

# May Covington Activity Center

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |   |  | 1<br><b>Senior Picnic</b>   | 2<br>9:00 Coffee &<br>Conversation<br><b>9:00 – 10:15 Bean Bag Baseball</b><br>10:30 – 12:00 Bridge<br>10:30 Exercise                              |
| 5<br>9:00 Coffee &<br>Conversation<br>9:30 – 10:30 Chair Yoga<br>10:30 Exercise<br>10:30 – 12:00 Bridge  | 6<br>9:00 Coffee &<br>Conversation<br><b>9:30 – 10:15 Bingo-Enhabit</b><br><b>9:30 – 10:30 Painting with Ferris</b><br><b>10:00 Coffee and</b><br><b>Conversations</b><br><br><b>with</b><br><b>The Fussell Group</b> | 7<br>9:00 Coffee & Conversation<br>10:30 Exercise  | 8<br>9:00 Coffee &<br>Conversation<br>9:30 – 10:30 Chair Yoga<br><b>10– 11 Presentation &amp;</b><br><b>Bingo With Centerwell</b> | 9<br>9:00 Coffee &<br>Conversation<br><b>9:00 – 10:15 Bean Bag Baseball</b><br>10:30 Exercise<br>10:30 – 12:00 Bridge<br><b>12:00 LINE DANCING</b> |
| 12<br>9:00 Coffee &<br>Conversation<br>9:30 – 10:30 Chair Yoga<br>10:30 Exercise<br>10:30 – 12:00 Bridge | 13<br>9:00 Coffee &<br>Conversation<br><b>9:30 – 10:15 Bingo</b>  | 14<br>9:00 Coffee & Conversation<br>9:30 Games with Friends<br>10:30 Exercise                            | 15<br>9:00 Coffee &<br>Conversation<br>9:30 – 10:30 Chair Yoga<br><b>10– 11 Presentation with</b><br><b>Judy the Dietician</b>    | 16<br>9:00 Coffee &<br>Conversation<br><b>9:00 – 10:15 Bean Bag Baseball</b><br>10:30 Exercise<br>10:30 – 12:00 Bridge                             |
| 19<br>9:00 Coffee &<br>Conversation<br>9:30 – 10:30 Chair Yoga<br>10:30 Exercise<br>10:30 – 12:00 Bridge | 20<br>9:00 Coffee &<br>Conversation<br><b>9:30 – 10:15 Bingo-Robin with</b><br><b>Enhabit</b><br><b>9:30 – 10:30 Painting with Ferris</b>   | 21<br>9:00 Coffee & Conversation<br><b>9:30 Bingo with Humana</b><br>10:30 Exercise                      | 22<br>9:00 Coffee &<br>Conversation<br>9:30 – 10:30 Chair Yoga<br><b>10– 11 Price is Right with</b><br><b>St. Joseph Hospice</b>  | 23<br>9:00 Coffee &<br>Conversation<br><b>9:00 – 10:15 Bean Bag Baseball</b><br>10:30 Exercise<br>10:30 – 12:00 Bridge                             |
| 26<br>9:00 Coffee &<br>Conversation<br>9:30 – 10:30 Chair Yoga<br>10:30 Exercise<br>10:30 – 12:00 Bridge | 27<br>9:00 Coffee &<br>Conversation<br><b>9:30 – 10:15 Bingo</b>  | 28<br>9:00 Coffee & Conversation<br>9:30-10:30 Tips to Let Go of Stress<br>with Humana<br>10:30 Exercise | 29<br>9:00 Coffee &<br>Conversation<br>9:30 – 10:30 Chair Yoga  | 30<br>9:00 Coffee &<br>Conversation<br><b>9:00 – 10:15 Bean Bag Baseball</b><br>10:30 Exercise<br>10:30 – 12:00 Bridge                             |

