

June 2022



Covington Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Coffee and Conversations 9:30 BINGO and PRESENTATION with FGIA	2 9:00 Coffee and Conversations 9:30 Chair Yoga 10:15 BINGO	3 9:00 Coffee and Conversations 9:30 Wii Games 10:30 – 12:20 Bridge 12:30 LINE DANCING
6 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 Bean bag Baseball 10:30 – 12:20 Bridge	7 9:00 Coffee and Conversations 9:30 Bath Salts with Trinity Trace and Kayla 10:30 Balance	8 9:00 Coffee and Conversations 9:30 BINGO 10:30 Cards and Games	9 9:00 Coffee and Conversations 9:30 Chair Yoga 10:15 BINGO with Mrs. Lisa	10 9:00 Coffee and Conversations 9:30 MOVIE & POPCORN 10:30 – 12:20 Bridge 12:30 LINE DANCING
13 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 Bean bag Baseball 10:30 – 12:20 Bridge	14 9:00 Coffee and Conversations 9:30 PRESENTATION with SMP 10:30 Balance	15 9:00 Coffee and Conversations 9:30 BINGO 10:30 Cards and Games	16 9:00 Coffee and Conversations 9:30 Chair Yoga 10:15 BINGO with Mrs. Lisa	17 9:00 Coffee and Conversations 9:30 Wii Games 10:30 – 12:20 Bridge 12:30 LINE DANCING
20 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 Bean bag Baseball 10:30 – 12:20 Bridge	21 9:00 Coffee and Conversations 9:30 Ice cream with Kayla 10:30 Balance	22 9:00 Coffee and Conversations 9:30 BINGO 10:15 ENTERTAINMENT with JIM	23 9:00 Coffee and Conversations 9:30 Chair Yoga 10:15 BINGO	24 9:00 Coffee and Conversations 9:30 MOVIE & POPCORN 10:30 – 12:20 Bridge 12:30 LINE DANCING
27 9:00 Coffee and Conversations 9:30 Chair Yoga 10:00 Bean bag Baseball 10:30 – 12:20 Bridge	28 9:00 Coffee and Conversations 9:30 Rummikub 10:30 Balance	29 9:00 Coffee and Conversations 9:30 BINGO 10:30 Cards and Games	30 9:00 Coffee and Conversations 9:30 Chair Yoga 10:15 BINGO	
Activity Center Manager: Angela Bickham Monday – Friday 8am-4pm 985-892-8530 19404 N. 10 th Street Covington, LA 70433		Activity Site Manager: Fabianne Faciane		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.