

May 2022

BEN BURGE SENIOR CENTER



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:00am: Nutrition Education 10:30am: Arts & Crafts 11:30am: Lunch 1:00: Music Time/Games	8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:30am: BINGO 11:30am: Lunch 1:00: Music Time/Games	8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:00am: Nutrition Education 10:30am: Arts & Crafts 11:30am: Lunch 1:00: Music Time/Games	SENIOR SKIP DAY CENTER IS CLOSED (Ask Site Coordinator for details)	8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:30am: BINGO 11:30am: Lunch 1:00: Music Time/Games
9	10	11	12	13
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MAY HOLIDAYS

“Seniors” Skip Day – May 5, 2022
 Mother’s Day- May 8, 2022
 Annual Meeting-May 16
 Memorial Day-May 30, 2022

SENIOR CENTER BIRTHDAYS

Shedrick Dominique-May 3

Sharen Spradley-May 17

SPECIAL NOTES

EBR/COA STAFF:
 Sharen Spradley

9350 Antigua Dr. Baton Rouge, La 70810
 (225) 382-7962
 Hours: 8:30am-2:30pm

<p style="text-align: right;">16</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:00am: Nutrition Education 10:30am: Arts & Crafts 11:30am: Lunch 1:00: Music Time/Games</p>	<p style="text-align: right;">17</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:30am: BINGO 11:30am: Lunch 1:00: Music Time/Games</p>	<p style="text-align: right;">18</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:00am: Nutrition Education 10:30am: Arts & Crafts 11:30am: Lunch 1:00: Music Time/Games</p>	<p style="text-align: right;">19</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 10:00am: Nutrition Education 11:30am: Lunch 1:00: Music Time/Games</p>	<p style="text-align: right;">20</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:30am: BINGO 11:30am: Lunch 1:00pm: Music Time/Games</p>
<p style="text-align: right;">23</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:00am: Nutrition Education 10:30am: Arts & Crafts 11:30am: Lunch 1:00: Music Time/Games</p>	<p style="text-align: right;">24</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:30am: BINGO 11:30am: Lunch 1:00: Music Time/Games</p>	<p style="text-align: right;">25</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:00am: Nutrition Education 10:30am: Arts & Crafts 11:30am: Lunch 1:00: Music Time/Games</p>	<p style="text-align: right;">26</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 10:00am: Nutrition Education 11:30am: Lunch 1:00: Music Time/Games *Memorial Day Celebration*</p>	<p style="text-align: right;">27</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:30am: BINGO 11:30am: Lunch 1:00pm: Music Time/Games</p>
<p style="text-align: right;">30</p> 	<p style="text-align: right;">31</p> <p>8:30am: Coffee w/Friends 9:00am: Walk Away the Pounds 9:30am: Chair Exercises 10:30am: BINGO 11:30am: Lunch 1:00: Music Time/Games</p>	<p style="text-align: right;">1</p>	<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p>