

September 2024

Covington Activity Center



Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTERS CLOSED	3 9:00 Coffee & Conversation 9:30 – 10:15 Bingo with Enhabit	4 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	5 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo with Jacob	6 9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING
9 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	10 9:00 Coffee & Conversation 9:30 – 10:15 Bingo 10:00 Coffee and Conversations with The Fussell Group	11 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	12 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo	13 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
16 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	17 9:00 Coffee & Conversation 9:30 – 10:15 Live Music with Mannie and Mary	18 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	19 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Bingo with Jacob	20 9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING
23 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	24 9:00 Coffee & Conversation 9:30 – 10:15 Presentation with Southern Legal Clinic Bingo	25 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	26 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10– 11 Activity with St. Joseph Hospice	27 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
30 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge				

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