
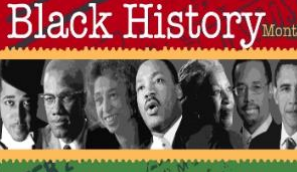






FEBRUARY 2023 – ANTIOCH SENIOR CENTER

| Monday | Tuesday | Wednesday | Thursday | Friday | Events/Holidays |
|--|---|--|---|--|--|
|  |  | 1 8:30am-Coffee Chat 9:30am-Zumba w/ Donna 11:00am: Black History Snippet 11:15am: Match the Famous Couples 12:00pm-Lunch 2:00pm-Billiards & Puzzles | 2 8:30am-Coffee Chat 10:00am-Black History Snippet 11:15am: Box Bingo 12:00pm-Lunch 2:00pm-Billiards & Puzzles 2:30pm-Move to the Music | 3 8:30am-Coffee Chat 9:30am: Black History Snippets 10:00am-Mardi Gras Float Crafts 11:00am: Final Parade Run 12:00pm-Lunch | Feb 3-National Wear Red Day February 14-Valentine's Day February 15-Senior Center Closed February 20-21-Mardi Gras Holiday (Center Closed) |
| 6 8:30am-Coffee Chat 9:30am: Fitness w/ Donald 11:00am-Black History Snippet 11:15am: Heart Shape Crafts 12:00pm: Lunch 2:00pm-Billiards & Puzzles | 7 8:30am-Coffee Chat 10:00am-Yoga w/ Sage 11:00am-Black History Snippet 11:15am: BINGO 12:00pm: Lunch 2:00pm-Billiards & Puzzles | 8 8:30am-Coffee Chat 9:30am-Zumba w/ Donna 11:00am: Black History Snippet 11:15am: Scavenger Football Hunt 12:00pm-Lunch 2:00pm-Billiards & Puzzles | 9 8:30am-Coffee Chat 9:00am-Black History Snippet 11:00am: Move & Groove w/ Twinkle 11:15am: Red Bag Bingo 12:00pm-Lunch | 10 8:30am-Coffee Chat 9:00am-Black History Snippet 10:00am-Super Bowl Party 11:00am-Pass the football 12:00pm-Lunch 2:00pm-Billiards & Puzzles | Birthdays Kathy Richardson-2/6 Diane Tate-2/6 Vicki Lindrew-2/18 Trudy Stephens-2/17 |
| 13 8:30am-Coffee Chat 9:30am: Fitness w/ Donald 11:00am-Black History Snippet 11:15am: Ballot Counting for Mardi Gras King/Queen 12:00pm: Lunch 2:00pm-Billiards & Puzzles | 14 8:30am-Coffee Chat 10:00am-Yoga w/ Sage 11:00am-Black History Snippet 12:00pm-Lunch 2:00pm-Billiards & Puzzles 2:30pm: Move to the Music *Happy Valentine's Day | 15 SENIOR CENTER CLOSED | 16 8:30am: Coffee Chat 9:00am: Black History Snippet 10:00am: Completing Float Décor 11:00am: Known Facts about Mardi Gras 12:00pm: Lunch | 17 8:30am-Coffee Chat 9:00am-Black History Snippet 10:00am-Crew of Anitio Parade 11:00am-Royalty Party 12:00pm-Lunch 2:00pm-Picture Taking | Center Information -EBRCOA STAFF: Twinkle Daniels & Dorithia Akins 7140 Antioch Rd. BR, La 70817 (225) 960-1261 Hours: 8:30am-3:30pm |
| 20  | 21  | 22 8:30am-Coffee Chat 9:30am-Zumba w/ Donna 11:00am: Black History Snippet 11:15am: President's Day Trivia 12:00pm-Lunch 2:00pm-Billiards & Puzzles 2:30pm: Moving to the Music | 23 8:30am: Coffee Chat 9:00am: Black History Snippet 10:00am: Move & Groove w/ Twinkle 11:00am: BINGO 12:00pm: Lunch | 24 8:30am-Coffee Chat 9:00am-Black History Snippet 10:00am-Popcorn Social 11:00am-Pokeno 12:00pm-Lunch 2:00pm-Billiards & Puzzles | Lotus Rides Need transportation? Contact Lotus Rides at (225) 361-0299 for more information. |
| 27 8:30am-Coffee Chat 9:30am: Fitness w/ Donald 10:00am-Black History Snippet 11:15am: Cookie Word Game 12:00pm-Lunch 2:00pm-Billiards & Puzzles | 28 8:30am-Coffee w/ Friends 10:00am-Yoga w/ Sage 11:00am-Black History Snippet 11:15am-BINGO 12:00pm: Lunch 2:00pm: Billiards & Puzzles |  |  | Activities, Meal Times and Senior Center Closures are subject to change | Senior Center Closures: The Senior Centers will be closed February 20 and 21st for the Mardi Gras Holiday. |