**Activity Center Manager:**  
**Manager:**  
**Angela Bickham**

**Activity Site**

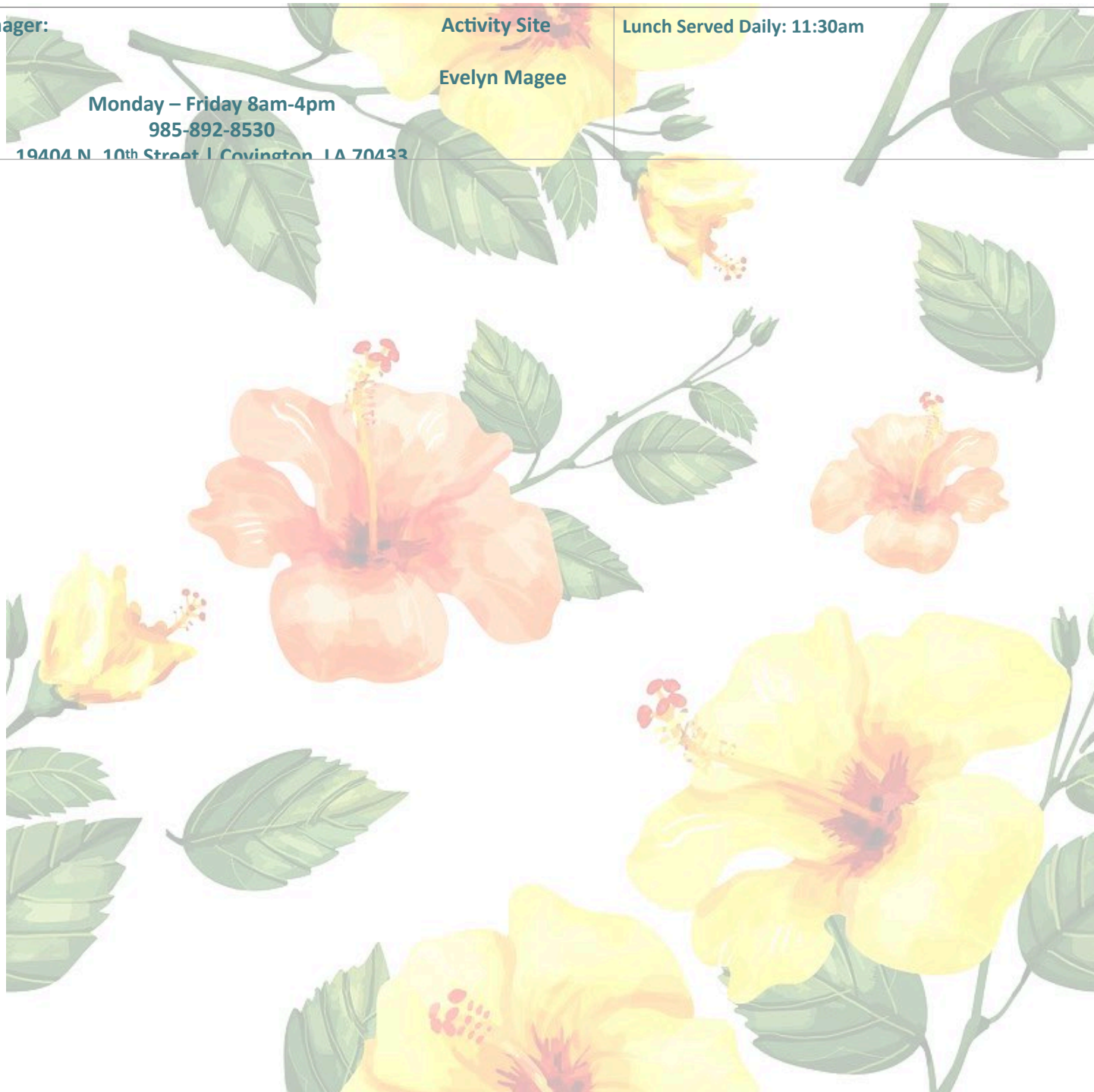
**Lunch Served Daily: 11:30am**

**Evelyn Magee**

**Monday – Friday 8am-4pm**

**985-892-8530**

**19404 N. 10th Street | Covington, LA 70433**





**COAST**  
COUNCIL ON AGING ST. TAMMANY

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