

October Covington Activity Center



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	2  RESOURCE FESTIVAL	3 9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING
6 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:00 Bingo with Senior Insurance options 10:30 Exercise 10:30 – 12:00 Bridge	7 9:00 Coffee & Conversation 9:30 Cards for Troops 9:30 – 10:30 Painting with Ferris	8 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	9 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:00 Bingo with Right at Home West	10 9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING
13 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	14 9:00 Coffee & Conversation 9:30 Bingo with Humana	15 9:00 Coffee & Conversation 9:30 Presentation with Assure Health 10:30 Exercise	Baby Picture Contest Ends!!! 16 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:00 Bingo with SMP	17 9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING
20 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	21 9:00 Coffee & Conversation 9:30 Painting with Ferris 10:00 Manny & Mary Music	22 9:00 Coffee & Conversation 9:30 Games with Friends 10:30 Exercise	23 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 9:30 Mobile Library 10:00 Bingo with St Joseph Hospice	24 9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING
27 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:30 Exercise 10:30 – 12:00 Bridge	28 9:00 Coffee & Conversation 10:00 Active Aging Day-Kristy	29 9:00 Coffee & Conversation 9:30 Bingo 10:30 Exercise	30 9:00 Coffee & Conversation 9:30 – 10:30 Chair Yoga 10:00 Presentation with Biotronik Neuro	31 9:00 Coffee & Conversation 9:00 – 10:15 Bean Bag Baseball 10:30 Exercise 10:30 – 12:00 Bridge 12:00 LINE DANCING 

Activity Center Manager:
Angela Bickham

Monday – Friday 8am-4pm
985-892-8530
19404 N. 10th Street | Covington, LA 70433

Activity Site Manager:
Starr Wilson

Lunch Served Daily: 11:30am

Breast Cancer Awareness Month
Mental Health Awareness Month

Don't forget about the baby
picture contest!



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