with Kayla	11 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 – 11:00 Bingo with Jacob	12 9:00 Coffee and Conversations 9:30 Bean Bag Baseball with Jacob 10:30 – 12:20 Bridge 12:00 LINE DANCING
15 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	16 9:00 Coffee and Conversations 9:00 – 10:15 Presentation and Bingo with Summerfield 10:30 Balance	17 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Games with Kayla	18 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 – 11:00 Bingo	19 9:00 Coffee and Conversations 9:30 Bean Bag Baseball with Jacob 10:30 – 12:20 Bridge 12:00 LINE DANCING
22 9:00 Coffee and Conversations 9:30 Chair Yoga 10:30 – 12:20 Bridge	23 9:00 Coffee and Conversations 9:00 – 10:15 Presentation and Bingo with Aetna 10:30 Balance	24 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Craft with Kayla	25 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 – 11:00 Bingo with Jacob	26 9:00 Coffee and Conversations 9:30 Bean Bag Baseball with Jacob 10:30 – 12:20 Bridge 12:00 LINE DANCING
29 CENTER CLOSED  MEMORIAL DAY	30 9:00 Coffee and Conversations 9:30 – 10:15 Bingo 10:30 Balance	31 9:00 Coffee and Conversations 9:30 Games with Friends 10:00 Presentation with Amy		
Activity Center Manager: Angela Bickham Monday – Friday 8am-4pm 985-892-8530 19404 N. 10 th 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.